

Course description

Psychological Skill Training

The aim of the course

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The aim of the course is to give theoretical knowledge and practical skills for professional interpretation of human behaviour. This course aims to present models, research methodologies and measurement techniques, giving possibilities to own experiences as well. Psychological models and theories offer indicators for studying human behaviour, therefore in this course students will learn about measurement, diagnostic tools, techniques, prevention and intervention opportunities. Depending on the topics of chosen courses students will have opportunities for gaining own experience, to conduct research, to carry out measurements and interpretation of data, to try different techniques for developing human resources, techniques of trainings and therapies. Choosing more courses students will be familiar with different practical knowledge and skills and will gain insight in a very different areas of profession. Another aim is to inform students about possibilities and limitation of their competencies related to the profession.

Learning outcome, competences

knowledge:

- Students will be familiar with different measurement paradigms, indicators of human behaviour, research methods and techniques
- They will be aware of the limits and opportunities of their profession.

attitude:

- Students will show ethically correct attitude in choosing measurement techniques and research methodologies
- Students will be opened to learn about the most possible measurement techniques
- Students will be opened to gain their own experiences
- Students will show creativity in analysing, studying psychological problems, phenomenon.

skills:

- Student will be able to use different measurement paradigms, indicators of human behaviour, research methods and techniques.

Content of the course

Topic of the course

The course could have different topics depending on which optional courses are chosen by students. Here should be a general structure of the course:

- Research paradigms and methodological approaches, a short presentation of models, integration of previously acquired knowledge in methodological thinking
- Discuss about typical cases, examples, problems, research questions, psychological issues
- Measurement methods and techniques, opportunities and technical solutions for analysing human behaviour

- Gaining own experiences near a systematic and professional supervision: getting own experiences, own research, measurements, preparing analysis
- Discuss about different experience gathered in the courses, summary about experiences from working with different methodologies, techniques, discuss about applicability of techniques and about some ethical issues of everyday practice.

Examples for optional courses:

Communicational skill training, Academic Writing and Presentation Skills, Statistical Analysis of Psychological Data, Working with Groups, Time Management Training, Autogenic Training, etc.

Learning activities, learning methods

Could be presentation, research, training, working in teams, consultation, case study, etc. depending on the chosen course and the teacher

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| Evaluation of outcomes |
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Learning requirements, mode of evaluation, criteria of evaluation:

requirements:

Participation, involvement, proactivity, etc. and optionally preparing a case study, report about a research, preparing analysis, tests, etc. depending on the chosen course and the teacher

mode of evaluation: practical mark

criteria of evaluation:

- participation in all exercises
- quality of prepared tasks

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| Reading list |
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Compulsory and recommended reading list

Depend on chosen courses