

Institute of Psychology, University of Wrocław, Courses 2019-2020
European Cultures; ERASMUS+

Teacher's name	Subject/Module title	Kind of classes	Number of hours	Course description	ECTS credits
WINTER SEMESTER					
Dr Jarosław Klebaniuk,	Social inequality from psychological perspective	Lecture	10	The course covers a selection of issues including: 1. Social inequalities and social dominance. 2. Authoritarianism and its consequences. 3. System justification and system delegitimation. 4. Intergroup emotions. 5. Justice sensitivity.	3
Dr Jarosław Klebaniuk	Willpower in psychological research and self-improvement techniques	Workshop	20	The course covers a selection of issues including: 1. Willpower and its facets. Types of challenges. 2. Experimental research on willpower. 3. Lifestyle and habitual support of willpower. 4. Implementation intentions and mental contrasting. 5. Mindfulness based techniques – breathing. 6. Mindfulness based techniques – surfing the urge. 7. Planning and the reversed schedule. 8. Time perspective in achieving goals and fighting temptations. 9. Reacting to a failure. 10. Presenting the outcomes and getting feedback.	3
Dr Marcin Czub	Virtual Reality use in Psychology	Workshop	40	During the course students will be designing and conducting experimental studies related to Virtual Reality applications in psychology. They will acquire both theoretical and practical knowledge, and skills related to this field.	6
Dr Katarzyna Durniat	Interpersonal training	Workshop	30	Training with workshops elements (workshop skills gaining addressed to students of psychology). The main idea of the training is to gain and master widely understood interpersonal competences – through acting and social confrontation. The aim of it is to improve interpersonal functioning of an individual (working on self-esteem, self-consciousness, creativity and openness) and an individual in a group (interpersonal communication, assertiveness, social integration, mechanisms of group functioning). Additionally, students of psychology will train and model their workshop abilities and theoretical grounds of the trained areas. A combination of cognitive and behavioural with elements of emotional training.	6
Mgr Agata Groyecka	Nonverbal communication	Workshop	20	The course covers a selection of issues from the scope of nonverbal communication, including: 1. The roles of gestures, mimicry and posture 2. Cultural differences in nonverbal communication. 3. Evolutionary approach to nonverbal communication (signaling in mate selection). 4. Nonverbal aspects of vocal communication. 5. Personal distance and territory in communication.	3
Dr Maja Biała	Group work	workshop	15	The aim of the course is to learn the basics of working with different groups: from psychotherapeutic groups to social relations in the organization. The participants' own experience will be the basis of the classes - in the context of interpersonal relations in the group and managing the group process.	3
Total			135	Total	24

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SUMMER SEMESTER					
Dr Katarzyna Durniat	Workplace pathologies and employees wellbeing	Seminar	30	The objective of the course is to provide students with fundamentals of scientific knowledge on workplace pathologies (vs. healthy work environment and employees' wellbeing), focusing on various forms of workplace harassment (esp. mobbing/bullying, burnout, power abuse, etc) from the perspective of work and organizational psychology (with some elements of social and clinical approach as well). The workplace pathologies and employees' wellbeing will be presented and discussed from current international legal and scientific and perspective.	6
Dr Magdalena Ślęzyk Sobol	Coaching	Workshop	30	This course aims to give participants an understanding into the dynamics that happen between people when they work one-to-one, explain what coaching is and is not and provide opportunities to practice workplace coaching skills.	6
Mgr Agata Groyecka	Nonverbal communication	Workshop	30	The course covers a selection of issues from the scope of nonverbal communication, including: 1. The roles of gestures, mimicry and posture 2. Cultural differences in nonverbal communication. 3. Evolutionary approach to nonverbal communication (signaling in mate selection). 4. Nonverbal aspects of vocal communication. 5. Personal distance and territory in communication.	6
Dr Agnieszka Sorokowska	Social Psychology	workshop	15	The course covers a selection of issues including: 1. Social psychology – introduction. Objectives, research methods. 2. Social cognition; schemas and heuristics. 3. Attitudes and persuasion. 4. Social influence – rules, techniques, prevention. 5. Interpersonal relations; interpersonal attraction; mating strategies; love. 6. Aggression – symptoms, causes, prevention. 7. Intra-group processes. Group structures, group work, conformity.	3
Dr Marcin Czub	Virtual Reality use in Psychology	Workshop	30	During the course students will be designing and conducting experimental studies related to Virtual Reality applications in psychology. They will acquire both theoretical and practical knowledge, and skills related to this field.	6
Total			135	Total	27