## Course/Modul Description Card

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| To be completed by the Program Committee | Module name:**CORE CURRICULUM COURSES**  | Module code: C |
| Course Title: **Personality psychology**  | Course code: C/16 |
| Organizational Unit Responsible for the Module:**INSTITUTE OF PEDAGOGY AND LANGUAGES**  |
| Field of study: **PSYCHOLOGY** |
| Module: **Educational and Developmental Psychology / Clinical and Health Psychology** |
| Form of study: **FULL-TIME** | Educational profile:**PRACTICAL** | Level of study: **LONG-CYCLE MASTER’S DEGREE PROGRAMME**  |
| Year / semester: **2nd Year/ 4th Semester** | Module status:**OBLIGATORY** | Language:**POLISH/ENGLISH** |
| Form of classes | Lecture | Practice exercise | Laboratory | Project | Seminar | Others |
| Estimated hours | **30** | **30** |  |  |  |  |

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| Subject/module coordinator\*  | dr hab. Aleksandra Błachnio, prof. uczelni |
| Lecturer\* | dr hab. Aleksandra Błachnio, prof. uczelni, mgr Natalia Śluzek |
| Course objectives | Familiarizing students with detailed concepts of personality within various psychological trends. Developing skills in distinguishing between permanent and contextual personality dispositions that predispose to specific behaviors. Shaping readiness to respect the diversity of people's personality traits in diagnostic and assistance situations. |
| Entry requirements  | -  |

*\* A change of course coordinator and course leader is made by the Institute Director upon approval of the Vice-Rector for Education. The new course coordinator and course leader confirm that they have read the content of the course charter.*

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| **LEARNING OUTCOMES** |
| No.  | Learning Outcome Description | Code |
| 01 | Knows and understands selected personality theories and knows what assumptions they are based on, knows and understands issues related to the regulatory functions of personality; knows and understands concepts emphasizing various determinants of personality development (biological, social factors, object relations) and the consequences of these assumptions. | PS\_W02PS\_W05PS\_W10 |
| 02 | Knows and understands the cultural determinants of personality and the relativity of the concepts of its norm and pathology. | PS\_W05 |
| 03 | Knows and understands the concepts that explain the formation of the structure of the “self” and its functions in human activity. | PS\_W04PS\_W11 |
| 04 | Is able to explain, analyse and take into account the relationships between personality and human behaviour in various social and situational contexts. | PS\_U02PS\_U04 |
| 05 | Is able to use theoretical psychological knowledge to characterize and diagnose an individual's personality and indicate the theoretical foundations enabling the identification of human behavior. | PS\_U01PS\_U04 |
| 06 | Is ready to carry out professional tasks, including team tasks, also in cooperation with specialists from other disciplines in the field of personality psychology. | PS\_K03 |
| 07 | Is ready to support other people, develop himself and support the development of others using knowledge of personality psychology in order to improve the quality of life of various social groups. | PS\_K01PS\_K04 |

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| **PROGRAM** |
| **Lectures*** The subject and basic concepts of personality psychology. Measurement and methodological challenges in personality psychology. Development of personality theory. Review of selected personality concepts, i.e.: classical psychoanalysis by Z. Freud; neopsychoanalytic theories by C. Jung, A. Adler, E. Fromm, K. Horney (anxiety theory); stages of psychosocial development according to E. Erikson.
* Socio-cognitive personality theory in the approach of: A. Bandura. PEN by H. Eysenck and OCEAN by P. Costa and R. McCrae. HEXACO concept as an alternative in personality diagnosis. Humanistic concepts by A. Maslow and C. Rogers. Self. Structure of the self – genesis, content, role. Positive psychology by M. Seligman. The concept of personality by the author of the self Kazimierz Obuchowski. Contemporary concepts of the self. Motivational processes organizing concepts of the self. Emotional and motivational components of personality.
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| **Practical Classes** |
| * **What is personality? Implicit personality theories (IOT) and their impact on understanding oneself and other people.**
* **Defense mechanisms and their importance for the functioning of an individual. Neopsychoanalytic personality theories.**
* **Social-cognitive personality theories. The uniqueness of the individual in G. Allport's personality theory. Factorial approach to R. Cattell's traits. Typological theory of H. Eysenck. The Big Five theory of P.T. Costa, R.R. McCrae.**
* **Hierarchical concept of needs and self-actualization according to A. Maslow. Contemporary concepts of the self. The basic importance of self-esteem. Basic mechanisms of personality disorders - integration of biological and environmental factors on the example of borderline personality. Person-situation dispute. Dependence of trait on context. Practical applications of personality psychology. The perspective of humanistic and positive psychology.**
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| Laboratory |
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| Project |
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| **Seminar** |
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| **Others** |
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| Basic literature\* | * Ashcraft, D., Teorie osobowości studia przypadków. Warszawa, PWN 2001.
* Cervone, D., Pervin, L.A.,Osobowość. Teoria i badania. Kraków, Wydawnictwo UJ 2011.
* Hall C., Lindzey G., Campbell J., Teorie osobowości. Warszawa, PWN 2006.
* Oleś, K.P., Wprowadzenie do psychologii osobowości. Warszawa, Scholar 2005.
* Oleś, K.P., Psychologia człowieka dorosłego. Warszawa, PWN 2011.
* Oleś K.P., Drat-Ruszczak K., Osobowość. W: J. Strelau,D. Doliński, Psychologia. Gdańsk, GWP 2008.
* Pervin, L., John, O., Osobowość. Teoria i badania. Kraków, UJ 2002.
* Strelau, J., Osobowość jako zespół cech. w: J. Strelau (red.), Psychologia. Podręcznik akademicki. Gdańsk, GWP 2006.
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| Supplementary literature\*  | * Gasiul, H., Psychologia osobowości. Warszawa, Difin 2006.
* Oleś, K.P., O osobowości praktycznie wszystko: ćwiczeniaz psychologii osobowości. Warszawa, Scholar 2010.
* Ogińska-Bulik N., Juczyński Z., Osobowość, stres a zdrowie. Warszawa, Difin 2010.
* Ogińska-Bulik N., Juczyński Z., Osobowościowe wyznaczniki satysfakcji z życia. w: I. Heszen, J. Życińska (red.), Psychologia zdrowia w poszukiwaniu pozytywnych inspiracji. Warszawa, SWPS 2008.
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| Teaching methods | Informative lecture with multimedia presentation, problem-based lecture, conversational lecture, discussion, work with text, activation methods, group and individual work, case study method. |
| Distance learning methods |  |

\* *The literature may be changed after approval of the Director of the Institute*

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| Verification method | Related learning outcomes |
| Active participation, statements during classes, individual and group work. | 01,02,03,04,05, 06 |
| Analysis of the problem situation, case study | 04,05,06,07 |
| Preparing a presentation on a given topic. | 01,02,03 |
| Formy i warunki zaliczenia | * Written exam
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| **STUDENT WORKLOAD** |
| Type of activity | Estimated hours |
| Total | Including activities related to practical professional training | Including participation in classes conducted using distance learning methods and techniques |
| Participation in lectures | 30 | - |  |
| Independent study | 25 | - |  |
| Participation in practical classes/workshops/seminars | 30 | 25 |  |
| Preparation for classes | 27 | 10 |  |
| Project/essay preaparation | 30 | 20 |  |
| Exam or assessment preparation | 30 | 15 |  |
| Consultations | 3 |  |  |
| Other |  |  |  |
| **TOTAL student workload** | 175 | 70 | 0 |
| Number of ECTS credits for the course | **7** |
| ECTS credits for practical activities | **2,8** |
| ECTS credits for distance learning activities: | **0** |
| ECTS credits for direct academic contact hours | **3,4** |