

Subject card

Subject name and code	Interpersonal communication, PG_00176560						
Field of study	Sociology						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study Subject group related to scientific research in the field of study		
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	academic		Assessment form		credit		
Conducting unit	Division of the Sociology of Everyday Life -> Institute of Sociology -> Faculty of Social Sciences -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		dr Anna Strzałkowska				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	30.0	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		20.0	50
Subject objectives	To provide students with basic knowledge of Interpersonal Communication.To master by them in a practical way the skills of presenting their own opinion in an appropriate way and active listening.To have students notice and break down various communication barriers and skillfully reduce their impact on their interactions.The goal of the workshop, held in the first year of undergraduate studies, is also integration.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[SOCL3_K06] The graduate is ready to supplement and refine the acquired knowledge and skills	The student is ready to supplement and improve the acquired knowledge and skills in the field of communication, presentation of own opinion and active listening	[SK1] oral statement/conversation/discussion [SK5] implementation of a problem task [SK8] observation of student's independent or team work
	[SOCL3_W04] The graduate knows and understands in an advanced way the types of informal and formal social bonds that arise in different types of groups, social networks and societies, and with the regularities governing their change.	Knows and understands in an advanced way the types of social ties of informal and formalized nature that arise in different types of groups, social networks and societies and the regularities that govern their change. Notices and overcomes a variety of communication barriers and skillfully reduces their impact	[SW1] oral statement/conversation/discussion [SW2] presentation/project/paper/report [SW5] implementation of a problem task
	[SOCL3_W05] The graduate has advanced knowledge of man as a subject constituting social structures and the rules of their functioning, as well as acting in these structures and participating in cultural practices in the local, regional environment, the area of national culture and global exchange	A student has advanced knowledge of the human being as an entity that constitutes social structures, the rules of their functioning, and also acts in these structures through effective communication and active listening	[SW1] oral statement/conversation/discussion [SW3] text preparation/written work [SW5] implementation of a problem task
	[SOCL3_K01] The graduate is ready to lifelong learning	ready for lifelong learning.	[SK8] observation of student's independent or team work
	[SOCL3_K02] The graduate is ready to cooperate effectively and assume various roles in a group	The student is ready/ready to effectively cooperate and collaborate in a group, taking various roles in it, mastering in a practical way the skills of presenting, communicating, listening	[SK1] oral statement/conversation/discussion [SK6] demonstration of practical skills [SK8] observation of student's independent or team work
Subject contents	1. Introduction to interpersonal communication 2. Verbal and non-verbal communication 3. Self-awareness 4. Awareness of the presence of others 5. Active listening and mirroring 7. Self-disclosure 8. Male and female styles of expression 9. Negotiating and resolving difficult situations 10. Friendship, families, close partner(s) 11. Conflict 12. Communication between cultures		
Prerequisites and co-requisites	In accordance with the terms and conditions of recruitment for the first degree program (Sociology).		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Active and engaged participation in class with the preparation of practical work and carrying out group exercises	51.0%	100.0%
Recommended reading	Basic literature	List of literature A. Literature required to pass the class: Chrzanowska M. et al, Workshop method in shaping interpersonal skills, Warsaw 1996 B.	

	Supplementary literature	Supplementary literature:Degen U., Art of establishing the first contact, Gdańsk 2007Fiske J., Introduction to communication research, Wrocław 2008Pease A., Body language. How to read people's thoughts from their gestures, Cracow 1999Stewart J. (ed.), Bridges instead of walls. On communicating between people, Warsaw 2000Sztejnberg A., Basics of social communication in education, Wrocław 2001
	eResources addresses	
Example issues/ example questions/ tasks being completed	Interpersonal stylesFactors conducive to good communicationPrinciples of communicationBarriers to listeningGiving feedback - how to do it?	
Work placement	Not applicable	

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