



MODULE / SYLLABUS
EDUCATION CYCLE 2022-2025

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)	
<i>Contact hours with an academic teacher (according to the study plan)</i>			
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 (<i>according to the study plan</i>)			
Total student workload – total number		50	
Number of ECTS credits per subject/module		2, including 0 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	Students who pass the module (subject) will know/understand/ be able to:	Methods for verifying the achievement of the intended learning outcomes	Form of implementation of didactic classes * enter the symbol
B.W1.	Discusses the psychological basis of human development, normal and disturbed behaviour.	<i>Written and/or oral examination</i>	W

B.W2.	Discusses issues of human-social environment relations and mechanisms of human functioning in difficult situations.	<i>Written and/or oral examination, project or oral answer</i>	W/Ć/BUNA
B.W3.	Presents the stages of human psychological development and the regularities that occur at these stages.	<i>Written and/or oral examination</i>	W/C
B.W4.	Defines the concepts of emotion and motivation and personality disorders.	<i>Written and/or oral examination, project or oral answer</i>	W/Ć/BUNA
B.W5.	It characterises the nature, structure and phenomena occurring in the process of transmission and exchange of information, as well as models and styles of interpersonal communication.	<i>Written and/or oral examination, project or oral answer</i>	W/Ć/BUNA
B.W6.	It discusses anxiety reduction techniques, relaxation methods and the mechanisms for the onset and prevention of occupational burnout syndrome.	<i>Written and/or oral examination, project or oral answer</i>	W/Ć/BUNA
B.U1.	Recognises normal, disturbed and pathological behaviour.	<i>written or oral colloquium, project or oral reply</i>	W/Ć/BUNA
B.U2.	Assesses the impact of illness and hospitalisation on a person's physical and mental state.	<i>written or oral colloquium, project or oral reply</i>	W/Ć/BUNA
B.U3.	Assesses human functioning in difficult situations (stress, frustration, conflict, trauma, bereavement) and presents elementary forms of psychological support.	<i>written or oral colloquium, project or oral reply</i>	W/Ć/BUNA
B.U4.	Identifies errors and barriers in the communication process.	<i>written or oral colloquium, project or oral reply</i>	W/Ć/BUNA
B.U5.	Uses verbal and non-verbal communication techniques in nursing care.	<i>written or oral colloquium, project or oral reply</i>	W/Ć/BUNA
B.U6.	Creates the conditions for proper communication with the patient and members of the care team.	<i>written or oral colloquium, project or oral reply</i>	W/Ć/BUNA
B.U7.	Identifies and applies appropriate anxiety reduction techniques and relaxation methods.	<i>written or oral colloquium, project or oral reply</i>	W/Ć/BUNA
B.U8.	Applies mechanisms to prevent professional burnout syndrome.	<i>written or oral colloquium, project or oral reply</i>	Ć/BUNA
O.K1.	Is guided by the welfare of the patient, respects the dignity and autonomy of those entrusted to their care, shows understanding of worldview and cultural differences and empathy in the relationship with the patient and their family.	<i>prolonged observation by the caregiver / teacher, self-assessment</i>	W/Ć/BUNA
O.K2.	Respects patient rights and the confidentiality of patient-related information.	<i>prolonged observation by the caregiver / teacher, self-assessment</i>	Ć/BUNA
O.K6.	Anticipates and considers factors influencing own and patient responses.	<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 background, object, tasks and methods of psychology. Psychological concepts of man.	1	B.W1. B.W2.
2. The psychology of emotions. Stages of human psychological development and its crises.	2	B.W1. B.W2. B.W3. B.W4. B.W6. B.U2. B.U3.
3. Defence and adaptive mechanisms: repression, autisation, regression, de-reactivation, isolation and redirection of affect, denial, rationalisation, intellectualisation, moralisation, ritualisation, projection and introjection, sublimation and restitution and their importance in maintaining emotional health.	3	B.W1. B.W2. B.W4. B.U2. B.U3.
4. Psychological aspects of health and illness in contemporary research streams: psychosomatic medicine, behavioural medicine, health psychology.	3	B.W1. B.W2. B.W4. B.W6. B.U2. B.U3. O.K1.
5. Psychological mechanisms of somatic illness and dysfunction.	2	B.W1. B.W2. B.U2.
6. The pathogenetic and phenomenological paradigm. Psychological theory of stress and coping as a theoretical framework for medical psychology. Post-traumatic stress syndrome	2	B.W1. B.W2. B.W6. B.U2. B.U7. O.K1.
7. Psychological issues of nurse-patient contact.	3	B.W1. B.W2. B.W5. B.U1. B.U4. B.U6. O.K1.
8. Psychological mechanisms of social group functioning.	2	B.W1. B.W2. B.U4. B.U6. O.K1.
9. Psychology of communication: verbal and non-verbal modes of communication. Models of interpersonal communication.	3	B.W1. B.W2. B.W5. B.U1. B.U4. B.U5. O.K1. O.K6.
10. Selected issues in personality psychology - main theories and models. Threats to personality development. Criteria of a mature personality.	3	B.W1. B.W2. B.W3. B.W4. B.U3.
EXERCISES, semester II		
1. Contact with the sick person. The naturalistic and humanistic relationship with the sick person.	3	B.W2. B.W5. B.U1. B.U3. B.U4. O.K1. O.K2. O.K6.
2. Interpersonal relationships. Psychological mechanisms affecting a person's relationship with others.	3	B.W2. B.W3. B.W5. B.U1. B.U4. O.K1. O.K6.
3. Helping others. Theories explaining helping	3	B.W2. B.W5. B.U4. B.U6. O.K1.
4. Clinical psychology - mechanisms of human functioning in illness. Psychological issues of nurse-patient contact.	3	B.W2. B.W5. B.U1. B.U2. B.U6. O.K1. O.K2. O.K6.
5. Strategies for coping with stress. 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. Coping with illness: how to accompany a person who is ill to cope 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 oneself from professional burnout syndrome.	3	B.W2. B.W6. B.U1. B.U3. B.U8. O.K1.
3. The importance of the psychology of communication (verbal and non-verbal) in dealing with the sick.	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.
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LIST OF LITERATURE

Basic literature:

1. *Psychology for Nursing and Healthcare Professionals: Developing Compassionate Care*, Author: Barker Sue, Sage, cop. 2016.
2. *Understanding Psychology for Nursing Students* Author: De Vries, Janneke, London ; Thousand Oaks : Sage Learning Matters, cop. 2017

Supplementary literature:

1. Pete G., *Psychology for Nursing*, Malden: Polity Press, cop. 2016
2. *A Dictionary of Psychology*, Author: Colman Andrew M., 2015

Forms of assessment and basic assessment criteria/examination requirements

Method of credit

- 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),
- BUNA pass

Exercises/seminars

The basis for obtaining a pass mark is:

- presence of 100%; confirmed by an entry on the attendance list,
- attendance 100%; confirmed by an entry on the attendance list,
- active participation in classes (joining the discussion initiated by the lecturer, showing interest in the issues discussed during the classes)
- a correct, positively evaluated oral answer to 3 questions from the scope of the content related to the 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

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 missed for excused reasons:

Making up for abandoned classes is possible only in the case of a student's illness documented by sick leave or Making up missed classes is possible only in the case of a student's illness documented by a medical exemption or other fortuitous reasons. Excusing classes and passing the material covered during the period of absence is done by the lecturer conducting the classes. Both a student returning from dean's leave and a student repeating a year are obliged to attend all classes and to take examinations. Only if a grade of at least "pass" (3.0) is obtained in an examination in a given year may a student repeating a year because of another subject be exempted from the obligation to attend classes and to pass the subject.

Acceptance: Vice-Chancellor for Science and Educational Quality