



COURSE CARD

1. Basic information

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|--|--|-------------------------------------|
| 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: | lecture | |
| Code of course: | W08000-SD0089W / DHQ100377W | |
| Course leader: | mgr Anna Kaczmarek, dr Katarzyna Zahorodna | |
| Faculty of the course leader: | W8 Faculty of Management | |
| Email address of the course leader: | a.kaczmarek@pwr.edu.pl , 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 | <input checked="" type="checkbox"/> |
| | Automation, electronic, and electrical engineering | <input checked="" type="checkbox"/> |
| | Information and communication technology | <input checked="" type="checkbox"/> |
| | Biomedical engineering | <input checked="" type="checkbox"/> |
| | Chemical engineering | <input checked="" type="checkbox"/> |
| | Civil engineering and transport | <input checked="" type="checkbox"/> |
| | Mechanical engineering | <input checked="" type="checkbox"/> |
| | Environmental engineering, mining, and energy | <input checked="" type="checkbox"/> |
| | Mathematics | <input checked="" type="checkbox"/> |
| | Chemical sciences | <input checked="" type="checkbox"/> |
| | Physical sciences | <input checked="" type="checkbox"/> |
| | Management and quality studies | <input checked="" type="checkbox"/> |

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 |
|-----|-------|-----------------|-----------------|
|-----|-------|-----------------|-----------------|



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|---|---|---|---------|
| 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 | lecture |
| 6 | Selfpresentation | 2 | lecture |
| 7 | Managing emotions / stress management | 2 | lecture |
| 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 | |
|--------|--|--------------------------|
| | <i>KNOWLEDGE. Doctoral student knows and understands:</i> | |
| SzD_W3 | the main trends in the development of the scientific or artistic disciplines covered in the curricula; | <input type="checkbox"/> |
| SzD_W4 | research methodology; | <input type="checkbox"/> |
| SzD_W5 | the rules for the dissemination of scientific results, including in open access mode; | <input type="checkbox"/> |
| SzD_W6 | the fundamental dilemmas of modern civilization; | <input type="checkbox"/> |
| SzD_W7 | the legal and ethical conditions of scientific activity; | <input type="checkbox"/> |
| SzD_W8 | the economic and other relevant conditions of scientific activity; | <input type="checkbox"/> |
| 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. | <input type="checkbox"/> |
| | <i>SKILLS. Doctoral student is able to:</i> | |
| 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; | <input type="checkbox"/> |
| SzD_U3 | communicate on specialised topics to the extent that they enable an active | <input type="checkbox"/> |



| | | |
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| | participation in the international scientific community; | |
| SzD_U4 | disseminate research results, including in popular forms; | <input type="checkbox"/> |
| SzD_U5 | initiate debates and participate in a scientific discourse; | <input type="checkbox"/> |
| 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; | <input type="checkbox"/> |
| SzD_U7 | plan and implement an individual or collective research or creative activity, including in an international environment; | <input type="checkbox"/> |
| SzD_U8 | independently plan and act for one's own development and inspire and organize the development of others; | <input checked="" type="checkbox"/> |
| SzD_U9 | plan classes or groups of classes and implement them using modern methods and tools. | <input type="checkbox"/> |
| | <i>SOCIAL COMPETENCES. Doctoral student is ready to:</i> | |
| SzD_K3 | fulfilling the social obligations of researchers and creators, initiate public interest activities, thinking and acting in an entrepreneurial way; | <input type="checkbox"/> |
| 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. | <input type="checkbox"/> |

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, 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

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)