

Subject card

Subject name and code	Learning techniques, PG_00136493						
Field of study	Eastern 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 Humanistic-social subject group		
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						
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_K01] Is ready to critically evaluate their own knowledge and skills as well as the content they receive, understands the need for continuous development and the importance of knowledge in problem-solving, and seeks expert opinions when facing difficulties in solving problems independently.		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		
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		
	independently preparing oral and/or written assignments on topics indicated by the instructor, submitting a complete set of assignments		51.0%		95.0%		
	active participation		80.0%		5.0%		

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, Łódź 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	

Document generated electronically. Does not require a seal or signature.