



## Subject card

Subject name and code	, PG_00065389						
Field of study	Transport						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	first-cycle studies		Subject group				
Mode of study	Full-time studies		Mode of delivery		at the university		
Year of study	1		Language of instruction		Polish		
Semester of study	1		ECTS credits		2.0		
Learning profile	general academic profile		Assessment form		assessment		
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		Aleksandra Orzół				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		0.0		0.0	30
Subject objectives	The aim of the course is to introduce students to fundamental psychological concepts and their practical application in both professional and everyday life. Students will learn about psychological mechanism that influence decision-making, work efficiency, stress menagment and social interactions. Special emphassis is placed on psychological aspects relevant to engineering professions such as coping with burnout, the impostor syndrome, teamwork, success and the impact of mental health on proffesional effectiveness.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[K6_W71] has general knowledge in humanistic, social, economic or legal sciences		The student develops awareness of the importance of psychology, ethics, and mental health in responsible social and professional functioning.		[SW1] Assessment of factual knowledge		
	[K6_U71] is able to apply knowledge from humanistic, social, economic or legal sciences in order to solve problems in a social environment		The student learns to apply psychological principles of communication, cooperation, and stress management to solve professional and social problems.		[SU1] Assessment of task fulfilment		
	[K6_K71] is conscious of the need to apply knowledge from humanistic, social, economic or legal sciences in order to function in a social environment		The student acquires fundamental knowledge of psychology, its main theories, and key mechanisms of social behavior relevant to individual functioning.		[SK4] Assessment of communication skills, including language correctness		
Subject contents	Course content – lecture  I. Introduction to Psychology1. Definition and Brief History of Psychology2. Social Experiments in PsychologyII. Psychology in the Professional Environment3. Psychology of Communication and Teamwork4. Burnout, Stress at Work - Mechanisms and Coping Techniques5. Motivation and the Psychology of SuccessIII. Mental and Neurodevelopmental Disorders and Professional Work6. Personality Disorders7. Depression and Its Impact on Professional Functioning8. Neurodevelopmental Disorders - Challenges and Strengths in the Work Environment9. Behavioral and Substance Addictions - Mechanisms and PreventionIV. Psychological Techniques at Work and Everyday Life10. Relaxation Techniques and Mindfulness11. Ethics and Psychology in the Professional Context12. Self-Help and Self-Knowledge as Keys to Increasing Psychological Resilience						

Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Lecture summary test	60.0%	100.0%
Recommended reading	Basic literature	<b>Wojciszke, B.</b> (2023). <i>Psychologia społeczna</i> (wyd. 12). Wydawnictwo Naukowe PWN. <b>Vetulani, J.</b> (2017). <i>Neurobiologia zachowania</i> . PWN. <b>Beck, J. S.</b> (2020). <i>Cognitive Behavior Therapy: Basics and Beyond</i> (3rd ed.). Guilford Press. <b>Kahneman, D.</b> (2011). <i>Thinking, Fast and Slow</i> . Farrar, Straus and Giroux. <b>Maslach, C., &amp; Leiter, M. P.</b> (2016). <i>Burnout: The Cost of Caring</i> . Malor Books. <b>Baumeister, R. F., &amp; Bushman, B. J.</b> (2020). <i>Social Psychology and Human Nature</i> (5th ed.). Cengage Learning. <b>Cialdini, R. B.</b> (2021). <i>Influence: The Psychology of Persuasion</i> (New and Expanded ed.). Harper Business. <b>Seligman, M. E. P.</b> (2018). <i>The Hope Circuit: A Psychologists Journey from Helplessness to Optimism</i> . PublicAffairs. <b>Goleman, D.</b> (2006). <i>Social Intelligence: The New Science of Human Relationships</i> . Bantam	
	Supplementary literature	Tak działa mózg Podgórska, A. Jeszcze jeden oddech Kalanithi, P.I. Przegryw Wieczorkiewicz P. , Herzyk A. Co ze mną nie tak? - Joanna Flis po dorosłemu - Flis J. Rozpieszczony umysł Lukianoff G., Haidt J. Jak umysł rośnie w siłę gdy mózg się starzeje Goldberg E. Czarna owca medycyny Lieberman J.A. Złap równowagę Bucki P., Pączek W. Splątany mózg Pessoa I. Błąd Kartezjusza Damasio, A. Odetnij napięcie LaDyne, R. Zaburzony umysł Kandel, E. R. Narkotyki bez paniki Nutt, D. HajLand Banaszak M., Jankowska, A. Złęknioty mózg Pittman, C.M., Karle, E.M. Mężczyzna, który pomylił żonę z kapeluszem Sacks, O. Człowiek o 24 twarzach Keyes, D. Toksyczni rodzice Forward, S., Buck, C. NAjgorszy człowiek na świecie Halber, M. Kobiety które kochają za bardzo Norwood, R. Rozproszone umysły Mate, G	
	eResources addresses		
Example issues/ example questions/ tasks being completed			
Practical activites within the subject	Not applicable		

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