

1.	Field of study	<b>Pedagogy: Pre-School Education and Early School Education</b>
2.	Faculty	Faculty of Fine Arts and Educational Science
3.	Academic year of entry	2024/2025 (winter term)
4.	Level of qualifications/degree	long-cycle studies
5.	Degree profile	general academic
6.	Mode of study	full-time

7.	<b>General information about the module</b>	
<b>Module name</b>		<b>Elective module: Stress and Professional Burnout in the Work of a Teacher</b>
Module code		PP-A3-MSWZN
Number of the ECTS credits		3
Language of instruction		Polish
Purpose and description of the content of education		Moduł ma charakter wybieralny - osoby studiujące mają możliwość wyboru (z przygotowanej listy propozycji, modyfikowanej rokrocznie) nadrzędnego zagadnienia, czyli wiodącego bloku tematycznego wokół którego będzie się koncentrował zakres treści prezentowanych i analizowanych podczas zajęć w formie ćwiczeń. Moduł oscyluje wokół problematyki wypalenia zawodowego, jego uwarunkowań, rozpoznawania charakterystycznych jego syndromów i przewidywania skutków. Pozwala poznać sposoby zapobiegania wypaleniu zawodowemu nauczycieli oraz poszukiwania strategii radzenia sobie ze stresem.
List of modules that must be completed before starting this module (if necessary)		not applicable

8.	<b>Learning outcomes of the module</b>			
Code	Description	Learning outcomes of the programme	Level of competenc (scale 1-5)	
PP-A3-MSWZN_1	studentka/student zna i rozumie zasoby własne w pracy nauczyciela – indywidualne strategie radzenia sobie z trudnościami, zagadnienia stresu i nauczycielskiego wypalenia zawodowego, potrzebę korzystania z informacji zwrotnych dotyczących swojej pracy oraz metody przezwyciężania barier komunikacyjnych (A.3.W5)	PP_W_02 PP_W_16 PP_W_17	4 4 3	
PP-A3-MSWZN_2	studentka/student potrafi posługiwać się ujęciami teoretycznymi w celu analizowania, interpretowania oraz projektowania strategii działań pedagogicznych; potrafi generować rozwiązania konkretnych problemów pedagogicznych i prognozować przebieg ich rozwiązywania, a także zdobywać wiedzę w celu rozpoznania potrzeb psychospołecznego wsparcia i zaplanowania działania na rzecz rozwoju zawodowego (A3.U5; A3.U6); potrafi dokonać analizy własnych działań i wskazać ewentualne obszary wymagające modyfikacji w przyszłym działaniu	PP_U_01 PP_U_13	3 3	
PP-A3-MSWZN_3	studentka/student przejawia gotowość do autorefleksji nad dyspozycjami, zasobami i rozwojem zawodowym i do aktywności, podjęcia trudu w realizacji indywidualnych i zespołowych działań profesjonalnych oraz tworzenia dobrej atmosfery dla komunikacji (A3.K1)	PP_K_04 PP_K_05	2 2	

9. Methods of conducting classes		
Code	Category	Name (description)
a05	Lecture methods / expository methods	Explanation/clarification <i>explication involving the derivation of a predetermined theorem from other, already known ones, in the number of steps specified by the person teaching the course</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>
b10	Problem-solving methods	SWOT analysis <i>a method of analyzing a phenomenon/action/work of an institution, employed to organize information and solve problems; applied in strategic planning, project implementation or solving a business or organizational problem; a universal tool to be used in the initial stage of a strategic analysis which involves sorting information about a problem into four categories: strengths and weaknesses, opportunities and threats; SWOT analysis makes it possible to determine the factors in favour of a project and its chances for success, as well as eliminating or reducing negative factors and threats to the project at the stage of early diagnosis</i>
c07	Demonstration methods	Screen presentation <i>a presentation of synthetic image content using computer graphics, e.g., a series of slides or other multimedia forms, usually accompanied by a commentary; typical components of a screen presentation include text organized into bulleted points, charts, images and animations, sometimes sound effects or music; a multimedia illustration of course content presented in the form of a projected image</i>
f03	Methods of self-learning	Conceptual work <i>a (mainly intellectual) activity carried out independently (or in a selected group) resulting in the creation of a concept, idea or project; creating a plan based on a vision; developing a general outline of a project; producing a simplified sketch of the variant versions of a procedure/product/work</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
PP-A3-MSWZN_fs_1	practical classes	30	course work	PP-A3-MSWZN_1, PP-A3-MSWZN_2, PP-A3-MSWZN_3	a05, b04, b07, b10, c07, f03

11. The student's work, apart from participation in classes, includes in particular:			
Code	Category	Name (description)	Is it part of the BUNA?
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</i>	Yes

		<i>of tasks resulting from or necessary for class participation</i>	
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 of classes	Verification / adjustment / discussion of syllabus provisions <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>	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
c02	Preparation for verification of learning outcomes	Studying the literature used in and the materials produced in class <i>exploring the studied content, inquiring, considering, assimilating, interpreting it, or organizing knowledge obtained from the literature, documentation, instructions, scenarios, etc., used in class as well as from the notes or other materials/artifacts made in class</i>	No
c03	Preparation for verification of learning outcomes	Implementation of an individual or group assignment necessary for course/phase/ examination completion <i>a set of activities aimed at performing an assigned task, to be executed out of class, as an obligatory phase/element of the verification of the learning outcomes assigned to the course</i>	No
d01	Consulting the results of the verification of learning outcomes	Analysis of the corrective feedback provided by the academic teacher on the results of the verification of learning outcomes <i>reading through the academic teacher's comments, assessments and opinions on the implementation of the task aimed at checking the level of the achieved learning outcomes</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>.