

SYLLABUS FOR 2023/2024 ENROLLMENT

GENERAL INFORMATION

1. Name of the course

Social competences

2. Name of the faculty

Department of Tourism and Recreation

3. Level of education

First-cycle studies

4. Number of ECTS credits

2

5. Number of hours per semester

semester	lecture	classes	lab./flc	prj./pc	self-study	internship
I		15				

6. Language of instruction: English
7. Lecturer

Ewa Szymczuk - PhD

DETAILED INFORMATION

8. Access requirements

1. Knowledge of English language at B2 Level
2. Knowledge of the Polish language

9. Objectives of the course

C1 To introduce basic conceptual categories and terminology in the field of social competence.

C2 To increase skills, awareness of self-knowledge and processes of communication with other human being.

C3 To develop student's social competences.

10. Field-specific learning outcomes in terms of knowledge, skills and social competences

A student who successfully passed the course:

reference to field-specific learning outcomes

KNOWLEDGE

EU01 He/she knows and understands to an advanced level various phenomena of social sciences, humanities, exact sciences, natural sciences and physical culture and the practical application of this knowledge in professional activity related to the major

K_W01

SKILLS

EU02 Can communicate using different communication techniques in the environment and other environments, using available sources of information including electronic sources

K_U04

SOCIAL COMPETENCES

EU03 Is ready to develop and use interpersonal skills

K_K07

11. Programme content

Form of the activity – Classes

<ol style="list-style-type: none"> 1. Social competences 2. Communication process, basic principles 3. Identifying one's skills and competences 4. Self-presentation 5. Assertiveness 6. Dealing with stress 7. Creating application documents 	
12. Didactic tools/methods	
1. Discussion	
2. Working in teams, exercises	
3. Didactic games	
4. Explanation and multimedia presentation	
5. Didactic films	
6. Consultations	
13. Methods of assessment	
1. Preparation of application documents	
2. Activity during classes	
3. Demonstration of social skills during a simulated job interview	
14. Student workload	
Form of activity	number of hours
1. Classes with direct participation of the teacher and consultations	20
2. Student workload	30
sum	50
Total number of ECTS credits	2
15. Literature	
Basic literature:	
1. Hartley M., <i>Asertywność - sztuka umiejętnej stanowczości</i> , Feeria, Łódź 2007	
2. Jeruszka U., <i>Kompetencje : aspekty teoretyczne i praktyczne</i> , Difin , Warszawa 2016	
3. McKay M., Fanning D.P., <i>Sztuka skutecznego porozumiewania się</i> , Gdańskie Wydawnictwo Psychologiczne, Gdańsk 2002	
4. Morreale S.P., Spitzberg B.H., Barge J.K., <i>Komunikacja między ludźmi: motywacja, wiedza i umiejętności</i> , PWN, Warszawa 2007	
5. Nęcki Z., <i>Komunikacja międzyludzka</i> , Antykwa, Kraków 2000	
6. Heszen I., <i>Psychologia stresu. Korzystne i niekorzystne skutki stresu życiowego</i> , PWN, Warszawa 2013	
Supplementary literature:	
1. Adams K.L., Galanes G.J., <i>Komunikacja w grupach</i> , Wydawnictwo Naukowe PWN, Warszawa 2008	
2. Baney J., <i>Komunikacja interpersonalna</i> , Wolters Kluwer Polska, Warszawa 2009	
3. Cialdini R.B., <i>Wywieranie wpływu na ludzi : teoria i praktyka</i> , Gdańskie Wydawnictwo Psychologiczne, Gdańsk 2007	
4. Kozyra B., <i>Komunikacja bez barier</i> , MT Biznes, Warszawa 2008	
5. Stewart J. (red.), <i>Mosty zamiast murów. Podręcznik komunikacji interpersonalnej</i> , PWN, Warszawa 2003	
16. Forms of assessment - details	
The basis for obtaining credit is:	
- attendance (two absences allowed), confirmed by an entry on the attendance list,	
- active participation in discussions and simulations conducted during classes	
- preparation of application documents	
- level of social competence, demonstrated during a simulated job interview	

17. Other useful details concerning the course

1. Direct information about the issues of classes and a program content is provided by the teacher during classes and during office hours
2. Classes will be held at John Paul II University in Biała Podlaska or online
3. Classes will be held in accordance with the current schedule
4. Office hours will be held in accordance with the applicable schedule