

Course: Elements of social skills training	ECTS Points: 4
Course Code:	
Language: English	
Course description: educational content – elective, <u>optional course</u>	
Lecturer: Anna Chańko, MA	
Semester: winter	Number of hours: 30 Lecture: - Classes: 30
<u>Courses to be completed before enrollment to the course:</u> ¹	
<u>Substantive content:</u> Developing skills: <ul style="list-style-type: none"> • distinguish and identify subordinate emotions, • embracing emotions and expressing them socially acceptable, • good communication patterns, • adherence to social rules and norms, • establish positive relationships with people, • reading intentions and anticipating others' behaviors • positive resolution of conflicts, • express yourself and your own opinion. 	
Lectures	Number of hours
1. Introduction to the main issues of the workshop.	2
2. The workshop block: <ul style="list-style-type: none"> • Social communication skills; • Skills for making friends; • Skills for dealing with feelings; • Skills for dealing with stress; • Alternatives to aggression. 	6 4 6 6 4
3. Evaluation of the classes.	2
<u>Aim of the course:</u> <ul style="list-style-type: none"> • Student has elementary knowledge of interpersonal and social communication processes, their regularity and disruption, and social competencies relevant for future work related to planning and implementing pedagogical influences. Verification method: activity in class. <ul style="list-style-type: none"> • Student has developed skills, interpersonal competences, able to use specialized language, and communicate in a precise and consistent manner using a variety of channels and communication techniques with pedagogy specialists and non-professionals. Verification method: activity in class, preparation and carry out your own exercises. <ul style="list-style-type: none"> • Student is convinced of the importance of acting in a professional manner, reflecting on ethical issues and adhering to ethics principles in his pedagogical activities. Verification method: activity in class.	
<u>Teaching methods</u> ² : workshops	
<u>Literature:</u> Cialdini R., Influence: The Psychology of Persuasion, HarperBusiness, 2006. Giblin L., Skill With People, 2010. Gresham F.M., Van M.B., & Cook C.R., Social skills training for teaching replacement behaviors: Remediating acquisition deficits in at-risk students. Behavioral Disorders, 31(4),363-377, 2006. Johns B., Crowley E.P., & Guetzloe E., The central role of teaching social skills. Focus on Exceptional Children, 37(8), 1-8, 2005.	

¹ If it is needed, please write the name of the course.

² „Lectures”, „workshops”, e.t.c.

Kavale K.A., Mathur S.R., & Mostert M.P., Social skills training and teaching social behavior to students with emotional and behavioral disorders. In R. Rutherford Jr., M.M. Quinn, & S.R. Mathur (Eds.), Handbook of research in emotional and behavioral disorders, New York, NY: The Guilford Press 2004.
Trover P., Radical Approaches of Social Skills Training, Routledge, London and NY, 2001.

Forms and conditions of credit³:

Credits: credit for grade.

Course condition: attendance, activity. Absence: One absenteeism (without excuse) is allowed during the semester. If you are absent from the program, you will be required to attend individually during the consultation (within two weeks of absence).

³ „Test”, “written essay”, e.t.c.