



## MODULE / SYLLABUS

EDUCATION CYCLE 2024-2027

<b>Module/subject name:</b>	<b>PSYCHOLOGY</b>		
<b>Direction:</b>	<b>NURSING</b>		
<b>Level of study*:</b>	<b>1st degree (bachelor's degree)</b> II degree (master's degree)		
<b>Education profile:</b>	<b>practical</b>		
<b>Type of studies*:</b>	<b>stationary/ part-time</b>		
<b>Type of classes*:</b>	mandatory X complementary <input type="checkbox"/> optional <input type="checkbox"/>		
<b>Year and semester of study*:</b>	Year of studies*: IX II <input type="checkbox"/> III <input type="checkbox"/>	Semester of studies*: 1 <input type="checkbox"/> 2 X 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/>	
<b>Number of ECTS credits assigned</b>	<b>2</b>		
<b>Language of instruction:</b>	<b>Polish</b>		
<b>PSW Department Name:</b>	<b>Faculty of Health Sciences</b>		
<b>Contact (phone/email):</b>	tel.55 279 17 68 e-mail:dziekanat@psw.kwidzyn.edu.pl		
<b>Type of module/subject related to vocational training*:</b>	<ul style="list-style-type: none"> <li>• basic science <input type="checkbox"/></li> <li>• social sciences and humanities X</li> <li>• teaching the basics of nursing care <input type="checkbox"/></li> <li>• teaching in the field of specialist care <input type="checkbox"/></li> </ul>		
<b>Person responsible for the module/subject:</b>			
<b>Person(s) in charge:</b>	According to the study plan		
<b>Forms of student workload</b>		<b>Student Load (number of teaching hours)</b>	
<i>Contact hours with an academic teacher (according to the study plan)</i>			
Lectures (W)		<b>27</b>	
Seminar (S)			
Conversations			
Exercises (C)		<b>15</b>	
Practical classes (PK)			
<b>BUNA – independent student work</b> (according to the study plan)		<b>33</b>	
Student workload related to professional practice (according to the study plan)			
<b>Total student workload- total number</b>		<b>75</b>	
<b>Number of ECTS points per subject/module</b>		<b>3, including 1.5 BUNA</b>	
<b>Teaching methods</b>	<ul style="list-style-type: none"> <li>• informative lecture, conversational lecture, exposition methods: film, show,</li> <li>• exercises: didactic discussion, case analysis,</li> <li>• self-education.</li> </ul>		
<b>Objectives and purpose of the course</b>	To familiarize students with psychological knowledge useful for understanding the most important mental processes and explaining human behavior in various life situations.		
<b>Teaching tools</b>	Multimedia board and projector, boards.		
<b>Prerequisites:</b>	Basic knowledge of social sciences.		
<b>Learning outcomes matrix for a module/subject in relation to the methods of verifying the achievement of the intended learning outcomes and the form of implementation of didactic activities</b>			
Symbol learning effect	A student who passes a module (subject) knows/understands/is able to:	Methods of verifying the achievement of intended learning outcomes	The form of teaching activities * enter symbol
B.W1.	Discusses the psychological foundations of human development, normal and disturbed behaviors.	<i>Written and/or oral examination</i>	IN
B.W2.	Discusses the issues of human-social environment relations and the mechanisms of human functioning in difficult situations.	<i>Written and/or oral examination, project or oral response</i>	W/C/BUNA
B.W3.	It presents the stages of human mental development and the regularities occurring at these stages.	<i>Written and/or oral examination</i>	TOILETS

B.W4.	Defines the concepts of emotion and motivation and personality disorders.	<i>Written and/or oral examination, project or oral response</i>	W/C/BUNA
B.W5.	Characterizes the essence, structure and phenomena occurring in the process of transmitting and exchanging information as well as the models and styles of interpersonal communication.	<i>Written and/or oral examination, project or oral response</i>	W/C/BUNA
B.W6.	Discusses anxiety reduction techniques, relaxation methods, and the mechanisms of the development and prevention of burnout syndrome.	<i>Written and/or oral examination, project or oral response</i>	W/C/BUNA
B.U1.	Recognizes normal, disturbed and pathological behavior.	<i>written or oral colloquium, project or oral response</i>	Ć/BUNA
B.U2.	Assesses the impact of illness and hospitalization on a person's physical and mental state.	<i>written or oral colloquium, project or oral response</i>	Ć/BUNA
B.U3.	Assesses human functioning in difficult situations (stress, frustration, conflict, trauma, mourning) and presents elementary forms of psychological help.	<i>written or oral colloquium, project or oral response</i>	Ć/BUNA
B.U4.	Identifies errors and barriers in the communication process.	<i>written or oral colloquium, project or oral response</i>	Ć/BUNA
B.U5.	Uses verbal and non-verbal communication techniques in nursing care.	<i>written or oral colloquium, project or oral response</i>	Ć/BUNA
B.U6.	Creates conditions for proper communication with the patient and members of the care team.	<i>written or oral colloquium, project or oral response</i>	Ć/BUNA
B.U7.	Indicates and applies appropriate anxiety reduction techniques and relaxation methods.	<i>written or oral colloquium, project or oral response</i>	Ć/BUNA
B.U8.	Applies mechanisms to prevent burnout syndrome.	<i>written or oral colloquium, project or oral response</i>	Ć/BUNA
O.K1.	Is guided by the patient's well-being, respects the dignity and autonomy of persons entrusted with care, shows understanding for ideological and cultural differences and empathy in the relationship with the patient and his family.	<i>extended observation by the supervisor/lead teacher, self-assessment</i>	W/C/BUNA
O.K2.	Respects patient rights and maintains the confidentiality of patient-related information.	<i>extended observation by the supervisor/lead teacher, self-assessment</i>	Ć/BUNA
O.K6.	Anticipates and takes into account factors influencing own and patient's reactions.	<i>extended observation by the supervisor/lead teacher, self-assessment</i>	W/C/BUNA

\*W-lecture; S-seminar; K-conversations; Ć-exercises; ZP-practical classes; PZ-professional internships; BUNA-independent student work

#### EXAMPLES OF METHODS FOR VERIFYING LEARNING OUTCOMES

**in terms of knowledge (lectures/seminars):** oral exam (non-standardized, standardized, traditional, problem-based); written exam – the student generates / recognizes the answer (essay, report; short structured questions /SSQ/; multiple choice test /MCQ/; multiple answer test /MRQ/; matching test; Y/N test; answer completion test),

**in terms of skills (exercises/conversations):** Practical exam; Objective Structured Clinical Examination /OSCE/; Mini-CEX (mini – clinical examination); Realization of assigned task; Project, presentation

**in the field of social competences:** reflective essay; extended observation by supervisor/lead teacher; 360° feedback (opinions from teachers, colleagues, patients, other collaborators); Self-assessment (including portfolio)

**BUNA** –the student's own work is verified by assessing the degree to which the assumed learning outcomes have been achieved: a test checking the student's knowledge of the topics specified in the syllabus, but also through term papers, projects, presentations and any other mid-semester work.

#### PROGRAM CONTENT TABLE

Program content	Number of hours	Relating learning outcomes to CLASSES
<b>LECTURES, semester II</b>		
1. Psychology as a science: historical outline, subject, tasks and methods of psychology. Psychological concepts of man.	2	B.W1. B.W2.
2. Psychology of emotions. Stages of human psychological development and its crises.	3	B.W1. B.W2. B.W3. B.W4. B.W6.
3. Defense and adaptation mechanisms: repression, autization, regression, venting, isolation and redirection of affect, denial, rationalization, intellectualization, moralization, ritualization, projection and introjection, sublimation and restitution and their importance in maintaining emotional health.	3	B.W1. B.W2. B.W4.

4. Psychological aspects of health and disease in contemporary research trends: psychosomatic medicine, behavioral medicine, health psychology.	3	B.W1. B.W2. B.W4. B.W6. O.K1.
5. Psychological mechanisms of diseases and somatic dysfunctions.	3	B.W1. B.W2.
6. Pathogenetic and phenomenological paradigm. Psychological theory of stress and coping as a theoretical framework for medical psychology. Posttraumatic stress disorder.	2	B.W1. B.W2. B.W6. O.K1.
7. Psychological issues of nurse-patient contact.	3	B.W1. B.W2. B.W5. O.K1.
8. Psychological mechanisms of the functioning of a social group.	2	B.W1. B.W2. O.K1.
9. Psychology of communication: verbal and nonverbal communication. Models of interpersonal communication.	3	B.W1. B.W2. B.W5. O.K1. O.K6.
10. Selected issues in personality psychology – main theories and models. Threats to personality development. Criteria for mature personality.	3	B.W1. B.W2. B.W3. B.W4.
<b>EXERCISES, semester II</b>		
1. Contact with a sick person. Naturalistic and humanistic attitude towards the sick.	3	B.W2. B.W5. B.U1. B.U3. B.U4. O.K1. O.K2. O.K6.
2. Interpersonal relationships. Psychological mechanisms influencing a person's relationship with others.	3	B.W2. B.W3. B.W5. B.U1. B.U4. O.K1. O.K6.
3. Helping Others: Theories Explaining Helping.	3	B.W2. B.W5. B.U4. B.U6. O.K1.
4. Clinical psychology – mechanisms of human functioning in illness. Psychological issues of nurse-patient contact.	3	B.W2. B.W5. B.U1. B.U2. B.U6. O.K1. O.K2. O.K6.
5. Stress management strategies. Prevention of emotional burnout and professional deformation (support groups, clinical and team supervision, Balint groups).	3	B.W2. B.W4. B.W6. B.U1. B.U3. B.U7. B.U8. O.K1. O.K6.
<b>BUNA – independent student work, semester II</b>		
1. Struggling with Illness: How to Accompany a Sick Person in Struggling with Suffering? 2. How to protect yourself from burnout syndrome. 3. The importance of communication psychology (verbal and non-verbal) in contact with the sick. 4. Human dignity.	33	B.W2. B.W4-6 B.U1-8 O.K1. O.K2. O.K6.
<b>LITERATURE LIST</b>		
<b>Basic literature:</b> 1. Sęk H., Społeczna psychologia kliniczna, PWN, Warszawa 2000 (dodruk 2022).		
<b>Additional literature:</b> 2. Cierpiałkowska L., Sęk H., <i>Psychologia kliniczna</i> , PWN, Warszawa 2020. 3. Zimbardo P., Johnson R. L., McCann V., <i>Psychologia. Kluczowe koncepcje</i> . T. 1-5, Wyd. PWN, Warszawa 2017.		
<b>Method of passing and forms and basic assessment criteria/examination requirements</b>		
<b>How to pass</b> — Exam - lectures — Graded exam – exercises — Pass without grade – BUNA		
<b>Forms and criteria for passing</b> PASSING A SUBJECT - THE SUBJECT ENDS WITH AN EXAMINATION		
<b>Lecture:</b> The basis for obtaining a credit/pass is: — 100% attendance; confirmed by an entry on the attendance list, — a possible 10% absence compensated in an individual manner agreed with the teacher, — active participation in lectures (joining the discussion initiated by the lecturer, showing interest in the issues discussed during the lecture), — Passing BUNA		
<b>Exercises</b>		

The basis for obtaining credit for a grade is:

- 100% attendance; confirmed by an entry on the attendance list,
- active participation in exercises (joining the discussion initiated by the lecturer, showing interest in the issues discussed during the exercises)
- correct, positively assessed oral answer to 3 questions on the content relating to the learning outcomes in the field of knowledge and skills, asked to the student during the exercises,

**Assessment criteria – oral response**

Rate	Criterion
Very good	Correct, complete, independent answer to 3 questions asked to the student by the instructor
All right	Correct answer, requiring slight guidance from the teacher, to 3 questions asked to the student
Sufficient	Correct, incomplete, requiring significant guidance from the teacher, answer to 3 questions asked to the student
Insufficient	No answer or incorrect answer to any of the 3 questions asked to the student

**BUNA assessment criteria - independent student work**

Presentation

Assessment criteria	Rating: pass/fail	
Compatibility of the work content with the subject of education		
Content evaluation of the work		
Evaluation of the selection and use of sources		
Assessment of the formal aspect of the work (footnotes, language)		
<i>*(work recommendations)</i>		
	<i>(rate)</i>	<i>(signature)</i>

\* if any of the criteria are not met, the work should be corrected according to the lecturer's recommendations

**FINAL SUBJECT EXAM**

- The condition for admission to the exam is to obtain credits from lectures and exercises/conversations as well as credits from BUNA.
- The exam is in the form of a written test, multiple choice test /MCQ/ with one correct answer (each correct answer is worth 1 point, no answer or incorrect answer is worth 0 points, at least 60% of correct answers qualifies for a positive grade.

**Test Grading Criteria**

Rate	Very good (5.0)	Good plus (4.5)	Good (4.0)	Sufficient plus (3.5)	Satisfactory (3.0)	Insufficient (2.0)
% correct answers	93-100%	85-92%	77-84%	69-76%	60-68%	59% and less

**FINAL SUBJECT GRADE:**

- the exam constitutes 60% of the final grade of the subject
- the remaining 40% is the average of grades from other forms of classes

The final grade is calculated according to the following criteria:

- 3.0 -3.24 – satisfactory (3.0)
- 3.25 -3.74 – satisfactory (3.5)
- 3.75 -4.24 – good (4.0)
- 4.25 -4.74 – good plus (4.5)
- 4.75 -5.0 – very good (5.0)

**Conditions for making up classes missed due to justified reasons:**

Making up missed classes is only possible in the case of a student's illness documented by a medical certificate or other unforeseen reasons. The excuse for classes and crediting the material covered by the exercises during the absence is made by the lecturer conducting the classes.

Both a student returning from dean's leave and a student repeating a year are required to attend all classes and take the exam. Only if the exam in a given year is graded at least satisfactory (3.0) can a student repeating a year due to a different subject be exempted from the obligation to attend classes and pass and pass the subject.

**Approval: Vice-Rector for Education**