

# **Courses offered in English**

**2023/2024**

**Instytut Psychologii | Institute of Psychology**

**Uniwersytet Jagielloński | Jagiellonian University**

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\* Participation in these courses for Erasmus students is subject to availability

## Human neuropsychology

**prof. dr Anton M.L. Coenen**  
**Department of Biological Psychology,**  
**Donders Centre for Cognition, Holandia**  
**dr hab. Marek Binder, prof. UJ**

**WFz.IPs-N-FB26**

**ECTS 2**

**Type of class**

Lecture 15 hours

**Evaluation**

exam

**Term**

winter

**Schedule**

The course will be given in 2023 from Monday 9 till Friday 13 October (not confirmed yet), 5 days. Every day 2 lectures of 60 minutes. Lecture 1: From 10 till 11, than a break of 15 minutes followed by lecture 2 from 11.15 till 12.15.

Place: Sala Konferencyjna Biblioteki Jagiellońskiej.

### Objectives and topics

The objective of this course is to describe human neuropsychology, the study to the relationships between brain functions and behaviour. Neuropsychology is strongly influenced by the brain theory, stating that the brain is the source of behaviour. The course approaches how the brain controls behaviour and produces consciousness. Neuropsychological investigations into the brain-behaviour relationship can identify impairments of behaviour that result from brain trauma and brain disorders and diseases. Most important human functions such as cognition, movements, perception, attention, emotion, language and learning and memory, come up, with their disorders and eventual therapies. Also impairments in brain development such as expressed in ADHD and autism, as well as psychiatric and neurological disorders will also be discussed.

### Evaluation criteria

exam

## Computer games and social media - a psychological perspective

**dr Karolina Czernecka**

**WFz.IPs-N-E24**

**ECTS 4**

**Type of class**

Discussion class, 30 hours

**Evaluation**

exam

**Term**

winter

**Schedule**

Tuesday 15.00-16.30; room 0.04

**Objectives and topics**

The intent of the course is to create both a theoretical and practical foundation for creating comprehensive projects in personnel recruitment and selection. The objectives of this course are to: present and analyze recent developments in personnel psychology, develop an in-depth understanding of empirical issues involved in personnel recruitment and selection and acquire practical skills in creating and conducting middle-sized personnel-related projects in organizations. The course will take on several topics in psychology of recruitment and selection, including (but not limited to) job performance, cognitive ability, personality, emotional intelligence, recruitment, assessment centers, development, interviews and situational judgment tests. Participants will be required to create a project in personnel psychology that deals with practical issues of recruitment, selection or evaluation, based on the recent developments in personnel psychology. Graduating from the course will result in receiving a professional certificate granted by the teacher.

**Evaluation criteria**

Course will be conducted in the form of a role-playing game. Rules of the game will be provided at the beginning of the course.  
Weekly tests; consulting report; final presentation

**Absence allowance 2**

## The brain's making of "me" - neuroscience of self

**dr Ilona Kotlewska**

**WFz.IPs-N-E26**

ECTS 4

### **Type of class**

Discussion class, 30 hours

### **Evaluation**

exam

### **Term**

winter

### **Schedule**

Tuesday 11.30-13.00; room 0.03

### **Objectives and topics**

Applied Social Psychology combines the science of social psychology with the practical application of solving problems in the real world. This knowledge is vital in understanding many social problems such as immigration, national identity, inter-group relations, and conflict resolution. The course will also help in understanding other social behaviour such as sports performance, consumer behaviour, health behaviour, environmental behaviour and so on. The main objective of the course is to apply social psychological theory and technique to study real everyday situation. Most of the class will be structured as lectures with recommended readings. There will also be workshops and discussions in class. I will begin the class with a short introduction to the topic. We will supplement each other's knowledge each week and come to share an understanding of the theories and application of the theories in real social settings. We will primarily follow research articles on particular topics and references will be provided for the same.

### **Evaluation criteria**

(A) Exams (40%) - There will be a multiple-choice exam with one 250-word essay. The exam will consist of a number of questions of which you will have to select one to answer. These questions will be answerable based on the discussions we held in class, the handouts prepared by presenters, and your thoughtful reflection. (B) Applied Social Psychology Presentation (25%) – The final presentation would aim to address certain social phenomenon and derive a solution on how to address the same. So, for instance, intervention strategy for a specific issue in sports; policy changes in certain political situation, social awareness campaign, advertising and selling a product and so on. (C) Class presentation (15%) – There will be one group presentation. (D) 1 written assignment (15%) – There will be one written assignment. (E) Class Participation (5%) – The value of this class comes from the active participation of all students which would comprise participation in discussions and creating a good discussion question at the end of each class and sharing opinions freely.

### **Absence allowance 2**

## Social advertising

**dr Małgorzata Kmak**

**WFz.IPs-N-E32**

**ECTS 3**

**Type of class**

Workshop, discussion, 30 hours

**Evaluation**

Project

**Term**

winter

**Schedule**

Thursday 8.00-9.30; room 2.02.

**Objectives and topics**

The social advertising course is a workshop. Students will learn about the history of advertising and the origins of social advertising. They analyze the differences between commercial and social advertising. The class takes the form of discussion and implementation of practical exercises. In the course, they learn how to group segments of social campaign audiences, implement audience needs research and prepare an original social campaign project. The basis of the course is the analysis of selected examples of social advertising in different cultures, countries and social environments.

**Evaluation criteria**

Project

**Absence allowance**

## Laboratory in cognitive neuroscience

dr hab. Mirosław Wyczęsany,  
prof. UJ

WFz.IPs-N-E16

ECTS 3

**Type of class**

Laboratory, 30 hours

**Evaluation**

exam

**Term**

summer

**Schedule**

Monday 16.45-18.15, r. 1.02

**Objectives and topics**

This laboratory course provides practical training in cognitive neuroscience techniques, which can help us reveal the neural underpinnings of mental processes. Each class will start with theoretical introduction, after which students will engage in practical experiments addressing behavioral, cognitive, and physiological processes using various neuroscience paradigms. Students will learn, what kind of questions can be approached by particular methods, and how to properly design and perform experiments to answer these questions.

The course will cover autonomic measures (skin conductance, cardiovascular measures, electroencephalography, transcranial stimulation and others).

**Evaluation criteria**

test exam

group work - designing an experiment related to particular research question. discussion on prepared proposals.

**Absence allowance 2**

**Prerequisites**

introductory course in biological psychology (or similar

## Fostering Moral-Democratic Competence in Adolescents

**dr Małgorzata Steć**

**WFz.IPs-N-E33**

**ECTS 3**

**Type of class**

Workshop 30 hours

**Evaluation**

Project

**Term**

winter

**Schedule**

Thursday, 14.30-16.00, r. 2.03

### **Objectives and topics**

The course aims to introduce students to stimulating moral-democratic development through the influence of educational interactions focused on improving communication between adolescents. The course will take place in an international school and will include classes with English-speaking youth. Students will be divided into smaller project teams and will work with young people according to the characteristics of the group process of each group of adolescents. The activities will aim to activate and support the development of moral and democratic competencies necessary for effective functioning in modern society. Part of the classes will be carried out in the context of a sociocultural approach to explaining behavior and will be linked to Sustainable Development Goals (SDG)

### **Evaluation criteria**

Project

### **Absence allowance**

### **Prerequisites**

Good knowledg



## Neuropsychology of sleep

prof. dr Anton M.L. Coenen  
Department of Biological Psychology,  
Donders Centre for Cognition, Holandia  
dr hab. Marek Binder, prof. UJ

WFz.lps-N-FB25

ECTS 2

### Type of class

Lecture 15 hours

### Evaluation

exam

### Term

summer

### Schedule

The course will be given in March, April or May 2024 from Monday till Friday, 5 days.  
Every day 2 lectures of 60 minutes.  
Lecture 1: From 10 till 11, than a break of 15 minutes followed by lecture 2 from 11.15 till 12.15.  
Place: Sala Konferencyjna Biblioteki Jagiellońskiej.

### Objectives and topics

This short series of lectures aims at explaining the basis of the neurophysiological and neuropsychological aspects of sleep, such as dreaming, phases of sleep, states of consciousness. The objective of this course is to learn more about the nature of sleep, one of the most common life functions, but also one of the most mysterious and fascinating function. In this course the features of sleep will be placed in the context of the other states of consciousness, such as waking and dreaming. The latter state, as appearing during sleep, will get full attention, since it shows similarities both with waking and sleeping. Sleep disturbances due to various causes are amongst the most frequently occurring brain disorders. It is estimated that sleep problems affect more than one quarter of mankind. Sleep therapies for chronic insomnia, both pharmacological as behavioural, will be treated.

Finally, sleep as a subconscious state will be compared to other low-conscious states such as anaesthesia and coma.

### Evaluation criteria

Exam

### Prerequisites

Good knowledge of English

## Remembering Events

Dr Ewa Smółka

**WFz.IPs-N-E36**

ECTS 4

### Type of class

Lecture and discussion class, 30 hours

### Evaluation

exam, presentation project for extra points

### Term

summer

### Schedule

The course will start in April (an exact date TBA), and end in May/at the beginning of June. A class will be held **two times a week** (Wednesday and Friday 11:30 – 13.00)

### Objectives and topics

The central issue of this course is how people remember events. A substantial part of the classes will be focused on autobiographical memories, what they are, what are their characteristics, and how they shape what we think. The second important part of the course will focus on whether we can help people remember events more accurately and more fully, we will also search to address the question of what shapes the quality of remembering. Other aspects of remembering events, such as hindsight bias or repeated events will also be included.

### Evaluation criteria

An exam, presentation project for extra points (a presentation is non-obligatory)

### Absence allowance 2

### Prerequisites

## Understanding Cognitive Behavioral Therapy: Techniques, Models, and Waves

**Dr Michał Wereszczyński**

**WFz.IPs-N-E37**

**ECTS 4**

### **Type of class**

Workshop and discussion class, 45 hours

### **Evaluation**

exam

### **Term**

summer

### **Schedule**

The classes will be held on weekends (approximately 2 weekends + one day), starting no earlier than March 9, 2024 - the details of the schedule will be determined with the students.

### **Objectives and topics**

This workshop serves as an introduction to Cognitive Behavioral Therapy (CBT). The course will emphasize the fundamental methods, theoretical models, and evolutionary waves of CBT. Students will have the opportunity to explore basic CBT techniques, including cognitive restructuring, relaxation techniques, behavioral experiments or exposure with response prevention. Participants will also gain insight into underlying theoretical frameworks such as Beck's cognitive model. Moreover, students will examine the evolution of CBT across various waves, beginning with traditional CBT and progressing to third-wave therapies such as Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), and Schema Therapy. The assessment method for this course will be a written assignment in the form of an essay. Participants will be tasked with demonstrating their understanding and critical analysis of key concepts covered throughout the course by addressing a provided CBT-related topic.

### **Evaluation criteria**

individual work (essay/presentation)  
Final exam

**Absence allowance 1**

### **Prerequisites**

## Psychological support for people with intellectual disability in practice

**Dr Michał Gacek**

**WFz.IPs-N-E25**

**ECTS 2,5**

**Type of class**

Workshop 15 hours

**Evaluation**

Working project

**Term**

summer

**Schedule**

Wednesday, 8.00-10.15, r. 0.01

5 meetings of 3 hours for the first 5 weeks

### Objectives and topics

During this course students will become acquainted with the topic of psychological support for people with intellectual disability in different institutional settings. Students will obtain knowledge regarding contemporary understanding of intellectual disability in social sciences and they will also be able to visit centres for people with different types of intellectual disability (profound intellectual disability, severe and moderate intellectual disability, mild intellectual disability). Students will be introduced to ways of giving psychological support and aid to people with intellectual disability.

### Evaluation criteria

Presentation, observation of classes and activities for people with intellectual disability, discussion. Presentation and active participation, written exam.

### Absence allowance

### Prerequisites

## Emotional development in the course of life

**Dr Małgorzata Stępień-Nycz**

**WFz.IPs-N-E28**

**ECTS 4**

**Type of class**

Lecture 30 hours

**Evaluation**

exam

**Term**

summer

**Schedule**

Thursday, 12.30-14.00, r. 0.03

### **Objectives and topics**

The central issue of the course is development of emotional competence, defined from the perspective of the model of emotional competence developed by C. Saarni and the model of emotional intelligence proposed by P. Salovey and J. Mayer. The themes related to emotional experience, perception, expression, understanding and regulation will be presented during classes. Additionally, several factors related to emotional development (including biological, temperamental, cognitive, social, and cultural factors) will be discussed, together with the theories explaining observed changes in emotional development in childhood and adulthood.

### **Evaluation criteria**

Exam, individual work (essay/presentation)

### **Absence allowance 3**

### **Prerequisites**

command of English enabling attending classes and reading literature