

**Subject card**

<b>Subject name and code</b>	Social skills training as a form of competence development, PG_00165808						
<b>Field of study</b>	Russian Philology						
<b>Date of commencement of studies</b>	October 2025	<b>Academic year of realisation of subject</b>			2026/2027		
<b>Education level</b>	Master's studies	<b>Subject group</b>			Obligatory subject group in the field of study Optional subject group		
<b>Mode of study</b>	full-time studies	<b>Mode of delivery</b>			at the university		
<b>Year of study</b>	2	<b>Language of instruction</b>			Polish		
<b>Semester of study</b>	4	<b>ECTS credits</b>			2.0		
<b>Learning profile</b>	academic	<b>Assessment form</b>			credit		
<b>Conducting unit</b>							
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr Katarzyna Wądołowska-Lesner				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	<b>Number of study hours</b>	30		2.0		18.0	50
<b>Subject objectives</b>	Social education is an extremely difficult task. It is divided between family upbringing, kindergarten upbringing, school upbringing and self-development. The aim of the course is to familiarise students with the essence and conditions of social competences and to identify the determinants of social skills training. Students will learn how to strengthen social competences and will get to know the practical aspects of working with the TUS method.						
<b>Learning outcomes</b>	Course outcome		Subject outcome		Method of verification		
<b>Subject contents</b>	Essence and determinants of social competence. Emotional intelligence as a determinant of the effectiveness of social competence training. Motivators - determinants of the intensity of social training The role of the family environment in the formation of social competences (parental attitudes, parenting styles). Strengthening social skills (development of assertiveness, dealing with criticism and rejection, conflict resolution). Cooperation and negotiation. Managing self and people. Supporting the development of social skills among children with special needs. Bullying. The teacher's role in shaping children's emotional and social development. The TUS method. Practical aspects of working with the TUS method (diagnosis, group selection, methods, tools, lesson plans). TUS trainer's workshop - exercises developing social skills. Specificity of TUS in work with neurodiverse people.						
<b>Prerequisites and co-requisites</b>							
<b>Assessment methods and criteria</b>	<b>Subject passing criteria</b>		<b>Passing threshold</b>		<b>Percentage of the final grade</b>		
	Carrying out in class tasks assigned by the class teacher		51.0%		30.0%		
	test		51.0%		70.0%		

Recommended reading	Basic literature	<p>Bentkowska D., Węglarz J., <i>Social skills training for children and young people</i>, Gdańsk 2022.</p> <p>Hamer H., <i>Development of social skills</i>, Poznań 1999.</p> <p>Jegier A., Szurowska B., <i>Social skills of children</i>, Warsaw 2017.</p> <p>Martowska K., <i>Psychological determinants of social skills</i>, 2012.</p> <p>Skoczylas-Pluska K., <i>Self-assessment of interpersonal skills</i>, 2023.</p> <p>Węglarz J., Bentkowska D., <i>Relational time i.e. supporting the social-emotional development of a child</i>, Gdynia 2021.</p>
	Supplementary literature	<p>Ciepal A., <i>Secrets of strengthening social skills: a practical guide</i>, 2023.</p> <p>Ciepal A., <i>A guide to strengthening social skills</i>, 2023.</p> <p>Jarosz-Bilińska A., <i>Social comics 3</i> (How to behave in different places? New stories in the form of exercises developing social skills), Harmonia Publishing House, Gdańsk 2023.</p> <p>Lussier F., <i>100 ideas on how to cope better with ADHD</i>, Gdańsk 2020.</p> <p>Niezbędnik trenera TUS, pomoceTUS.pl.</p> <p><i>Essential for Social Skills Training</i> (set of ready-to-use aids), pomoceTUS.pl</p> <p>TUS trainer's portfolio, pomoceTUS.pl</p>
	eResources addresses	
Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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