

Subject card

Subject name and code	Psychological Support, PG_00148261						
Field of study	Psychology						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2026/2027		
Education level	uniform Master's studies		Subject group		Obligatory subject group in the field of study		
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	2		Language of instruction		Polish		
Semester of study	4		ECTS credits		2.0		
Learning profile	academic		Assessment form		credit		
Conducting unit	Division of Clinical and Health Psychology -> Institute of Psychology -> Faculty of Social Sciences -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		dr hab. Łucja Bieleninik				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		5.0		25.0	60
Subject objectives	To familiarize students with the knowledge of the basics of professional psychological assistance along with the forms of practical work of a psychologist in the form of: supporting self-realization, health promotion, prevention, psychological counseling, crisis intervention, psychotherapy and psychological rehabilitation, with particular emphasis on the importance of psychological diagnosis in various stages of the helping process.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[PSYCHJ5_W10] Has an in-depth and expanded knowledge of the biological, pedagogical, social and philosophical bases of human mental functioning; understands the nature of functionality and dysfunctionality, harmony and disharmony, norm and pathology.	nie dotyczy	[SW4] test/exam - oral or written
	[PSYCHJ5_K04] He/she identifies himself/herself with the values, goals and tasks implemented in psychological practice, he/she is characterized by caution, maturity and commitment to designing, planning and implementing psychological activities.	nie dotyczy	[SK4] test/exam - oral or written
	[PSYCHJ5_U05] He/she has in-depth skills to present his/her own ideas, doubts, and suggestions, to support them with extensive argumentation in the context of selected theoretical perspectives, views of various authors, while being guided by ethical principles.	nie dotyczy	[SU4] test/exam - oral or written
	[PSYCHJ5_K06] He/she is responsible for his/her own preparation for work, decisions taken, actions taken and their effects, he/she feels responsible towards people for whom good he/she tries to act, he/she expresses such an attitude in the environment of specialists and indirectly models this approach among others.	nie dotyczy	[SK4] test/exam - oral or written
	[PSYCHJ5_W08] He/she has in-depth and expanded knowledge of the psychological foundations of human functioning.	nie dotyczy	[SW4] test/exam - oral or written
	[PSYCHJ5_U09] He/she is able to generate original solutions to complex psychological problems and forecast the course of their solution as well as predict the effects of planned activities in specific practical areas.	nie dotyczy	[SU4] test/exam - oral or written
	[PSYCHJ5_K03] He/she appreciates the importance of psychological sciences for the development of an individual and proper social ties, he/she has a positive attitude to acquiring knowledge in the field of the studied scientific discipline and building a psychologist's workshop.	nie dotyczy	[SK4] test/exam - oral or written
	[PSYCHJ5_U02] He/she is able to use and integrate theoretical knowledge in the field of psychology and related disciplines in order to analyse complex psychological, educational, aid or therapeutic problems, as well as diagnose and design practical activities.	nie dotyczy	[SU4] test/exam - oral or written
	[PSYCHJ5_U01] He/she has in-depth skills of observing, searching, and processing information on social phenomena of various nature, using various sources and interpreting them from the point of view of psychological and health problems.	nie dotyczy	[SU4] test/exam - oral or written
	[PSYCHJ5_U10] He/she is able to choose and apply the appropriate method of conduct for a given psychological activity, select means and methods of work in order to effectively perform emerging professional tasks.	nie dotyczy	[SU4] test/exam - oral or written

	Course outcome	Subject outcome	Method of verification
	[PSYCHJ5_K01] He/she has deeper awareness of the level of his/her knowledge and skills, he/she understands the need for continuous personal and professional development.	nie dotyczy	[SK4] test/exam - oral or written
	[PSYCHJ5_U08] He/she is able to efficiently use selected theoretical approaches to analyse the undertaken practical activities.	nie dotyczy	[SU4] test/exam - oral or written
Subject contents	nie dotyczy		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
		51.0%	100.0%
Recommended reading	Basic literature	nie dotyczy	
	Supplementary literature	nie dotyczy	
	eResources addresses		
Example issues/ example questions/ tasks being completed	nie dotyczy		
Work placement	Not applicable		

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