

**Subject card**

<b>Subject name and code</b>	Introduction to psychology, PG_00149115						
<b>Field of study</b>	Psychology						
<b>Date of commencement of studies</b>	October 2026	<b>Academic year of realisation of subject</b>				2026/2027	
<b>Education level</b>	uniform Master's studies	<b>Subject group</b>				Obligatory subject group in the field of study	
<b>Mode of study</b>	part-time studies	<b>Mode of delivery</b>				at the university	
<b>Year of study</b>	1	<b>Language of instruction</b>				Polish	
<b>Semester of study</b>	1	<b>ECTS credits</b>				3.0	
<b>Learning profile</b>	academic	<b>Assessment form</b>				exam	
<b>Conducting unit</b>	Institute of Psychology -> Faculty of Social Sciences -> Rector						
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr Beata Mańkowska				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	18.0	0.0	0.0	0.0	0.0	18
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	<b>Number of study hours</b>	18		10.0		47.0	75
<b>Subject objectives</b>	Introducing students to the subject of psychology as a scientific discipline, the fields of academic and applied psychology, the basic psychological phenomena and processes as a subject of psychology, the basic research methods in psychology; presenting fundamental research with significant contributions to the development of the psychology; understanding key psychological concepts of human behavior; learning the psychological mechanisms of human behavior in difficult situations; sensitizing students to the ethical standards that underpin the professional functioning of psychologists						

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 [SK2] presentation/project/paper/report [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	[SK4] test/exam - oral or written [SK8] observation of student's independent or team work
	[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 within the scope of the subject being taught - they understand the contribution of psychological knowledge to shaping good interpersonal relationships, maintaining an individual's well-being and its development - exhibit openness and commitment to personal development. - they consciously refine the psychologist's toolkit	[SK1] oral statement/conversation/discussion [SK4] test/exam - oral or written
	[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. - share the ideas, suggestions, and doubts based on logical and factual argumentation. - In dialogue, they use scientific knowledge, which is based on facts. - demonstrate high ethical standards in contacts with others	[SU1] oral statement/conversation/discussion [SU3] text preparation/written work
	[PSYCHJ5_W01] He/she knows the terminology used in psychology and its application in related disciplines at the advanced level.	The students: - use a rich range of psychological terms and concepts, correctly relating them to the discussed/ explored issues in the discipline of psychology, as well as its related ones	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion [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: - understand the connections between psychology and other scientific disciplines with their methodology	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion [SW3] text preparation/written work
	[PSYCHJ5_W08] He/she has in-depth and expanded knowledge of the psychological foundations of human functioning.	Students: - can explain the behavior of others using knowledge of the underlying psychological mechanisms acquired during the classes	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion

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[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: - can formulate their statements correctly both verbally and in writing in the course of the subject being taught -they are capable of justifying their statements using factual and evidence-based arguments -they utilize current psychological knowledge as well as the findings of related disciplines such as sociology, philosophy, pedagogy, biology, etc.	[SU1] oral statement/conversation/discussion [SU3] text preparation/written work [SU5] implementation of a problem task
[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.	[SU2] presentation/project/paper/report [SU4] test/exam - oral or written [SU8] observation of student's independent or team 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.	Students: - know the formal and legal basis for functioning as a psychologist - comply with the ethical principles applicable to psychologists in research and everyday practice	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion [SW3] text preparation/written work [SW5] implementation of a problem task
[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: - know contemporary fundamental trends in the development of psychology and their origins - understand human nature in the light of the main psychological concepts of a human being	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion

Subject contents	<p>Psychology as a Science and Its Connections with Other Scientific Disciplines.</p> <p>Subject and Scope of Interest in Psychology.</p> <p>Fields of Contemporary Psychology.</p> <p>Classification of Psychological Phenomena.</p> <p>Scientific Inquiry as a Process of Discovering Facts in Modern Psychology.</p> <p>Research Methods in Psychology.</p> <p>Psychological Conceptions of Human Nature as the Foundation for Understanding Human Nature.</p> <p>Psychoanalysis as a Paradigm of the Unconscious.</p> <p>Behaviorism as the Science of Behavior.</p> <p>Humanistic Psychology and the Phenomenological-Existential Approach as the Primacy of Consciousness in the Study of Humanity.</p> <p>Subjective and Environmental Determinants of Human Behavior.</p> <p>Mechanisms Regulating Individual Behavior in Difficult Situations.</p> <p>Ethics in the Profession of a Psychologist.</p>		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
Recommended reading	Basic literature	<ul style="list-style-type: none"> <li>• Gerrig, R.J., Zimbardo, P.G. (2022). Psychology and Life, Scientific Publishers PWN.</li> <li>• Koziński, J. (1998). Psychological Conception of Man, Academic Publishing "Żak"</li> <li>• Strelau, J. (Ed.). (2007). Psychology: An Academic Textbook, Volume 1 (Foundations of Psychology: Chapters 1, 2, 9, 11, 12), GWP.</li> <li>• Strelau, J. (Ed.). (2007). Psychology: An Academic Textbook, Volume 2 (General Psychology: Chapters 14, 15, 16, 17, 19, 27, 36), GWP.</li> <li>• 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.</li> <li>• Tomaszewski, T. (Ed.). (1975). Psychology, PWN.</li> </ul>	

	Supplementary literature	<ul style="list-style-type: none"> <li>• Aronson, E., Aronson, J. (2020). Human-the Social Animal, Scientific Publishers PWN.</li> <li>• 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.</li> <li>• Hook, R.R. (2003). 40 Studies That Changed the Face of Psychology, GWP.</li> </ul>
	eResources addresses	
Example issues/ example questions/ tasks being completed	<p>Example Topics:</p> <p>eg., Explanation of the function of defense mechanisms in personality</p> <p>eg., Identification of the characteristics of scientific knowledge in psychology</p> <p>eg., Comparison of the basic assumptions of psychoanalysis and behaviorism, etc.</p>	
Work placement	Not applicable	

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