University of Silesia in Katowice

1.	Field of study	**International Studies in Political Science and Diplomacy**
2.	Faculty	Faculty of Social Sciences
3.	Academic year of entry	2022/2023 (winter term), 2023/2024 (winter term)
4.	Level of qualifications/degree	first-cycle studies
5.	Degree profile	general academic
6.	Mode of study	full-time

Module: Social Skills Training

Module code: SST

1. Number of the ECTS credits: 2

2. Learning outcomes of the module

code	description	learning outcomes of the programme	level of competence (scale 1-5)
SST_K_1	Is aware of his/her own emotions, has control over their expression and is able to influence the emotions of others.	MS_1_K01	3
SST_K_2	Is aware of the responsibility for actions taken in a team, is able to work effectively in a group.	MS_1_K03	4
SST_U_1	Is able to recognise different types of verbal and non-verbal messages.	MS_1_U12	3
SST_U_2	Has the linguistic competence to participate in social-communicative situations in a foreign language.	MS_1_U08 MS_1_U10 MS_1_U13	4 4 4
SST_U_3	He/she is able to reduce conflicts in the team and use them creatively, turning destructive conflict into constructive one.	MS_1_U02	3
SST_W_1	Knows the basic principles of social communication, with reference to communicative acts in general and interpersonal aspects.	MS_1_W13 MS_1_W16	3 4

3. Module description

Description	The aim of the course "Social Skills Training" is to equip students with the competences of effective communication (verbal and non-verbal), which includes the ability to critically respond to arguments and to present one's own point of view in a factual manner while respecting different opinions. Students will work on ways to react to their own emotions, their expression. An important aspect will be preparing participants to work in a group.
Prerequisites	No prerequisites.

4. Assessment of the learning outcomes of the module

code	type	description	learning outcomes of the module
SST_w_1	Credit	The verification of learning outcomes is precisely defined in the syllabus created for the module.	SST_K_1, SST_K_2, SST_U_1, SST_U_2, SST_U_3, SST_W_1

5. Forms of teaching

code	form of teaching			required hours of student's own work		assessment of the learning outcomes of the module
	type	description (including teaching methods)	number of hours	description	number of hours	
SST_fs_1	laboratory classes	Classes are conducted using the following methods: - moderated discussion, - explanatory description, - roundtable discussion, - the "brainstorming" method, - debates, - analysing and solving practical and theoretical problems.	15	Students' own work includes: - reading the necessary literature for the course, - activity during classes, - preparation of oral presentations, - preparation for the completion of the course.	35	SST_w_1