



## Subject card

Subject name and code	Psychology, PG_00038059						
Field of study	PSYCHOLOGIA						
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		3.0		
Learning profile	general academic profile		Assessment form		assessment		
Conducting unit	Department of Management -> Faculty of Management and Economics -> Wydziały Politechniki Gdańskiej						
Name and surname of lecturer (lecturers)	Subject supervisor		dr hab. Beata Basińska				
	Teachers		dr hab. Beata Basińska				
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						
	eNauczanie source address: <a href="https://enauczanie.pg.edu.pl/moodle/course/view.php?id=46556">https://enauczanie.pg.edu.pl/moodle/course/view.php?id=46556</a>						
	Moodle ID: 46556 PSYCHOLOGIA [TWiE][2025/26] <a href="https://enauczanie.pg.edu.pl/moodle/course/view.php?id=46556">https://enauczanie.pg.edu.pl/moodle/course/view.php?id=46556</a>						
	Additional information:  wykład, dyskusja, burza mózgów, prezentacja						
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		5.0		40.0	75
Subject objectives	The aim of the course is to acquaint the student with knowledge of basic psychological concepts and theoretical concepts, as well as problems addressed by psychology as a science. The student will learn the principles of ethics of psychological research and experiments. In addition, the student will become sensitive to the differences between non-scientific and evidence-based explanations of human behavior.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[K6_W71] has general knowledge in humanistic, social, economic or legal sciences		Lists the main concepts of psychology as a science.		[SW1] Ocena wiedzy faktograficznej		
	[K6_U71] is able to apply knowledge from humanistic, social, economic or legal sciences in order to solve problems in a social environment		Indicates the main research areas in psychology		[SU3] Ocena umiejętności wykorzystania wiedzy uzyskanej w ramach przedmiotu		
	[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		Discusses the scientific explanation of human behavior		[SK4] Ocena umiejętności komunikacji, w tym poprawności językowej		
Subject contents	Evidence-Based Psychology. Individual Differences: Personality. Personal Resources: Conservation of Resources Theory. Emotions and Motivations. Well-being and Happiness. Stress at Work. Burnout. Traumatic Stress. Unethical Behavior at Work. Work-Life Balance. Challenges and risks of new forms of work. Famous Psychological Experiments.						
Prerequisites and co-requisites							
Assessment methods and criteria	Subject passing criteria		Passing threshold		Percentage of the final grade		
	Presentation or essay		50.0%		40.0%		
	Active participation in lectures		80.0%		60.0%		

Recommended reading	Basic literature	<p>Demerouti, E., &amp; Bakker, A. B. (2023). Job demands-resources theory in times of crises: New propositions. <i>Organizational Psychology Review</i>, 13(3), 209-236. <a href="https://pure.tue.nl/ws/portalfiles/portal/312356283/demerouti-bakker-2022-job-demands-resources-theory-in-times-of-crises-new-propositions.pdf">https://pure.tue.nl/ws/portalfiles/portal/312356283/demerouti-bakker-2022-job-demands-resources-theory-in-times-of-crises-new-propositions.pdf</a></p> <p>Gerrig R. J., &amp; Zimbardo P. G. (2022). Psychology and Life. Wydawnictwo Naukowe PWN.</p> <p>Spielman, R. M., Jenkins, W. J., Lovett, M. D., &amp; Czarnota-Bojarska, J. (2020). Psychology. OpenStax Poland.[On-line]. <a href="https://assets.openstax.org/oscms-prodcms/media/documents/Psychologia.pdf">https://assets.openstax.org/oscms-prodcms/media/documents/Psychologia.pdf</a></p>
	Supplementary literature	<p>Bakker, A. B., &amp; Oerlemans, W. G. M. (2011). Subjective Well-being in Organizations, in G. M. Spreitzer, &amp; K. S. Cameron (eds.). <i>The Oxford Handbook of Positive Organizational Scholarship</i>, Oxford Library of Psychology (online edn, Oxford Academic, 21 Nov. 2012), <a href="https://doi.org/10.1093/oxfordhb/9780199734610.013.0014">https://doi.org/10.1093/oxfordhb/9780199734610.013.0014</a></p> <p>Basinska, B. A., &amp; Rozkwitalska, M. (2022). Psychological capital and happiness at work: The mediating role of employee thriving in multinational corporations. <i>Current Psychology</i>, 41(2), 549-562. <a href="https://doi.org/10.1007/s12144-019-00598-y">https://doi.org/10.1007/s12144-019-00598-y</a></p> <p>Rozkwitalska-Welenc, M., Basinska, B. A., &amp; Dettlaff, A. (2024). <i>Informal Workplace Learning and Employee Development: Growing in the Organizational New Normal</i>. Taylor &amp; Francis.</p>
	eResources addresses	
Example issues/ example questions/ tasks being completed	A critical evaluation of ethical principles in a famous psychological experiment. A presentation of selected personal resources. Explanation of burnout syndrome in an accessible form.	
Practical activities within the subject	Not applicable	

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