



COURSE CARD

1. Basic information

Course name in English:	Personal development	
Course name in Polish:	Rozwój osobisty	
Number of hours:	15	
Type of course:	Soft skills course	
Form of course:	mixed forms (combination of lecture, seminar and laboratory)	
Code of course:	W08000-SD0089W / DHQ100377W	
Course leader:	dr Katarzyna Zahorodna	
Faculty of the course leader:	W8 Faculty of Management	
Email address of the course leader:	katarzyna.zahorodna@pwr.edu.pl	
Scientific discipline(s) assigned to the course (doctoral students representing the marked disciplines can participate in the course):	Architecture and urban planning	☒
	Automation, electronic, electrical engineering and space technologies	☒
	Information and communication technology	☒
	Biomedical engineering	☒
	Chemical engineering	☒
	Civil engineering, geodesy and transport	☒
	Materials engineering	☒
	Mechanical engineering	☒
	Environmental engineering, mining, and energy	☒
	Mathematics	☒
	Chemical sciences	☒
	Physical sciences	☒
	Management and quality studies	☒

2. Objectives

1. Improving the skills of self-planning and acting for one's own development.
2. Improving the ability to organize and support the development of other people.
3. Familiarizing students with the knowledge of interpersonal relations and the importance of proper communication in academic, professional and private life.
4. To acquaint students with the basic knowledge about mental well-being and ways to increase its level in life.

3. Content

Detailed information about the course content, including topics and form of classes.



No.	Topic	Number of hours	Form of classes
1	Introduction	1	lecture
2	Forming teams	2	seminar
3	Workshop of group process	2	seminar
4	Effective feedback, overcoming criticism and objections	2	seminar
5	Leadership and motivation skills	2	seminar
6	Selfpresentation	2	seminar
7	Managing emotions / stress management	2	seminar
8	Public speaking	2	seminar

4. Prerequisites

List of prerequisites relating to knowledge, skills and other competences for course participants.

None

5. Learning outcomes

List of learning outcomes at level 8 of the Polish Qualifications Framework assigned to the course (mark the learning outcomes in the last column).

Symbol	Learning outcome	
	KNOWLEDGE. Doctoral student knows and understands:	
SzD_W3	the main trends in the development of the scientific or artistic disciplines covered in the curricula;	☐
SzD_W4	research methodology;	☐
SzD_W5	the rules for the dissemination of scientific results, including in open access mode;	☐
SzD_W6	the fundamental dilemmas of modern civilization;	☐
SzD_W7	the legal and ethical conditions of scientific activity;	☐
SzD_W8	the economic and other relevant conditions of scientific activity;	☐
SzD_W9	basic principles of knowledge transfer to the economic and social spheres and commercialisation of results of scientific activity and know-how related to these results.	☐
	SKILLS. Doctoral student is able to:	
SzD_U2	use knowledge from different fields of science or art to creatively identify, formulate and innovatively solve complex problems or perform research tasks, in particular: - define the purpose and subject of scientific research, formulate a research hypothesis, - develop research methods, techniques and tools, and use them creatively, - draw conclusions on the basis of scientific research; critically analyse and evaluate the results of scientific research, expertise and other creative work and their contribution to knowledge development;	☐



	transfer the results of scientific activities to the economic and social spheres;	
SzD_U3	communicate on specialised topics to the extent that they enable an active participation in the international scientific community;	☐
SzD_U4	disseminate research results, including in popular forms;	☐
SzD_U5	initiate debates and participate in a scientific discourse;	☐
SzD_U6	be able to speak a foreign language at B2 level of the Common European Framework of Reference for Languages to a level that enables them to participate in the international scientific and professional environment;	☐
SzD_U7	plan and implement an individual or collective research or creative activity, including in an international environment;	☐
SzD_U8	independently plan and act for one's own development and inspire and organize the development of others;	☒
SzD_U9	plan classes or groups of classes and implement them using modern methods and tools.	☐
	SOCIAL COMPETENCES. Doctoral student is ready to:	
SzD_K3	fulfilling the social obligations of researchers and creators, initiate public interest activities, thinking and acting in an entrepreneurial way;	☐
SzD_K4	maintaining and developing the ethos of research and creative environments, including: - carrying out scientific activities in an independent manner, - respecting the principle of public ownership of research results, taking into account the principles of intellectual property protection.	☐

6. Evaluation

Short description of the method(s) used to evaluate the learning outcomes assigned to the course, e.g., exam, test, report, presentation, etc.

Participation in discussion and exercises, regular project work, conducting workshop, oral exam

7. Teaching methods

Short description of the teaching methods used during the course, e.g., multimedia presentation, discussion, literature studies, developing written documents, own work, etc.

Interactive lecture with multimedia presentation, discussion, brainstorm, exercises, presentation, own student's work, case study, role playing, ChBL, PBL

8. Literature

List of primary and secondary literature used to prepare the course and including additional knowledge for participants, e.g., books, textbooks, research papers, standards, web pages, etc.

PRIMARY LITERATURE:

- [1] Wojciszke B., *Człowiek wśród ludzi. Zarys psychologii społecznej*, Wydawnictwo Naukowe „Scholar”, Warszawa 2002.
- [2] McKay, M., Davies, M., Fanning, P., *Sztuka skutecznego porozumiewania się*, GWP 2021
- [3] Morreale, Spitzberg, Barge, *Komunikacja między ludźmi. Motywacja, wiedza, umiejętności*, PWN 2015

SECONDARY LITERATURE:



- [1] Cialdini R., *Wywieranie wpływu na ludzi. Teoria i praktyka*, GWP, Gdańsk 1994.
- [2] Rosenberg, M., *Porozumienie bez przemocy*, Czarna Owca, 2016
- [3] Matthew McKey, Patrick Fanning, Avigail Lev, Michelle Skeen, *Relacje na huśtawce*, GWP, Sopot 2018
- [4] John Teasdale, Mark Williams, Zindel Segal, *Praktyka uważności*, Wydawnictwo Uniwersytetu Jagiellońskiego, Kraków 2016
- [5] Rick Hanson, Forrest Hanson, *Rezyliencja*, GWP, Sopot 2019
- [10] Steven Hayes, Spencer Smith, *W pułapce myśli*, GWP, Sopot 2019

9. Other remarks

Additional remarks, comments, (e.g., language of the course)