

Subject card

Subject name and code	Learning techniques, PG_00136493						
Field of study	Eastern Studies						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	Bachelor'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	1		Language of instruction		Polish		
Semester of study	1		ECTS credits		1.0		
Learning profile	academic		Assessment form		credit		
Conducting unit	Division of Russian Language Pragmatics, Communication and Didactics -> Institute of Russian and Eastern Studies -> Faculty of Languages -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		dr Aleksandra Klimkiewicz				
	Teachers		dr Aleksandra Klimkiewicz				
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	15.0	0.0	0.0	0.0	15
	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	15		1.0		9.0	25
Subject objectives	Equipping students with the skills and tools necessary for effective knowledge acquisition, self-directed learning, and coping with challenges related to studying and professional life. The aim of the course is to impart knowledge about the adult learning process, familiarize students with various learning methods, develop self-education skills, creative abilities, teamwork skills, critical analysis of materials, and understanding of timely task completion. As a result, students will be equipped with an attitude of readiness for lifelong learning.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[SWSCHL3_U11] Has the ability to create typical written works in Russian and Polish languages	The student creates simple texts and works in Polish according to their level and similarly in Russian.	[SU3] text preparation/written work
	[SWSCHL3_K04] Recognizes and formulates moral problems and ethical dilemmas related to the professional environment; seeks optimal solutions, acts in accordance with ethical principles	The student is aware that difficulties may arise in future work and makes efforts to find appropriate solutions to them	[SK8] observation of student's independent or team work
	[SWSCHL3_U13] Possesses the ability to prepare oral presentations in Russian and Polish languages, concerning economic, social, and cultural issues, utilizing basic theoretical approaches as well as various sources	The student expresses him/herself orally at an appropriate level on the topics of his/her studies, using theoretical knowledge in his/her speech and drawing on various sources of knowledge in preparing longer speeches.	[SU1] oral statement/conversation/discussion
	[SWSCHL3_K01] Is aware of the scope of their professional knowledge and skills, as well as understands the need for further, continuous development of professional, personal, and social competencies	The student is ready to improve his/her competences in different areas of professional, personal and social life	[SK1] oral statement/conversation/discussion [SK8] observation of student's independent or team work
	[SWSCHL3_W02] Is familiar with the terminology in the field of humanities such as cultural and religious studies, linguistics, as well as economics and finance, and socio-economic geography	The student appropriately utilizes vocabulary from the field relevant to their level of studies.	[SW1] oral statement/conversation/discussion
	[SWSCHL3_U07] Is able to recognize various types of texts characteristic of the Russian language, the second language of study, Polish, and English, and conduct their critical analysis and interpretation from a linguistic perspective to determine their meanings, genre and discursive affiliation, communicative effectiveness in professional activities, as well as social impact.	Students work with a variety of texts, correctly classify texts, are able to analyse and interpret them, assess their communicative value	[SU1] oral statement/conversation/discussion [SU3] text preparation/written work
Subject contents	Education as an ongoing process, a process of achieving goals and building competencies (knowledge, skills, attitudes). Work hygiene, brain function, self-learning techniques, attentional focus, memorization, effective note-taking, visual learning, working with texts, reading techniques, memory improvement exercises, mnemonic techniques, etc.		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	active participation	80.0%	5.0%
	independently preparing oral and/or written assignments on topics indicated by the instructor, submitting a complete set of assignments	51.0%	95.0%
Recommended reading	Basic literature	- Gudzowski Z., <i>Czytam pamiętam tworzę. Kurs szybkiego czytania, doskonalenia zdolności twórczych i technik pamięciowych</i>, Wydawnictwo ARKA, Poznań 2001. - Kotarski R., <i>Włam się do mózgu</i>, Altenberg, 2019 - Schewe O., <i>Super Student</i>, Bukowy Las, 2018 - Locke E. A., <i>Jak uczyć się efektywnie. Metody i motywacja</i>, Wydawnictwo NAKOM, Poznań 2009 - Rudzki P., <i>Rzuć na to okiem. Rewelacyjne sposoby na szybkie czytanie</i>, Helion, Gliwice 2010 - Szurawski M., <i>Pamięć i intelekt. Trening mistrzowski</i>, T. 2, Wydawnictwo Aha!, Łódź 2008.	
	Supplementary literature	- Buzan T., <i>Mapy twoich myśli</i>, Ravi, Łodz 2003. - Belbin M., <i>Twoja rola w zespole</i>, GWP, Gdansk 2008	
	eResources addresses		
Example issues/ example questions/ tasks being completed			
Work placement	Not applicable		

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