

I. GENERAL INFORMATION									
WITELON COLLEGIUM STATE UNIVERSITY DEPARTMENT OF SOCIAL STUDIES AND HUMANITIES									
<b>Field of study:</b>		Psychology							
<b>Form of study:</b>		Erasmus							
<b>Module title:</b>		<b>Social skills training</b>							
<b>Module type:</b>									
<b>Language of lecture:</b>		English							
<b>Year of study:</b>		<b>Forms of teaching including number of teaching hours:</b>							
<b>Semester (winter/summer):</b>		summer	Lectures	Classes	Laboratory	Project	Workshop	Seminar	Other
<b>Total number of ECTS credits:</b>		5					<b>30</b>		
<b>Form of completion:</b>		Assessment of work in classes, attendance at classes, group project and presentation ( including preparing and conducting a workshop to develop social skills for a selected group)							
<b>Prerequisites:</b>		None							
II. LEARNING OBJECTIVES									
<b>Learning objectives:</b>									
<b>Objective 1:</b> Developing students practical social and interpersonal skills; <b>Objective 2:</b> Expanding students knowledge and developing their skills in planning and designing educational activities related to shaping/developing social and interpersonal skills in various groups.									
IV. PROGRAMME CONTENT									
<b>Content of the programme (topics of classes, presented with a breakdown into individual forms of classes with the indication of the number of hours needed for their realization)</b>									
Code	Course topics in practice							Number of hours	
W1	Social competences, norms and dysfunctions of social competences, interpersonal competences, social skills training – theoretical foundations;							2	
W2	The instructor of social skills training – self-care and motivation to work with others;							2	
W3	The role of the group in developing interpersonal and social competences. The dynamics of the group process; team integration and team building;							4	
W4	Elements of interpersonal communication – verbal and nonverbal communication, conditions for a good conversation, active listening techniques, "nonviolent communication," listening and message-giving styles, elements of transactional analysis;							4	
W5	The role of emotions and emotional release in the process of developing social skills; coping with emotions and stress;							4	
W6	Types of communication behavior (submissive, aggressive, assertive behavior); maintaining one's own and others' boundaries; The art of conflict resolution.							4	
W7	Designing interventions aimed at developing social skills for various groups.							2	
W8	Designing scenarios and documentation of TUS classes							4	
W9	Providing feedback and evaluating activities.							4	
VIII. RECOMMENDED LITERATURE									
<b>Basic sources:</b>									
1. Patrick Lencioni P., (2021) The Ideal Team Player, Jossey-Bass									
2. Good D, McFadyen C, (2018) 101 Training Activities and How to Run Them (B&w): Icebreakers, Energizers and Training Activities, Createspace Independent Publishing Platform.									
3. Gershon M., (2015) 50 Quick and Brilliant Teaching Games, Createspace Independent Publishing Platform									

**Additional sources:**

1. Aronson, E., Wilson, T. D., Akert, R. M., & Sommers, S. R. (2021). *Social Psychology* (10th Global Edition). Pearson.
2. Leutenberg E.A., Liptak J.J., Brodsky A.L., (2009) *The Practical Life Skills Workbook: Self-Assessments, Exercises & Educational Handouts*, Whole Person Assoc