



MODULE / SYLLABUS
EDUCATION CYCLE 2023-2026

Module/subject name:	PSYCHOLOGY		
Direction:	NURSING		
Level of study*:	I degree (bachelor's) II degree (master's degree)		
Profile of education:	practical		
Type of studies*:	stationary / non-stationary		
Type of classes*:	obligatory X supplementary <input type="checkbox"/> to choose from <input type="checkbox"/>		
Year and semester of studies*:	Year of study*: I X II <input type="checkbox"/> III <input type="checkbox"/>	Semester*: 1 <input type="checkbox"/> 2 X 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/>	
Number of ECTS credits assigned	2		
Language of instruction:	English		
Name of the PSW Department:	Faculty of Health Sciences		
Contact (tel./email):	Tel. 55 279 17 68 e-mail: dziekanat@psw.kwidzyn.edu.pl		
Type of module/subject relating to apprenticeships*:	<ul style="list-style-type: none">• basic sciences <input type="checkbox"/>• social sciences and humanities X• science in the basics of nursing care <input type="checkbox"/>• specialist care <input type="checkbox"/>		
Presenter(s):	according to the studies plan		
Forms of student workload		Student charge (number of teaching hours)	
Contact hours with an academic teacher (according to the study plan)			
Lectures (W)		24	
Seminar (S)			
E-learning (e-L)			
Conversatories			
Exercises (C)		15	
Practical classes (ZP)			
BUNA - independent student work (according to the study plan)		11	
Student's workload related to work placements (according to the study plan)			
Total student workload – total number		50	
Number of ECTS credits per subject/module		2, including 0.5 BUNA	
Didactic methods	<ul style="list-style-type: none">• giving (lecture, talk),• programmatic (using audiovisual tools, boards),• activating (case method, situational method,• staging method, didactic discussion, project method),• analysis of clinical cases.		
Assumptions and aim of the subject	Familiarizing students with psychological knowledge useful to understand the most important mental processes and explain human behavior in various life situations.		
Teaching tools	Board and multimedia projector, boards.		
Prerequisites:	Basic knowledge in the field of social sciences.		
Matrix of learning outcomes for the module / subject in relation to the methods of verifying the achievement of the intended learning outcomes and the form of implementation of didactic classes			
Symbol learning outcome	The graduate: knows and understands / is able to / is ready to	Methods for verifying the achievement of the intended learning outcomes	Form of implementation of didactic classes * enter the symbol
B.W1.	psychological basis of human development, normal and abnormal human behaviour;	Written and/or oral examination	W
B.W2.	issues related to the human – social environment relationship and mechanisms of human functioning in difficult situations;	Written and/or oral examination, draft or oral answer	W/Ć/BUNA
B.W3.	stages and regularities of human mental development;	Written and/or oral examination	W/C
B.W4.	concepts of emotion, motivation, and personality disorders;	Written and/or oral examination, draft or oral answer	W/Ć/BUNA

B.W5.	nature and structure of phenomena related to transferring and exchanging information, and models and styles of interpersonal communication;	<i>Written and/or oral examination, draft or oral answer</i>	W/Ć/BUNA
B.W6.	methods of fear reduction and relaxation, and the mechanisms of occurrence and prevention of the professional burnout syndrome;	<i>Written and/or oral examination, draft or oral answer</i>	W/Ć/BUNA
B.U1.	identify normal, dysfunctional and pathological behaviours;	<i>written or oral colloquium, draft or oral reply</i>	W/Ć/BUNA
B.U2.	assess the influence of disease and hospitalisation on a person's physical and mental state;	<i>written or oral colloquium, draft or oral reply</i>	W/Ć/BUNA
B.U3.	evaluate the functioning of a person in difficult situations (stress, conflict, frustration, trauma, mourning) and discuss basic forms of psychological assistance;	<i>written or oral colloquium, draft or oral reply</i>	W/Ć/BUNA
B.U4.	identify communication errors and barriers;	<i>written or oral colloquium, draft or oral reply</i>	W/Ć/BUNA
B.U5.	apply verbal and nonverbal communication techniques in nursing practice	<i>written or oral colloquium, draft or oral reply</i>	W/Ć/BUNA
B.U6.	create conditions for effective communication with patients and healthcare staff members;	<i>written or oral colloquium, draft or oral reply</i>	W/Ć/BUNA
B.U7.	select and make use of appropriate fear reduction techniques and relaxation methods;	<i>written or oral colloquium, draft or oral reply</i>	W/Ć/BUNA
B.U8.	make use of techniques for occupational burnout prevention;	<i>written or oral colloquium, draft or oral reply</i>	Ć/BUNA
O.K1.	be guided by the best interests of the patient, respect the dignity and autonomy of the persons entrusted to their care, show understanding for world-view and cultural differences and show empathy towards the patient and their family;	<i>prolonged observation by the caregiver / teacher, self-assessment</i>	W/Ć/BUNA
O.K2.	respect patients' rights;	<i>prolonged observation by the caregiver / teacher, self-assessment</i>	Ć/BUNA
O.K6.	anticipate and take into account factors influencing their own and the patient's reactions;	<i>prolonged observation by the caregiver / teacher, self-assessment</i>	W/Ć/BUNA

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

EXAMPLES OF METHODS FOR THE VERIFICATION OF LEARNING OUTCOMES

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

in terms of skills (exercises/seminars): Practical examination; Objective Structured Clinical Examination (OSCE); Mini-CEX (mini – clinical examination); Implementation of the commissioned task; Design, presentation

in the field of social competences: reflective essay; prolonged observation by the tutor / teacher of the teacher; 360° assessment (opinions of teachers, colleagues, patients, other colleagues); Self-assessment (including portfolio)

BUNA – the student's own work is verified by assessing the degree of implementation of the assumed learning outcomes: a test checking the student's knowledge of the subject specified in the syllabus, but also through final papers, projects, presentations and any other mid-term work.

TABLE OF PROGRAMME CONTENTS

Program content	Number of hours	Reference of learning outcomes to CLASSES
LECTURES, semester II		
1. Psychology as a science: historical outline, subject, tasks and methods of psychology. Psychological concepts of man.	1	B.W1. B.W2.
2. Psychology of emotions. Stages of psychological development of a person and his crises.	2	B.W1. B.W2. B.W3. B.W4. B.W6. B.U2. B.U3.
3. Defense and adaptive mechanisms: repression, autoization, regression, rebound, isolation and redirection of affect, denial, rationalization, intellectualization, moralization, ritualization, projection and	3	B.W1. B.W2. B.W4. B.U2. B.U3.

introjection, sublimation and restitution and their importance in maintaining emotional health.		
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. B.U2. B.U3. O.K1.
5. Psychological mechanisms of diseases and somatic dysfunctions.	2	B.W1. B.W2. B.U2.
6. Pathogenetic and phenomenological paradigm. Psychological theory of stress and coping as the theoretical framework of medical psychology. Post-traumatic stress disorder.	2	B.W1. B.W2. B.W6. B.U2. B.U7. O.K1.
7. Psychological problematics of nurse-patient contact.	3	B.W1. B.W2. B.W5. B.U1. B.U4. B.U6. O.K1.
8. Psychological mechanisms of the functioning of a social group.	2	B.W1. B.W2. B.U4. B.U6. O.K1.
9. Psychology of communication: verbal and non-verbal ways of communicating. Models of interpersonal communication.	3	B.W1. B.W2. B.W5. B.U1. B.U4. B.U5. O.K1. O.K6.
10. Selected issues from personality psychology – main theories and models. Threats in the development of personality. Criteria for a mature personality.	3	B.W1. B.W2. B.W3. B.W4. B.U3.
EXERCISES, semester II		
1. Contact with a sick person. Natural and humanistic attitude to chorego.	3	B.W2. B.W5. B.U1. B.U3. B.U4. O.K1. O.K2. O.K6.
2. Interpersonal relationships. Psychological mechanisms affecting the relationship of a person with others.	3	B.W2. B.W3. B.W5. B.U1. B.U4. O.K1. O.K6.
3. Helping others. Theories that explain helping.	3	B.W2. B.W5. B.U4. B.U6. O.K1.
4. Clinical psychology – mechanisms of human functioning in disease. Psychological problems of nurse-patient contact.	3	B.W2. B.W5. B.U1. B.U2. B.U6. O.K1. O.K2. O.K6.
5. Coping strategies. Prevention of emotional burnout and professional deformity (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.
BUNA – independent student work, semester II		
1. Struggling with illness: how to accompany a sick person in struggling with suffering?	3	B.W2. B.W4. B.W5. B.U1. B.U2. B.U3. B.U4. B.U6. B.U7. O.K1. O.K2. O.K6.
2. How to protect yourself from burnout syndrome.	3	B.W2. B.W6. B.U1. B.U3. B.U8. O.K1.
3. The importance of psychology of communication (verbal and non-verbal) in contact with the sick person.	3	B.W2. B.W5. B.U1. B.U4. B.U5. O.K1. O.K6.
4. Human dignity.	2	B.W2. O.K1. O.K2.
LIST OF LITERATURE		
Basic literature: <ol style="list-style-type: none"> 1. <i>Psychology for Nursing and Healthcare Professionals: Developing Compassionate Care</i>, Author: Barker Sue, Sage, cop. 2016. 2. <i>Understanding Psychology for Nursing Students</i> Author: De Vries, Janneke, London ; Thousand Oaks : Sage Learning Matters, cop. 2017 		
Supplementary literature: <ol style="list-style-type: none"> 1. Pete G., <i>Psychology for Nursing</i>, Malden: Polity Press, cop. 2016 2. <i>A Dictionary of Psychology</i>, Author: Colman Andrew M., 2015 		
Method of passing and forms and basic assessment criteria/examination requirements		
Method of credit <ul style="list-style-type: none"> — Exam – lectures — Passing with grade – exercises — Passing without a grade – BUNA 		

Forms and criteria for passing**PASSING THE SUBJECT - THE SUBJECT ENDS WITH AN EXAM****Lecture:**

The basis for obtaining credit/zal is:

- presence of 100%; confirmed by an entry on the attendance list,
- possible 10% absence balanced in a manner individually agreed with the lecturer,
- active participation in lectures (joining the discussion initiated by the lecturer, showing interest in the issues discussed during the lecture),
- BUNY pass

Exercises/seminars

The basis for obtaining credit for the assessment is:

- presence of 100%; confirmed by an entry on the attendance list,
- active participation in the 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 in the field of content related to learning outcomes in the field of knowledge and skills, asked to the student during the exercises,

Evaluation criteria — oral answer

Assessment	Criterion
Very good	Correct, full, independent answer to 3 questions asked to the student by the lecturer
Endorsement	Correct, requiring little orientation by the teacher, answer to the 3 questions asked to the student
Sufficient	Correct, incomplete, requiring significant orientation by the teacher answer to the 3 questions asked to the student
Insufficient	No answer or incorrect answer to each of the 3 questions asked to the student

BUNA evaluation criteria - independent student work

Evaluation criteria		Assessment: zal/nzal	
Compliance of the content of the work with the subject of education			
Substantive assessment of work			
Evaluation of the selection and use of sources			
Assessment of the formal side of the work (footnotes, language)			
*(recommendations for work)			
		(rating)	(signature)

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

FINAL EXAM IN THE SUBJECT

- The condition for admission to the exam is to obtain credit from lectures and exercises / seminars and pass BUNY (project)
- The exam takes the form of a written test, a multiple-choice test /MCQ/ with one correct answer (each correct answer is 1 point, no answer or incorrect answer 0 points, a minimum of 60% of the answers qualifies for a positive assessment.

Test evaluation criteria

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

and/or reply orally

Evaluation criteria – oral answer

Assessment	Criterion
Very good	Correct, full, independent answer to 3 questions asked to the student by the lecturer
Endorsement	Correct, requiring little orientation by the teacher, answer to the 3 questions asked to the student
Sufficient	Correct, incomplete, requiring significant orientation by the teacher answer to the 3 questions asked to the student
Insufficient	No answer or incorrect answer to each of the 3 questions asked to the student

FINAL GRADE IN THE SUBJECT:

- the exam accounts for 60% of the final grade in the subject
- the remaining 40% is the average grade from other forms of classes

The final grade is recalculated according to the following criteria:

3.0 -3.24 – sufficient (3.0)

3.25 -3.74 – sufficient (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 abandoned for justified reasons:

Making up for abandoned classes is possible only in the case of a student's illness documented by sick leave or other random reasons. Justification of classes and passing of the material being the subject of exercises during the period of absence is made by the lecturer conducting the classes.

Both a student returning from dean's leave and a student repeating the year is obliged to attend all classes and take the exam. Only if the exam in a given year has been obtained with at least a sufficient grade (3.0), a student repeating the year due to another subject may be exempted from the need to attend classes and pass and pass the subject.

Acceptance: Vice-Rector for Teaching and Student Affairs