

PSYCHOLOGY

3 ECTS (CREDITS)

Purpose of the subject:

To provide students with the knowledge and practical skills needed to develop the personal and general competences necessary for effective communication and cooperation, successful learning and further professional development.

Study subject annotation:

Students are introduced to the specifics of the science of psychology and the basic principles of personality and communication psychology. The main features of interpersonal communication are discussed: the stages of the communication process, the types of dialogue and how to manage them, and active listening techniques. Various personality behavioural styles and the peculiarities of communication with other people are analysed. Emphasis is placed on understanding non-verbal expression. Critical conversations: confrontation, conflicts and conflict management are examined. Complicated and problematic communication situations and strategies for dealing with them are discussed, as well as ways of self-help and helping others. It focuses on the educational aspects of the subject of psychology: self-knowledge, self-expression, communication and cooperation, the ability to recognise and solve complex relational problems, the learning of a range of practically useful strategies (cognitive, (self-)motivation, performance support, problem-solving, decision-making, etc.), and the development of analytical skills, based on the knowledge acquired in psychology. The subject of psychology aims to meet the needs for cognition, understanding, positive communication, personal and life development. The psychology course is based on humanistic psychology.

Evaluation form:

Exam