

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.

Autogenic Training

- Introduction (information about the Autogenic Training, the rules of working in group)
- Autogenic Training exercises
- Conclusions

Communicational skill training:

- Assertive, aggressive and submissive communication
- Assertive rights, assertive thinking
- Assertivity in non-conflict situations, expressing emotions, giving feed-back, receiving feed-back
- How to deal assertively with negative feed-back
- Assertivity hierarchy and action plan
- How to deal assertively with criticism
- Assertive behavior techniques
- Assertivity in (potential) conflict situations
- How to say no

Academic Writing and Presentation Skills:

- Academic conventions of citing sources
- Creating footnotes and reference lists
- Appropriate grammar and vocabulary
- How to prepare for poster presentations
- How to write abstracts
- How to give oral presentations

Working with Groups:

- Different stages through which groups progress
- Various leadership roles and styles
- Dynamics of group work
- Membership roles, leadership styles, nonverbal communication in groups, ethical and professional issues relating to groups

Time Management Training:

- The different interpretation of effective time management
- Priorizing and goal setting - SMART, ABC, POSEC, Pareto principle
- Planning - organizing our tasks and our time
- Protecting our planned time
- Impredictable situations
- Effective communication and decision making
- Multitasking
- How to deal with interruptions
- Bad habits in time use
- Procrastination
- How to deal with non-organized people

Psychology and Technology

- Basic terms, history of the field. What is technology? Virtual reality
- Psychology and technology - Psychology of the internet. The characteristics of online communication and its psychological consequences

- Technology and identity
- Social impact (theories, empirical background)
- Hot issues: privacy
- Hot issues: ethics
- Hot issues: education and marketing

Emotion Regulation:

- ER and ER strategies
- Emotion regulation strategies in the context of socialization
- How can we measure ER? Explicit and implicit emotion regulation
- Adaptive or maladaptive? ER in context. Positive and negative emotions and their regulation
- Body, mind, soul? Stress, somatic and mental health

Statistical Analysis of Psychological Data

- Establishing order and structure^[1]_[SEP]
- Typical analysis methods for experimental data
- Typical analysis methods for correlational data
- Non-parametrical analyses. Chi Square Test, Mann-Whitney

Applying jungian based personality theory

- C. G. Jung's personality type theory and it's use in work relationships
- concept of preference
- experiencing own and others' preferences based on the four dimensions of the theory:
- source of energy, perception, decision making, organising tasks
- effect of preferences on individual development pathways
- effect of preferences on communication, cooperation and conflicts
- impact of preferences on teams and organizations
- experiential learning and its use in trainings

Experiential Avoidance

- Emotion regulation and its strategies, experiential avoidance.
- Psychological inflexibility
- Measurement of avoidance. Experimental psychology perspective.
- Avoidance and psychopathologies
- Avoidance and health

Rumination

- theoretical models and research techniques of (depressive) rumination
- the role of ruminative cognitions in mental and somatic health

Experiential avoidance

- Emotion regulation and its strategies, experiential avoidance.
- Psychological inflexibility
- Measurement of avoidance. Experimental psychology perspective.
- Avoidance and psychopathologies
- Avoidance and health.

Creativity Research

- Introduction to the psychology of creativity, the history and dilemmas of creativity research

- Cognitive approach to creativity: topics and research methods
- Personality psychological approach: the nomothetic and idiographic perspective
- Psychobiography as an outstanding research method in the field eminent creativity

Learning activities, learning methods

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

Evaluation of outcomes

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

Reading list

Compulsory and recommended reading list

Depend on chosen courses