

COURSE DESCRIPTION

Code: 1IESP/SPSV1/15**Course title:** Socio-psychological Training I.**Field of study:****Guarantor:** doc. PhDr. Denisa Šoltésová, PhD.**Lectured by:** Institute of Educology and Social Work

doc. Mgr. Michaela Skyba, PhD., Mgr. Peter Garbarčík, PhD.

Semester:**Contact lessons:** Lecture, Seminar**Number
of
ECTS
credits:**

2

WT

Recommended course load (in lessons):**Weekly:** 0/2**Per course:** 26**Course assessment and completion:** Completion**Continuous assessment:****Final assessment:**

Students pass the course if they attend and actively participate in the socio-psychological training.

Course objective:

The student:

- knows and with own words can explain the system of higher education study, identifies the specifics of university study, knows the rights and duties of student;
- understands the importance of self-education during the university study and in future life;
- can clarify interpersonal communication as a complex process, can define and identify the contextual relationship of communication process and based on new knowledge and experience specifically can intervene in the dynamics of communication;
- better understands own behavior in interaction with others and in extreme situations, learns to reflect own reactions and behavior in interaction with others, to efficiently use own strengths and weaknesses and to modify weaknesses manifested in behavior in professional or personal life;
- through the experience at himself or herself in group acquires authentic knowledge about himself or herself and others, gains insight on possibilities of regulation, conscious influencing and purposeful change of own behavior and own attitudes, is aware of responsibility for own behavior;
- more precisely identifies and analyzes stereotypes, can reflect own reactions and ways of behavior in training situations and assesses the adequacy of stereotypes in behavior;
- learns functionally express feelings and emotions, develops the ability to verbalize them and seek connections with own behavior and the behavior of others;
- clarifies own motives for the practice of social work and identifies with the values of social work, learns to accept others, gains respect, develops tolerance for the opinions and lifestyles of others;
- develops the ability to effectively communicate in stress situations and cooperate with others, learns to effectively cope with demanding situations;
- learns to reflect of obtained knowledge and experiences and apply them in everyday and professional life.

Course content:

The system and specifics of study at university. Self-education and its importance during university study.

Socio-psychological training as an area for the development of social skills of students of social work - theoretical basics.

Development of social skills in social work (practice and analysis):

a) social perception and self-perception - factors influencing the accuracy of social perception, techniques of self-knowledge, feedback and self-reflection; selfexploration with feedback;

b) personality in social communication - social communication as a component of social interaction, self-awareness and reflection as sources of effective communication, active listening, communication barriers, communication bad habits; assertive communication;

c) emotions and their influence on communication situations;

d) training of targeted interventions in the dynamics of communication, analysis and identification of situational context, applying of knowledge in professional and personal development;

Socio-psychological training as a tool for of preventing burnout syndrome. Coping with difficult life situations, workload indicators, the identification of individual sources of coping with stress. Specifics of communication in load situations (training and analysis).

Textbooks and references:

BAKALÁŘ, E., 2010. Hry pro osobní rozvoj. Brno: Computer Press. ISBN 80-251-2637-4.

BALOGOVÁ, B. et al., 2008. Pokyny na vypracovanie seminárnej, ročníkovej bakalárskej, diplomovej a rigoróznjej práce. Prešov: Pavol Šidelský – AKCENT Print Prešov. ISBN 978-80-89295-08-1.

- HALEČKA, T., 2000. Ako písať seminárnu, ročníkovú, diplomovú, rigoróznú prácu. Prešov: Pavol Šidelský – AKCENT Print Prešov. ISBN 80-968367-0-6.
- BEDNAŘIK, A., 2001. Řešení konfliktů. Bratislava: CPaRK. ISBN 80-223-0817-X.
- BELZ, H. a M. SIEGRIST, 2001. Klíčové kompetence a jejich rozvíjení. Praha: Portál. ISBN 80-7178-479-6.
- DeVITO, J. A., 2001. Základy mezilidské komunikace. Praha: Grada. ISBN 978-80-71699-88-0.
- GABURA, J., 2010. Komunikácia pre pomáhajúce profesie. Bratislava: PF UK. ISBN 978-80-223-2752-7.
- GABURA, J. a P. GABURA, 2004. Sociálna komunikácia. Bratislava: OZ Sociálna práca. ISBN 80-968927-7-0.
- HERMOCHOVÁ, S. a J. NEUMAN. Hry do kapsy I. – VIII. Praha: Portál.
- HERMOCHOVÁ, S., 2004. Hry pro dospělé. Praha: Grada. ISBN 80-247-0817-5.
- HUPKOVÁ, M., 2011. Rozvíjanie sociálnych spôsobilostí v pomáhajúcich profesiách. Bratislava: Iris. ISBN 978-80-89256-61-7.
- KATUŠČÁK, D., 1998. Ako písať vysokoškolské a kvalifikačné práce: ako písať seminárne a ročníkové práce, práce študentskej, vedeckej a odbornej činnosti, diplomové, záverečné a atestačné práce a dizertácie. Bratislava: Stimul. ISBN 80-85697-82-3.
- KOMÁRKOVÁ, R., J. VÝROST a I. SLAMĚNÍK, I., eds., 2002. Aplikovaná sociální psychologie III. Praha: Grada. ISBN 80-247-0180-4.
- MEŠKO, D., D. KATUŠČÁK A J. FINDRA et al., 2005. Akademická příručka. Martin: Osveta. ISBN 80-8063-200-6.
- REITMAYEROVÁ, E. a V. BROUMOVÁ, 2008. Cílená zpětná vazba. Praha: Portál. ISBN 978-80-7367-317-8.
- Študijný poriadok Filozofickej fakulty Prešovskej univerzity v Prešove
- VALIŠOVÁ, A., 2005. Komunikace a vzájemné porozumění. Praha: Grada. ISBN 80-247-0842-6
- VÝROST, J. a I. SLAMĚNÍK, eds., 1998. Aplikovaná sociální psychologie I. Praha: Portál. ISBN 80-717-8269-8.
- VÝROST, J. a I. SLAMĚNÍK, eds., 2003. Aplikovaná sociální psychologie II. Praha: Grada. ISBN 80-247-0042-5.

Language of instruction:

**Guarantor's signature and the date of
course description's last modification:**
01.09.2020