1. Temat zajęć:
POZA IQ – INTELIGENCJA EMOCJONALNA I SPOŁECZNA W ŻYCIU ZAWODOWYM

2. Data, miejsce i godziny zajęć
01.03, 08.03, 15.03.2027 godz. 9:00-12:45
Liczba spotkań: 3
Proponowane godziny: 3 × 5 godzin dydaktycznych
Sala: CKD, sala do ustalenia po wyborze seminarium

3. Forma zajęć
Stacjonarna
W uzasadnionych przypadkach organizacyjnych dopuszcza się możliwość realizacji zajęć w formie on-line.

4. Profil zajęć
Profil interdyscyplinarny, kompetencje miękkie; seminaria łączące zagadnienia z zakresu:
- psychologii społecznej;
- psychologii poznawczej;
- psychologii zdrowia i medycyny;
- nauk o zdrowiu.

Zajęcia mają charakter interdyscyplinarny i są skierowane do doktorantów reprezentujących różne dyscypliny nauk biomedycznych.

5. Dyscyplina
Psychologia, nauki o zdrowiu i nauki społeczne.

6. Koordynator zajęć
mgr Jarosław Dudek

7. Jednostka organizacyjna odpowiedzialna za przeprowadzenie zajęć
Zakład Psychodermatologii i Neuroimmunobiologii Skóry

8. Dane kontaktowe jednostki organizacyjnej
Adres: MOLecoLAB – Centrum Badań Molekularnych Chorób Cywilizacyjnych; Łódź, ul. Mazowiecka 5; Budynek A6 (pokój 0.20, 0.21)
Telefon: 692 207 042
E-mail: jaroslaw.dudek@umed.lodz.pl

9. Karta przedmiotu-dawniej sylabus zajęć
Course title: BEYOND IQ: EMOTIONAL AND SOCIAL INTELLIGENCE IN PROFESSIONAL LIFE

Course aims: The course introduces the concepts of emotional intelligence (EI) and social intelligence (SI) and examines their role in professional, academic and interpersonal functioning. Attention is given to the ability to recognize and understand one's own emotional states, regulate emotional responses, understand other people's emotions and intentions, and build effective interpersonal relationships.
The course is planned as 3 seminar sessions of 5 teaching hours each.

Number of ECTS credits allocated and their structure according to students' forms of learning:
1 ECTS (15 hours – seminar; 15 hours - self-study)
Prerequisites:
Basic knowledge of psychology and emotions
Learning activities and teaching methods:
The course will employ a combination of the following teaching methods:

- interactive lectures;
- mini-lectures;
- case studies;
- individual exercises;
- group discussion.

Course unit content:

- Understanding emotional intelligence
- Emotional self-regulation and decision-making
- Social intelligence and understanding other people
- Emotional and social intelligence in professional relationships
- Emotional and social intelligence as a professional competence

Course objectives:
The course is designed to achieve educational outcomes in three main domains: factual knowledge, practical skills, and attitudes/social competencies.
Knowledge
Upon completion of the course, the student:

- Explains the concept of emotional intelligence and distinguishes between major theoretical approaches to EI.
- Describes the concept of social intelligence and its relationship to interpersonal functioning.
- Explains the role of emotions in communication, decision-making and social behavior.
- Identifies psychological mechanisms underlying emotional regulation, empathy and interpersonal interaction.
- Recognizes the potential role of emotional and social competencies in teamwork, leadership and professional development.

Skills
Upon completion of the course, the student:

- Identifies and describes their own emotional states and typical emotional reactions.
- Apply basic strategies of emotional self-regulation in demanding situations.
- Identifies emotional and interpersonal signals in other people.
- Uses active listening and empathic communication techniques.
- Communicates needs, opinions and boundaries in an assertive manner.
- Provides and receives constructive feedback.
- Applies selected interpersonal strategies in situations involving disagreement, criticism or conflict.

Attitudes/social competencies
After the course student:

- Demonstrates awareness of the influence of one's own emotions and behavior on other people.

- Recognizes the importance of empathy and perspective-taking in professional relationships.
- Demonstrates openness to feedback and reflection on one's own interpersonal functioning.
- Recognizes the importance of emotional and social competencies for effective cooperation in multidisciplinary teams.

Required and recommended learning resources (readings):
Required: All the learning materials will be delivered to the students during the course.
Recommended: Daniel Goleman, Emotional Intelligence: Why It Can Matter More Than IQ, 2020, Bloomsbury Publishing

Assessment methods and criteria:
Assessment method
The final assessment is based on:
- active participation in classes,
- completion of practical exercises,
- participation in case discussions and simulations,
- preparation of a brief individual reflection/development plan concerning selected emotional and social competencies.

Assessment criteria
The student passes the course if:
- participates actively in the majority of course activities;
- completes the required practical exercises;
- submits the individual reflection and development plan.

Rules for making up absences from classes:
Attendance at all scheduled sessions is expected. In the event of an absence for justified reasons, the student is required to contact the course coordinator and complete an agreed make-up activity. The form of the make-up activity will be determined by the course coordinator.

10. Limit liczby uczestników
Minimalna liczba uczestników: 10 osób
Seminarium zostanie uruchomione, jeżeli zapisze się na nie minimum 10 doktorantów.
Maksymalna liczba uczestników: 20 osób.
Ograniczenie liczby uczestników umożliwi aktywną pracę seminaryjną, dyskusję, pracę w grupach oraz analizę przypadków.

11. Czas trwania zajęć seminaryjnych
Łącznie: 15 godzin dydaktycznych
Zajęcia zostaną zrealizowane w formie 3 spotkań po 5 godzin dydaktycznych każde.