# DESCRIPTION OF THE COURSE OF STUDY

| Course code | 0313.3.PSY.B08.KI | |
|---|---|---|
| **Name of the course in** | Polish | **Komunikacja Interpersonalna** |
| | English | *Interpersonal Communication* |

## 1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

| | |
|---|---|
| **1.1. Field of study** | **Psychology** |
| **1.2. Mode of study** | **Full-time/ part-time** |
| **1.3. Level of study** | **Full-time** |
| **1.4. Profile of study*** | **General academic** |
| **1.5. Person/s preparing the course description** | **dr Ewelina Okoniewska** |
| **1.6. Contact** | ewelina.okoniewska@ujk.edu.pl |

## 2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

| | |
|---|---|
| **2.1. Language of instruction** | **Polish/English** |
| **2.2. Prerequisites*** | **A positive grade in Introduction to Psychology and active participation in the Integration Workshop.** |

## 3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

| | | |
|---|---|---|
| **3.1. Form of classes** | e.g. lectures, classes, (including e-learning) | |
| **3.2. Place of classes** | **Didactic premises of UJK** | |
| **3.3. Form of assessment** | **Lecture, Classes, e-learning: pass/fail** | |
| **3.4. Teaching methods** | **Lecture: informative lecture (WI), problem lecture (WP), conversation lecture (WK)** <br> **Classes: workshop, multiple (group) discussion (DG), metaplan (MT), discussion-brainstorming (BM), film (FL)** | |
| **3.5. Bibliography** | **Required reading** | 1. DeVito J.A. (2013). *The Interpersonal Communication Book*. New York: Pearson. <br> 2. Dziewiecki, M. (2004) . *Psychologia porozumiewania się*. Kielce: Jedność. <br> 3. Kurcz I. (2007). *Język i komunikacja*, w: Strelau J. (red.). *Psychologia. Podręcznik akademicki*. Gdańsk: GWP, t. II, s. 231-274. <br> 4. Mc Kay M., Davis M., Fanning P. (2013). *Sztuka skutecznego porozumiewania się*. Gdańsk: GWP. <br> 5. Nęcki Z. (2000). *Komunikacja międzyludzka*. Kraków: ANTYKWA. <br> 6. Tsirigotis K. (2000) . *Zagadnienia psychologii języka i psychologii komunikacji w translatoryce*. Training of translators and interpreters series, IV, 191-204. |
| | **Further reading** | 1. Morreale S.P., Spitzberg B.H., Berge J.K. (2007). *Komunikacja między ludźmi*. Warszawa: PWN. <br> 2. Pease A. (2003). *Mowa ciała*. Kielce: Jedność. <br> 3. Ruppert, B. (2006) . *Procesy grupowe*: Gdańsk: GWP. <br> 4. Tsirigotis K. (2003) . *Inteligencja werbalna i zdolności lingwistyczne*. Zeszyty Naukowe Akademii Polonijnej, 3, 143-168. |

## 4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

**4.1. Course objectives** *(including form of classes)*

**LECTURES**
**C1- Familiarizing students with the principles of effective interpersonal communication**
**C2- Forming the ability to correctly give and receive messages in interpersonal situations.**
     **interpersonal situations.**
**C3- Developing skills of diagnosing communication barriers.**
**C4- Forming responsibility for the process of communication**

**CLASSES**
**C1- To learn personal ways of reacting when communication barriers are present.**
**C2- To practice empathetic listening skills.**

| C3- Perfecting assertive communication skills. |
|---|
| C4- Developing the ability to correctly send and receive messages in situations |

**4.2. Detailed syllabus** *(including form of classes)*
**Lectures**
1. Familiarizing students with the course charter and the conditions for passing.
2. the process of communication
3. communication styles
4. difficulties in communication.
5. main factors hindering communication
6. communication in interpersonal conflict
7. active and empathetic listening
8. concepts of assertive behavior.
9. assertive communication
10. boundaries in assertive communication
11. Personality and cultural determinants of interpersonal communication.
**Classes**
1. characteristics of communication in psychological relationship
2. interpersonal communication vs. relationship in communication
3 Types of communication
4 Exercise the principles of creating a message, communication styles
5. channels of communication
6. psychological theories of interpersonal communication
7. practice of basic principles of effective communication,
8. barriers to communication, active listening
9. characteristics of the motivational process
10. decision-making: communication in teamwork

## 4.3 Intended learning outcomes

| Code | A student, who passed the course | Relation to learning outcomes |
|---|---|---|
| | within the scope of **KNOWLEDGE:** | |
| W01 | Has in-depth knowledge of barriers to interpersonal communication, empathic listening and assertive communication | PSYCH_W04 |
| W02 | Knows the principles of listening, creating verbalization and assertive messages as well as re-search methods | PSYCH_W05 |
| W03 | Has an expanded knowledge of the role of communication in different social and cultural con-texts | PSYCH_W06 |
| | within the scope of **ABILITIES:** | |
| U01 | Is able to correctly explain the relationships between issues related to the psychology of work | PSYCH_U01 |
| U02 | Iis able to use theoretical knowledge of interpersonal communication and various techniques and means of communication in order to exchange opinions on psychological functioning of man, psychological scientific achievements and wide promotion of psychological knowledge | PSYCH_U03 |
| U03 | Has an in-depth ability to apply techniques of the research nature of effective communication | PSYCH_U07 |
| | within the scope of **SOCIAL COMPETENCE:** | |
| K01 | Able to act in an entrepreneurial manner with regard to activities in the psychology profession and with interpersonal communication techniques | PSYCH_K01 |
| K02 | Is able to co-create social projects, foresee social consequences of his activities in the profession of psychology | PSYCH_K05 |

## 4.4. Methods of assessment of the intended learning outcomes

| Teaching outcomes *(code)* | Method of assessment (+/-) | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Exam oral/written* | | | Test* | | | Project* | | | Effort in class* | | | Self-study* | | | Group work* | | | Others* e.g. standard-ized test used in e-learning | | |
| | Form of classes | | | Form of classes | | | Form of classes | | | Form of classes | | | Form of classes | | | Form of classes | | | Form of classes | | |
| | L | C | ... | L | C | ... | L | C | ... | L | C | ... | L | C | ... | L | C | ... | L | C | .. . |

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W01 | | | | + | + | | | | + | | | | | |
| W02 | | | | + | + | | | | + | | | | | |
| W03 | | | | | | | | | | | | | | + |
| U01 | | | | + | + | | | | + | | | | | + |
| U02 | | | | | + | | | | + | | | | | + |
| U03 | | | | | + | | | | + | | | | | + |
| K01 | | | | | + | | | | + | | | | | + |
| K02 | | | | | | | | | + | | | | | + |

*delete as appropriate

## 4.5. Criteria of assessment of the intended learning outcomes

| Form of classes | Grade | Criterion of assessment |
|---|---|---|
| lecture (L) (including e-learning) | 3 | min. 50% correct answers from the colloquium |
| | 3,5 | min. 61% correct answers from the colloquium |
| | 4 | min. 71% correct answers from the colloquium |
| | 4,5 | min. 81% correct answers from the colloquium |
| | 5 | min. 91% correct answers from the colloquium |
| classes (C)* (including e-learning) | 3 | min. 50% correct answers from the colloquium |
| | 3,5 | min. 61% correct answers from the colloquium |
| | 4 | min. 71% correct answers from the colloquium |
| | 4,5 | min. 81% correct answers from the colloquium |
| | 5 | min. 91% correct answers from the colloquium |

## 5. BALANCE OF ECTS CREDITS – STUDENT'S WORK INPUT

| Category | Student's workload | |
|---|---|---|
| | Full-time studies | Extramural studies |
| NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/ | 45 | 30 |
| Participation in lectures* | 15 | 10 |
| Participation in classes, seminars, laboratories* | 30 | 20 |
| Preparation in the exam/ final test* | - | - |
| Others (please specify e.g. e-learning)* | - | - |
| INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/ | 30 | 45 |
| Preparation for the lecture* | 5 | 10 |
| Preparation for the classes, seminars, laboratories* | 10 | 15 |
| Preparation for the exam/test* | 10 | 15 |
| Gathering materials for the project/Internet query* | - | - |
| Preparation of multimedia presentation | 5 | 5 |
| Others * | - | - |
| TOTAL NUMBER OF HOURS | 75 | 75 |
| ECTS credits for the course of study | 3 | 3 |

*delete as appropriate

**Accepted for execution** (date and legible signatures of the teachers running the course in the given academic year)

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