

1.	Field of study	Philosophical Counseling and Coaching
2.	Faculty	Faculty of Humanities
3.	Academic year of entry	2023/2024 (winter term), 2024/2025 (winter term)
4.	Level of qualifications/degree	first-cycle studies
5.	Degree profile	general academic
6.	Mode of study	full-time

7. General information about the module	
Module name	Psychology of emotions and motivation
Module code	DFC1_PEIM
Number of the ECTS credits	5
Language of instruction	
Purpose and description of the content of education	Moduł zaznajamia osoby studiujące z terminologią, problematyką i modelami teoretycznymi z zakresu psychologii emocji i motywacji. Ma na celu przybliżenie definicji, typologii, funkcji emocji, koncepcji inteligencji emocjonalnej, a także problemów i perspektyw badawczych. Przedstawia teorie motywacji, mechanizmy motywacyjne oraz problemy i aktualny stan badań. Studiujący mają nauczyć się rozpoznawać rozmaite funkcje i wymiary związane z życiem emocjonalnym oraz procesami motywacji pod kątem zastosowań w coachingu i doradztwie filozoficznym.
List of modules that must be completed before starting this module (if necessary)	[DFC1_PO] General psychology [DFC1_PS] Social psychology

8. Learning outcomes of the module			
Code	Description	Learning outcomes of the programme	Level of competenc (scale 1-5)
DFC1_PEIM_1	Ma wiedzę o kwestiach terminologicznych, stanie badań i modelach wyjaśniających życie emocjonalne i procesy motywacyjne.	DFC1_W04 DFC1_W11	5 5
DFC1_PEIM_2	Potrafi opisać specyfikę i prawidłowości związane z życiem emocjonalnym człowieka oraz jego związki z mechanizmami motywacyjnymi.	DF1_U01	4
DFC1_PEIM_3	Jest świadomy emocjonalnie, w tym potrafi prawidłowo kontrolować, wyrażać i rozpoznawać emocje.	DFC1_U13	4
DFC1_PEIM_4	Potrafi wykorzystać wiedzę o psychologicznych prawidłowościach związanych z motywacją w praktyce.	DF1_K01 DF1_U03	4 4

9. Methods of conducting classes		
Code	Category	Name (description)
a01	Lecture methods / expository methods	Formal lecture/ course-related lecture <i>a systematic course of study involving a synthetic presentation of an academic discipline; its implementation assumes a passive reception of the information provided</i>
b01	Problem-solving methods	Problem-based lecture <i>an analysis of a selected scientific or practical problem accompanied by its assessment and an attempt to provide a solution</i>

		<i>to the issues presented in the lecture as well as the indication of the consequences of the proposed solution</i>
b04	Problem-solving methods	Activating method – discussion / debate <i>an exchange of views supported by substantive arguments leading to a clash of different views, a compromise or the identification of common positions; it proceeds according to previously agreed-upon rules regarding the time, manner and turn-taking as well as the principles of civil discourse; a discussion is not a competition but aims at finding the best solutions or presenting different points of view; its varieties include brainstorming, Oxford-style debate, panel discussion, decision tree, conference discussion; a debate is an orderly dispute between supporters and opponents of a viewpoint, usually specialists in the field or pre-selected representatives of a group dealing with a common problem</i>
b07	Problem-solving methods	Activating methods: a case study <i>a comprehensive description of a phenomenon connected with the selected discipline; reflecting the reality, presenting the 'what', 'where' and 'how' of the phenomenon, i.e., all of its key aspects to be discussed in class; used as a reproduction, presentation, discussion or diagnosis of factors that shape the phenomenon or interact with it; an in-depth qualitative analysis and evaluation of a selected phenomenon</i>
f02	Methods of self-learning	Individual work with a text <i>searching for and acquiring new information using textbooks and other written sources (including their digital versions); searching for texts, selecting fragments for analysis/interpretation, using other texts to solve a problem related to the studied issue</i>

10. Forms of teaching					
Code	Name	Number of hours	Assessment of the learning outcomes of the module	Learning outcomes of the module	Methods of conducting classes
DFC1_PEIM_ćw	practical classes	30	course work	DFC1_PEIM_2, DFC1_PEIM_3, DFC1_PEIM_4	b04, b07, f02
DFC1_PEIM_w	lecture	20	course work	DFC1_PEIM_1	a01, b01

11. The student's work, apart from participation in classes, includes in particular:			
Code	Category	Name (description)	Is it part of the BUNA?
a01	Preparation for classes	Search for materials and review activities necessary for class participation <i>reviewing literature, documentation, tools and materials as well as the specifics of the syllabus and the range of activities indicated in it as required for full participation in classes</i>	No
a02	Preparation for classes	Literature reading / analysis of source materials <i>reading the literature indicated in the syllabus; reviewing, organizing, analyzing and selecting source materials to be used in class</i>	No
a03	Preparation for classes	Developing practical skills <i>activities involving the repetition, refinement and consolidation of practical skills, including those developed during previous classes or new skills necessary for the implementation of subsequent elements of the curriculum (as preparation for class participation)</i>	No
a04	Preparation for classes	Consulting materials complementary to those indicated in the syllabus <i>agreeing on materials complementary to those indicated in the syllabus, supporting the implementation of tasks resulting from or necessary for class participation</i>	Yes
b01	Consulting the curriculum and the organization of classes	Getting acquainted with the syllabus content <i>reading through the syllabus and getting acquainted with its content</i>	No
b02	Consulting the curriculum and the organization	Verification / adjustment / discussion of syllabus provisions	Yes

	of classes	<i>consulting the content of the syllabus, possibly in the presence of the year tutor or members of the class group, and, if necessary, reassessing the provisions concerning special conditions for class participation, e.g., space and time requirements, technical and other requirements, including conditions for participation in classes outside the walls of the university, classes organized in blocks, organized online, etc.</i>	
b03	Consulting the curriculum and the organization of classes	Consulting the schedule <i>getting acquainted with the class schedule, possibly in the presence of the year tutor, in order to optimize participation in classes, including those supplementary to the core subjects listed in the pursued study programme</i>	Yes
c01	Preparation for verification of learning outcomes	Determining the stages of task implementation contributing to the verification of learning outcomes <i>devising a task implementation strategy embracing the division of content, the range of activities, implementation time and/or the method(s) of obtaining the necessary materials and tools, etc.</i>	Yes

Information on the details of the module implementation in a given academic year can be found in the syllabus available in the USOS system: <https://usosweb.us.edu.pl>.