

Subject card

Subject name and code	Self-management in time, PG_00210501						
Field of study	Spatial Management						
Date of commencement of studies	October 2024		Academic year of realisation of subject		2026/2027		
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study Optional subject group		
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	3		Language of instruction		English		
Semester of study	5		ECTS credits		2.0		
Learning profile	academic		Assessment form		credit		
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		dr Grażyna Chaberek-Kaluźniak				
	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		0.0		20.0	50
Subject objectives	This course is designed to help students understand and develop the key skills needed to thrive in an increasingly complex, fast-paced world. It examines the role of personal values in guiding skill development and decision-making, encouraging students to reflect on what matters most in their academic and professional journeys. Students will learn to define and approach their personal or professional goals as manageable projects, applying practical self-management tools to enhance motivation, organisation, and resilience. Through a combination of theory, reflection, and applied strategies, the course supports students in becoming more intentional, values-driven, and self-directed in their development.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
			Students are able to: • define techniques and methods for proactive behaviour, • identify personal needs and areas of learning, • assess their own level of development, • create individual learning and development goals, • identify techniques and methods of self-reflection.		[SK2] presentation/project/paper/report		

Subject contents	Students follow a self-paced (asynchronous) learning course on Moodle platform with assessment tasks scheduled every 2 weeks, but two online meetings are scheduled too. The course is composed of 4 themes divided into smaller study units: 1. What skills do we need in today's world? 2. The role of values in skills development. 3. Your personal or professional goal as a project. 4. Self-management and project management tools. Course access: https://mdl.ug.edu.pl/course/view.php?id=12932		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Completion of tasks/reports	51.0%	100.0%
Recommended reading	Basic literature	Shared on the EP platform	
	Supplementary literature	Shared on the platform	
	eResources addresses		
Example issues/ example questions/ tasks being completed			
Work placement	Not applicable		

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