

## Subject card

|                                             |                                                                                                                                                                                                                                                                                          |                                                          |                                         |                                     |                                                                                                                      |            |     |
|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------|-----|
| Subject name and code                       | Learning Strategies, PG_00137641                                                                                                                                                                                                                                                         |                                                          |                                         |                                     |                                                                                                                      |            |     |
| Field of study                              | English Studies                                                                                                                                                                                                                                                                          |                                                          |                                         |                                     |                                                                                                                      |            |     |
| Date of commencement of studies             | October 2026                                                                                                                                                                                                                                                                             |                                                          | Academic year of realisation of subject |                                     | 2026/2027                                                                                                            |            |     |
| Education level                             | Bachelor's studies                                                                                                                                                                                                                                                                       |                                                          | Subject group                           |                                     | Obligatory subject group in the field of study<br>Subject group related to scientific research in the field of study |            |     |
| Mode of study                               | full-time studies                                                                                                                                                                                                                                                                        |                                                          | Mode of delivery                        |                                     | at the university                                                                                                    |            |     |
| Year of study                               | 1                                                                                                                                                                                                                                                                                        |                                                          | Language of instruction                 |                                     | English                                                                                                              |            |     |
| Semester of study                           | 1                                                                                                                                                                                                                                                                                        |                                                          | ECTS credits                            |                                     | 1.0                                                                                                                  |            |     |
| Learning profile                            | academic                                                                                                                                                                                                                                                                                 |                                                          | Assessment form                         |                                     | credit                                                                                                               |            |     |
| Conducting unit                             | Division of Corpus Linguistics and Glottodidactics -> Institute of English and American Studies -> Faculty of Languages -> Rector                                                                                                                                                        |                                                          |                                         |                                     |                                                                                                                      |            |     |
| Name and surname of lecturer (lecturers)    | Subject supervisor                                                                                                                                                                                                                                                                       |                                                          | dr Magdalena Wawrzyniak-Śliwska         |                                     |                                                                                                                      |            |     |
|                                             | Teachers                                                                                                                                                                                                                                                                                 |                                                          |                                         |                                     |                                                                                                                      |            |     |
| Lesson types                                | Lesson type                                                                                                                                                                                                                                                                              | Lecture                                                  | Tutorial                                | Laboratory                          | Project                                                                                                              | Seminar    | SUM |
|                                             | Number of study hours                                                                                                                                                                                                                                                                    | 15.0                                                     | 0.0                                     | 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                          | The aim of the course is to familiarise students with basic individual differences, learning styles and strategies (including learning a foreign language), to assist students in choosing working techniques and strategies appropriate to their individual needs during their studies. |                                                          |                                         |                                     |                                                                                                                      |            |     |

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| Learning outcomes               | Course outcome                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Subject outcome                                                                                                                                                                                                                                                                                                             | Method of verification            |
|                                 | [FAL3_K07] Is ready to take on responsible professional roles, including the observance and dissemination of ethical principles, in various spheres of activity related to the use of the English language.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Student is ready to respect and disseminate the principles of ethics in different spheres of learning and using learning strategies.                                                                                                                                                                                        | [SK4] test/exam - oral or written |
|                                 | [FAL3_K02] Is prepared to recognise the importance of knowledge and skills in English-language linguistics and literature, auxiliary and related academic disciplines, and English in solving cognitive and practical problems, and is prepared to seek expert advice in the event of difficulties in solving these problems.                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Is prepared to recognise the importance of knowledge and skills from related sciences, such as psychology and pedagogy, regarding learning styles and strategies in solving cognitive and practical problems, and is prepared to seek expert advice when encountering difficulties in solving these problems independently. | [SK4] test/exam - oral or written |
|                                 | [FAL3_U12] Independently plans and implements lifelong self-education, in particular in the field of the English language, linguistics and English-language literatures.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Can independently plan and implement lifelong self-education, using appropriate learning strategies depending on own aptitude and the type of task and its objectives.                                                                                                                                                      | [SU4] test/exam - oral or written |
|                                 | [FAL3_W13] Knows and understands selected basic issues, concepts and terminology of the humanities and social sciences which are related to English Studies and support the professional development of an English philologist.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Knows and understands selected basic issues, concepts and terminology of the social sciences - psychology and pedagogy - which are auxiliary and related sciences of English philology related to learning strategies.                                                                                                      | [SW4] test/exam - oral or written |
| Subject contents                | <p>Foreign language knowledge, success and failure in (foreign language) learning.</p> <p>Differences and similarities between learners, their impact on (foreign language) learning.</p> <p>Definitions, taxonomies of learning styles.</p> <p>Strategies for learning (foreign languages)</p> <p>Definitions, taxonomies, practical application and diagnosis of the learner.</p> <p>Learning to learn. Memory. Learning habits.</p> <p>Diagnosing strategies used by students to assist mainly themselves as learners in developing missing skills, working on self-development and implementing student autonomy.</p> <p>Selecting strategies and work techniques useful to students as part of their further academic education.</p> <p>Myths about learning and education.</p> |                                                                                                                                                                                                                                                                                                                             |                                   |
| Prerequisites and co-requisites | English language skills at B2 level.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                             |                                   |
| Assessment methods and criteria | Subject passing criteria                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Passing threshold                                                                                                                                                                                                                                                                                                           | Percentage of the final grade     |
|                                 | Test/exam - oral or written                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 60.0%                                                                                                                                                                                                                                                                                                                       | 100.0%                            |

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| Recommended reading | Basic literature                                               | <p>Brown, H. D. (2002). Strategies for Success. White Plains, NY: Longman/Pearson Education.</p> <p>Brown, P., Roediger III, H.L., McDaniel, M.A. (2014). Make it Stick. The Science of Successful Learning.</p> <p>Duhig, Ch. (2012). The Power of Habit. Random House Publishing. Harvard University Press.</p> <p>Holmes, J.D. (2016) Great Myths of Education and Learning. John Wiley &amp; Sons, Inc.</p> |
|                     | Supplementary literature                                       | <p>Fry, R. (2016) How to Study. Wayne: The Career Press.</p> <p>Oakley, B. (2014) A Mind for Numbers.</p> <p>Pink, D.H. (2011) Drive. The surprising Truth About What Motivates Us.</p>                                                                                                                                                                                                                         |
|                     | eResources addresses                                           |                                                                                                                                                                                                                                                                                                                                                                                                                 |
|                     | Example issues/<br>example questions/<br>tasks being completed |                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Work placement      | Not applicable                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                 |

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