

Subject card

Subject name and code	Introduction to psychology_Practical Classes, PG_00149117						
Field of study	Psychology						
Date of commencement of studies	October 2026	Academic year of realisation of subject				2026/2027	
Education level	uniform Master's studies	Subject group				Obligatory subject group in the field of study	
Mode of study	part-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	academic	Assessment form				credit	
Conducting unit	Institute of Psychology -> Faculty of Social Sciences -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		dr Rafał Lawendowski				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	18.0	0.0	0.0	0.0	18
	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	18		10.0		47.0	75
Subject objectives	<p>Introducing students to the subject of psychology as a science, understanding the psychological mechanisms underlying individual behaviors; preparing for the analysis and presentation of specialized psychological texts and conducting discussions based on factual arguments; familiarizing with basic research methods in psychology, improving the skills of preparing reports on selected psychological studies described in the literature; enhancing teamwork skills, and sensitizing to ethical dilemmas in the daily work of a psychologist.</p>						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[PSYCHJ5_K07] He/she is sensitive to social and psychological problems, he/she is ready to communicate and cooperate with the environment, including people who are not specialists in a given field, and to actively participate in groups and organizations implementing psychological activities.	The students: - show empathy in interpersonal relationships, -they notice and react to difficulties and problems of a psychological and/or social nature manifested by others, - show initiative in building contacts with others, - they are able to establish cooperation with others (specialists, organizations, institutions) in order to optimally solve psychological problems	[SK1] oral statement/conversation/discussion [SK5] implementation of a problem task [SK6] demonstration of practical skills [SK8] observation of student's independent or team work
	[PSYCHJ5_K05] He/she is convinced of the necessity and importance of behaving in a professional manner and adheres to the principles of professional ethics; he/she sees and formulates moral problems and ethical dilemmas related to his/her own and someone else's work; he/she seeks optimal solutions and the possibility of correcting incorrect psychological actions.	The students: - are sensitive to ethical and moral issues in the work of a psychologist, both as a researcher and practitioner, - they strive to identify and consider moral dilemmas seeking constructive solutions and necessary adjustments in the surrounding world, - they endeavor to be aware of the responsibility they bear for their own behaviors and decisions	[SK1] oral statement/conversation/discussion [SK5] implementation of a problem task [SK8] observation of student's independent or team work
	[PSYCHJ5_U05] He/she has in-depth skills to present his/her own ideas, doubts, and suggestions, to support them with extensive argumentation in the context of selected theoretical perspectives, views of various authors, while being guided by ethical principles.	The students: - present psychological knowledge in a clear, understandable, and concise manner,- they share the ideas, suggestions, and doubts based on logical and factual argumentation, - in dialoguethe students use scientific knowledge, which is based on facts, - they demonstrate high ethical standards in contacts with others	[SU1] oral statement/conversation/discussion [SU2] presentation/project/paper/report [SU5] implementation of a problem task
	[PSYCHJ5_K03] He/she appreciates the importance of psychological sciences for the development of an individual and proper social ties, he/she has a positive attitude to acquiring knowledge in the field of the studied scientific discipline and building a psychologist's workshop.	The students: - demonstrate responsibility for acquiring knowledge in the field of psychology,- understand the contribution of psychological knowledge to shaping good interpersonal relationships, - sustaining individual well-being, and personal development, - exhibit openness and commitment to personal growth, - consciously refine the skills of a psychologist's work	[SK1] oral statement/conversation/discussion [SK2] presentation/project/paper/report [SK3] text preparation/written work
	[PSYCHJ5_W08] He/she has in-depth and expanded knowledge of the psychological foundations of human functioning.	The students: - can explain the behaviors of others using specialized knowledge of the psychological mechanisms underlying them	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion [SW5] implementation of a problem task
	[PSYCHJ5_W01] He/she knows the terminology used in psychology and its application in related disciplines at the advanced level.	The students: - utilize a rich repertoire of psychological terms and concepts correctly, applying them to the discussed/explored issues within the discipline of psychology, as well as its related fields.	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion [SW2] presentation/project/paper/report [SW3] text preparation/written work
	[PSYCHJ5_U04] He/she is able to clearly, coherently and precisely express himself/herself orally and in writing in Polish and in a foreign language, he/she has the ability to construct extensive oral and written justifications on topics related to various psychological issues using various theoretical approaches, using the achievements of both psychology and other scientific disciplines.	The students: - are able to formulate their statements correctly both orally and in writing, - they can justify their statements using factual and evidence-based arguments, - they utilize current psychological knowledge as well as the contributions of other disciplines related to psychology, such as sociology, philosophy, pedagogy, biology, etc.	[SU1] oral statement/conversation/discussion [SU3] text preparation/written work [SU4] test/exam - oral or written

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	[PSYCHJ5_U11] He/she is able to work in a team performing various roles; he/she knows how to accept and assign tasks, he/she has elementary organizational skills allowing to achieve goals related to designing and undertaking professional activities.	The students: - have teamwork skills,- they can delegate responsibilities to team members,- they possess the ability to organize and plan their own work and that of other team members, - they can utilize feedback to improve their own social competence skills	[SU1] oral statement/conversation/discussion [SU2] presentation/project/paper/report [SU5] implementation of a problem task [SU6] demonstration of practical skills [SU8] observation of student's independent or team work
	[PSYCHJ5_W03] He/she has an in-depth and structured knowledge of contemporary trends in the development of psychology, its currents, and systems, understands their historical and cultural conditions.	The students: - are familiar with contemporary trends in the development of psychology and its origins, - understand human nature in light of the major psychological concepts of human beings learned during classes	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion [SW2] presentation/project/paper/report [SW3] text preparation/written work
	[PSYCHJ5_W02] He/she has an in-depth and expanded knowledge of the sources and the place of psychology in the system of sciences and its subject and methodological connections with other disciplines.	The students: - possess knowledge of the achievements of psychology as a scientific discipline, - they comprehend the relationships between psychology and other scientific disciplines along with their methodologies	[SW2] presentation/project/paper/report [SW3] text preparation/written work
	[PSYCHJ5_W11] He/she has organized knowledge of ethical principles and norms and professional ethics; he/she knows the legal, organizational, and ethical conditions of the performed professional activity.	The students: - are familiar with the formal-legal foundations of functioning in the role of a psychologist, - they adhere to the ethical principles governing psychologists in research and everyday practice	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion [SW5] implementation of a problem task
Subject contents	<p>Psychology as a Scientific Discipline.</p> <p>Mental Processes and Human Behavior as the Focus of Psychology.</p> <p>Research Methods in Psychology - as the Foundation of Scientific Knowledge.</p> <p>Presentation of Selected Psychological Studies with Significant Contributions to the Development of the Discipline of Psychology.</p> <p>Analysis of the Basic Assumptions of Major Psychological Concepts of Human Nature: Psychoanalysis, Behaviorism, and the Humanistic Approach.</p> <p>Ethics in the Profession of Psychologist - Analysis of Critical Areas of Functioning for Psychologists as Researchers and Practitioners.</p>		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Active participation (punctuality, cooperation with the teacher and group, fulfillment of assigned tasks)	51.0%	10.0%
	Presentation of a selected psychological study described in the literature, followed by discussion and analysis.	51.0%	20.0%
	Passing grade on the written exam (test/essay format)	51.0%	70.0%

Recommended reading	Basic literature	<ul style="list-style-type: none"> Gerrig, R.J., Zimbardo, P.G. (2022). Psychology and Life, Scientific Publishers PWN. Kozielecki, J. (1998). Psychological Conception of Man, Academic Publishing "Żak" Strelau, J. (Ed.). (2007). Psychology: An Academic Textbook, Volume 1 (Foundations of Psychology: Chapters 1, 2, 9, 11, 12), GWP. Strelau, J. (Ed.). (2007). Psychology: An Academic Textbook, Volume 2 (General Psychology: Chapters 14, 15, 16, 17, 19, 27, 36), GWP. Strelau, J. (Ed.). (2007). Psychology: An Academic Textbook, Volume 3 (The Individual in Society and Elements of Applied Psychology: Chapters 42, 56, 71, 72), GWP. Tomaszewski, T. (Ed.). (1975). Psychology, PWN.
	Supplementary literature	<ul style="list-style-type: none"> Aronson, E., Aronson, J. (2020). Human-the Social Animal, Scientific Publishers PWN. Brzeziński, J. (2002). The Psychologist and Participants in Psychological Research Between Methodological Correctness and Ethical Correctness. In: Chyrowicz, B. (Ed.), Ethical Aspects of Intervening in the Human Psyche, pp. 37-61. Hook, R.R. (2003). 40 Studies That Changed the Face of Psychology, GWP.
	eResources addresses	
Example issues/ example questions/ tasks being completed	<p>Example topics:</p> <p>eg., Comparison of the key assumptions of three psychological concepts of human nature studied</p> <p>eg., Identification of the criteria differentiating scientific knowledge from common knowledge</p> <p>eg., Explanation of selected psychological mechanisms underlying a specific human behavior</p>	
Work placement	Not applicable	

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