

## DESCRIPTION OF THE COURSE OF STUDY

<b>Course code</b>	<b>0912-7LEK-A10.8-M</b>	
<b>Name of the course in</b>	Polish	<b>Metody wsparcia w procesie uczenia się</b>
	English	<b>Methods of learning support</b>

### 1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

<b>1.1. Field of study</b>	Medicine
<b>1.2. Mode of study</b>	Full-time
<b>1.3. Level of study</b>	Uniform Master's studies
<b>1.4. Profile of study*</b>	General academic
<b>1.5. Specialization*</b>	Lack
<b>1.6. Unit running the course of study</b>	The Faculty of Medicine and Health Sciences
<b>1.7. Person/s preparing the course description</b>	Mgr Karolina Kulikowska
<b>1.8. Person responsible for the course of study</b>	Mgr Karolina Kulikowska
<b>1.9. Contact</b>	

### 2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

<b>2.1. Affiliation with the module</b>	<b>Elective</b>
<b>2.2. Language of instruction</b>	<b>English</b>
<b>2.3. Semesters in which the course of study is offered</b>	<b>II-IV</b>
<b>2.4. Prerequisites*</b>	-----

### 3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

<b>3.1. Form of classes</b>	Classes- 30h	
<b>3.2. Place of classes</b>	Courses in the teaching rooms of UJK	
<b>3.3. Form of assessment</b>	Project (c) – prepare the project about present style of learning, analyze pros and cons of it and prepare a plan on how to improve learning skills and habits	
<b>3.4. Teaching methods</b>	Classes Multiple Discussion (group), Activating Learning-Case Studies, Simulation Method Project Work.	
<b>3.5. Bibliography</b>	<b>Required reading</b>	<b>“A Mind For Numbers: How to Excel at Math and Science (Even If You Flunked Algebra)” B. Oakley</b>
	<b>Further reading</b>	<b>“Art of Learning” J. Waitzkinz</b>

### 4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED TEACHING OUTCOMES

<p><b>4.1. Course objectives (classes)</b>  <b>C1-WC (knowledge)-</b> Introduces the current scientific knowledge about how our brains learn, how it encapsulates and process the information, and why we procrastinate. Also introduces tools and techniques needed to achieve best learning effects.  <b>C2-UC (abilities) -</b> Facilitates application of tools and techniques to maximize learning potential.</p>
<p><b>4.2. Detailed syllabus (classes)</b>  <b>1.</b> Familiarization with the syllabus and the subject requirements in connection with the explanation of the project. What is learning, the newest research and data.  <b>2.</b> Explanation of two different learning modes the brain uses and how it encapsulates the information.  <b>3.</b> Why do we procrastinate and how to deal with it, also how procrastination influences our memory.</p>

4. Techniques and skills for unlocking learning potential.
5. Demonstration and assessment of projects prepared by the students (project method)

#### 4.3. Education outcomes in the discipline

Code	A student, who passed the course	Relation to teaching outcomes
within the scope of <b>KNOWLEDGE:</b>		
...W01	knows basic psychological mechanisms of human health and disease;	D.W7.
within the scope of <b>ABILITIES:</b>		
...U01	understands his/her own limitations, assesses his/her deficits and educational needs, plans his/her own educational activity;	D.U16.

#### 4.4. Methods of assessment of the intended teaching outcomes

Teaching outcomes (code)	Method of assessment (+/-)																				
	Exam oral/written*			Test*			Project*			Effort in class*			Self-study*			Group work*			Others*		
	Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes		
	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...
...W01								+			+										
...U01								+			+										

\*delete as appropriate

#### 4.5. Criteria of assessment of the intended teaching outcomes

Form of classes	Grade	Criterion of assessment
classes (C)*	3	Demonstrates knowledge of the basic principles and their uses, and demonstrates both enough ability and willingness to use this knowledge for a minimally passing grade 61%-68%
	3,5	Knows and understands some concepts, and shows willingness and basic understanding of its use 69%-76%
	4	Knows the material and shows promise of using this knowledge satisfactorily in the future 77%-84%
	4,5	Knows and understands the material and demonstrates a working ability to use this knowledge 85%-92%
	5	Knows, understands, and shows thorough comprehension of the material and has excellent abilities 93%-100%

**5. BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT**

Category	Student's workload
	Full-time studies
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	<b>30</b>
<i>Participation in lectures*</i>	
<i>Participation in classes, seminars, laboratories*</i>	<b>30</b>
<i>Preparation in the exam/final test*</i>	
<i>Others*</i>	
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	<b>30</b>
<i>Preparation for the lecture*</i>	
<i>Preparation for the classes, seminars, laboratories*</i>	<b>30</b>
<i>Preparation for the exam/test*</i>	
<i>Gathering materials for the project/Internet query*</i>	
<i>Preparation of multimedia presentation</i>	
<i>Others*</i>	
<i>TOTAL NUMBER OF HOURS</i>	<b>60</b>
ECTS credits for the course of study	<b>2</b>

*Accepted for execution* (date and signatures of the teachers running the course in the given academic year)

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