



COURSE OFFERED IN THE DOCTORAL SCHOOL

Code of the course	4606-EW-0000000-0367	Name of the course	Polish	Radzenie sobie z trudnymi emocjami i sytuacjami		
			English	Coping with difficult emotions and situations		
Type of the course	Researcher's workshop					
Course coordinator	M.Ed. (mgr) Hanna Meijer		Course teacher	M.Ed. (mgr) Hanna Meijer		
Implementing unit		Scientific discipline / disciplines*				
Level of education	Doctoral studies	Semester	Winter			
Language of the course	English					
Type of assessment	Passed	Number of hours in a semester	30	ECTS credits		2
Minimum number of participants	10	Maximum number of participants	25	Available for students (BSc, MSc)		No
Type of classes		Lecture	Auditory classes	Project classes	Laboratory	Seminar
Number of hours	in a week			3		
	in a semester			30		

* does not apply to the Researcher's Workshop

1. Prerequisites

No prerequisites

2. Course objectives

The goal of the workshops program is to promote students personal and emotional development to prepare them to cope constructively with trouble, anxiety and difficult situation. As many people feel alone and isolated with their challenges, that is why the workshop participants will learn how to express and meet their needs, find personalised strategies to overcome unpleasant mental states or conflicts, sustain emotional stability.

3. Course content (separate for each type of classes)

Project classes

Workshops are designed for promoting self and social awareness in students and to foster their emotional intelligence, communication skills and self and social awareness and confidence. Simple art and movement activities will be introduced to encourage empathy and a self-expression. The skills practised during the workshop can be very useful tools for the future teachers to enable them to bridge the gap in relating to their students, to create trust and space for emotional and intellectual growth.

Participants will have opportunities:

- to analyse sources of anxiety typical for university students and teachers,
- to find personal ways to sustain their emotional stability,
- to develop individualized strategies to overcome unpleasant mental states or conflicts,
- to enrich their problem solving skills,
- to extend self and social awareness,
- to become aware of their own uniqueness,
- to advance skills of self-expression and communication,
- to strengthen self-confidence as well as confidence in others,
- to attain better understanding of themselves and others.



4. Learning outcomes			
Type of learning outcomes	Learning outcomes description	Reference to the learning outcomes of the WUT DS	Learning outcomes verification methods*
Knowledge			
W01	Students will get familiar with sources of anxiety typical for university students and teachers and constructive ways of coping with it. They will learn the terminology used by psychologists to describe emotions and stress.	SD_W1	active participation during classes
W02	Students will attain the idea of Nonviolent Communication (NVC), introduced by Marshall Rosenberg	SD_W2, SD_W3	active participation during classes
W03	Students will be more aware of human body reactions to stress and anxiety.	SD_W5	active participation during classes
Skills			
U01	Students will enrich their problem solving skills, develop emotional intelligence, communication skills and self and social awareness and confidence	SD_U1, SD_U2	active participation during classes
U02	Students will be able to use NVC techniques to reduce their own level of stress and anxiety to cope with difficult emotions and situations successfully	SD_U3	active participation during classes
Social competences			
K01	attain better understanding of themselves and others.	SD_K1, SD_K2	active participation during classes

*Allowed learning outcomes verification methods: exam; oral exam; ; oral test; project evaluation; report evaluation; presentation evaluation; active participation during classes; homework; tests

5. Assessment criteria
90% attendance, active participation in classes

6. Literature
<u>Primary references:</u> [1] Nada Ignjatovic Savic (2018), Smile Keepers [2] Marshall Rosenberg, (2015) <i>Nonviolent Communication: A Language of Life</i>. Encinitas, CA: PuddleDancer Press <u>Secondary references:</u> [3] Marshall Rosenberg, (2012) <i>Living Nonviolent Communication: Practical Tools to Connect and Communicate Skillfully in Every Situation</i>. [4] Marshall Rosenberg, (2005) <i>Speak Peace in a World of Conflict: What You Say Next Will Change Your World</i>. [5] Marshall Rosenberg, (2005) <i>The Surprising Purpose of Anger: Beyond Anger Management: Finding the Gift</i>. [6] Marshall Rosenberg, (2004) <i>The Heart of Social Change: How to Make a Difference in Your World</i>. [7] Liv Larsson, (2024) <i>Unmasking Shame: Compassion and Connection at every stage of life</i> [8] Liv Larsson, (2017), <i>Human Connection at Work; How to use the principles of Nonviolent Communication in a professional way</i>



[9] Ingrid Holler (2014), *And Suddenly a Door Opens: NVC Success Stories. For Marshall Rosenberg on the Occasion of his 80th Birthday*

7. PhD student's workload necessary to achieve the learning outcomes**

No.	Description	Number of hours
1	Hours of scheduled instruction given by the academic teacher in the classroom	30
2	Hours of consultations with the academic teacher, exams, tests, etc.	5
3	Amount of time devoted to the preparation for classes, preparation of presentations, reports, projects, homework	20
4	Amount of time devoted to the preparation for exams, test, assessments	5
Total number of hours		60
ECTS credits		2

** 1 ECTS = 25-30 hours of the PhD students work (2 ECTS = 60 hours; 4 ECTS = 110 hours, etc.)