1. TEMAT ZAJĘĆ: Interpersonal Communication

2. Data, miejsce i godziny zajęć

Termin: 04.03, 11.03, 18.03., 25.04. 2027 godz. 9:00-12:45

Liczba spotkań: 4

Proponowane godziny: 4 × 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,
- biologii,

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

5. Dyscyplina

Nauki medyczne i nauki o zdrowiu

6. Koordynator zajęć

Mgr Michalina Świątkowska

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: 668 474 049

E-mail: michalina.rzepkowska@umed.lodz.pl

9. Karta przedmiotu-dawniej sylabus zajęć

Course title: Interpersonal Communication

Course aims: The aim of the course is to enhance the interpersonal communication skills of doctoral students, with a particular focus on communication within medical teams. Students

will become familiar with key principles and techniques of interpersonal communication and gain a better understanding of conflict. They will also learn how to employ active listening and non-verbal communication.

Types of educational activities and number of hours allocated:
The course is planned as 4 seminar sessions of 5 teaching hours each.
Number of ECTS credits allocated and their structure according to students' forms of learning:
1 ECTS
Prerequisites:
Basic knowledge of psychology
Learning activities and teaching methods:
The course will employ a combination of the following teaching methods:

1. Lecture with multimedia presentation,
2. group work,
3. case studies,
4. group discussion,
5. training games,
6. practical exercises.

Course unit content:

1. Introduction to Interpersonal Communication

   the concept of communication from a psychological perspective
   theories of interpersonal communication
   verbal and nonverbal communication
   the importance of interpersonal communication in personal and professional life

2. Communication in Conflict:

   Key information about the conflict process
   Recognizing signs of conflict
   Styles of conflict resolution
   Communication that facilitates conflict resolution

3. Active Listening as a Factor Influencing the Quality of Communication

   the difference between hearing and listening
   eye contact
   key tools of active listening: paraphrasing, clarification, and reflecting feelings

4. Developing Communication Skills

   strategies for managing stress in situations requiring effective communication
   identifying one's own predispositions toward specific stress management strategies
   developing empathy skills

5. Interpersonal Communication in a Group

   discussion of Belbin's team roles
   team role assessment
   discussion of the assessment
   team roles in the context of communication within a work team

6. Assertive Communication

   discussion of the concept of assertiveness
   assertiveness training

7. Cultural Aspects of Interpersonal Communication

   cross-cultural differences in communication
   the influence of culture on interpersonal communication

Course objectives

The course is designed to achieve educational outcomes in three main domains: factual knowledge, practical skills, and attitudes/transferrable generic competencies.

Knowledge

Upon completion of the course, the student knows:

- The student is familiar with the principles of effective interpersonal communication.
- The student is familiar with the typology of conflict resolution styles.
- The student is familiar with team roles within a group.
- The student can list strategies for coping with stress.
- The student can identify cultural differences that affect interpersonal communication.
- The student is familiar with theories of interpersonal communication.

Skills

Upon completion of the course, the student is able to:

- The student is able to effectively use conflict resolution tools
- The student is able to use active listening techniques
- The student is able to be assertive
- The student is able to effectively cope with stress

Attitudes and transferrable (generic) competencies

After the course student should in practice:

- The student is able to consciously engage in a conversation with another person and sustain the interaction.
- The student employs strategies to manage stress and address problems encountered in interactions with others.
- The student is able to be assertive in situations involving typical social interactions.

Required and recommended learning resources (readings):

Required: All the learning materials will be delivered to the students during the course.

Assessment methods and criteria

Assessment method

Continuous assessment based on active participation in the seminar and completion of a short individual scientific presentation.

Students will be assessed on:

- participation in scientific discussions;
- ability to critically analyse scientific literature;
- quality and scientific accuracy of the final presentation.

Assessment criteria

The student passes the course if:

- the student actively participates in the seminar;
- the student prepares and presents the assigned scientific topic, which will be provided at least one week before the first seminar;
- the student's presentation demonstrates an appropriate use and interpretation of scientific evidence.

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 w grupach, dyskusje oraz prace warsztatową.

11. Czas trwania zajęć seminaryjnych

Łącznie: 20 godzin dydaktycznych

Zajęcia zostaną zrealizowane w formie 4 spotkań po 5 godzin dydaktycznych każde.

Zakładany całkowity wymiar seminarium wynosi 20 godzin, zgodnie z limitem określonym dla zajęć seminaryjnych.