

## **DESCRIPTIONS OF ELECTIVE COURSES**

Field of study	Social Work
Level	first-cycle studies
Students admitted in the academic year	2024/2025
Semester in which the courses are selected	<b>3</b>
Semester in which the courses are conducted	<b>4</b>

Elective courses enable the acquisition of knowledge and development of skills important to the field of study but considering the student's individual interests.

This semester you can choose some elective courses, and the selected courses will be taken in the summer semester.

The course can be implemented if there is enough willing students (no less than 66% of students making their choice).

This semester, you will make your choice using a survey that will be available at the beginning of November (the survey will be active for two weeks). Students who do not make a choice will be administratively added to the courses that will be implemented.

**In the winter semester of the 2025/26 academic year, students choose 3 courses out of 5 offered.**

### **SOCIOLOGY OF THE FAMILY**

#### **Subject objectives:**

To familiarize students with basic terms in the field of family sociology and phenomena related to the functioning of the family as a basic element of the structure of the social world. The student will gain knowledge about the family as a social group and learn about the social processes that influence the shape and functions of the family. The student will learn about shaping the model of marriage and family under the influence of cultural changes and alternative forms of marital and family life.

#### **Subject content:**

- Family life cycle.
- Evolutionary theory of the family
- Marriage and family. Intrafamily processes
- Types of families
- Family structure and functions
- Modern family
- Family in different cultures
- Social differences in Polish families
- Cultural aspects of family changes and attitudes towards the family

- Changes in roles in the family.

## **OLDER PEOPLE, AGEING AND SOCIAL WORK**

### Subject objectives:

Preparing students for social work with older people by providing skills related to analyzing their situation, using appropriate tools and terminology, and solving problems in the area of social work with older people.

### Subject content:

- Demographic and social aspects of ageing societies. Biological and psychological changes in old age
- The needs of older people and quality of life in old age
- The rights of older people. Benefits, services and privileges.
- Deinstitutionalisation of services for senior citizens. Social work with older people in institutional vs. community settings
- Ethical dilemmas in social work with older people
- Causes of the difficult life situation of older people.
- Categories of older people and social work opportunities.
- Standards of social work with older people. Stages of conduct in social work with an elderly person.
- Activation of older people in their living environment.
- Institutions aiming to improve the living situation of older people.
- The role of interpersonal communication in social work with older people.

## **MENTAL HEALTH FOR SOCIAL WORKERS**

### Subject objectives:

Preparing students to act effectively in the field of social work by acquiring knowledge in the field of mental health and skills in working with people in mental crises. Students get acquainted with classical and modern concepts of human functioning in biomedical and psychological aspects, as well as with methods of treating mental diseases, disorders, and addictions. Students also get acquainted with methods of dealing with people with mental health issues.

### Subject content:

- The concept of mental health. Factors influencing an individual's mental health.
- Polish and international legislation regarding mental health protection.
- Introduction to psychotherapy and psychoanalysis. Types of psychotherapy, indications for its use.
- Classification of mental disorders and diseases. Methods of treating mental diseases and disorders.
- Addiction. Types and treatment of addictions.
- Child and adolescent psychiatry. Mental disorders in children and adolescents.
- Support for people in mental health crisis. The role of a social worker.

- Methods of psychiatric and psychological diagnosis.
- Personality disorder. Anxiety disorders, mood disorders. Mental diseases from the psychosis group.
- Individual and group psychotherapy.
- Methods of working with people with mental disorders.

## **OBTAINING FUNDS FOR SOCIAL PROJECTS**

### Subject objectives:

The subject prepares the student to effectively plan and implement social projects by acquiring competences in the field of financing and group work. The student is acquainted with basic terms and concepts related to the financing of social projects under various public aid programs. The student learns about exemplary institutions, programs, sources and methods of obtaining funds for the implementation of social projects.

### Subject content:

- Basic terminology related to project management.
- Logic of creating a social project: basic methods and tools for needs analysis and project planning.
- Defining indicators for monitoring and evaluating social projects.
- Social innovations – concept, principles of planning and implementation.
- Analysis of project implementation needs: identifying problems and defining general and specific objectives of a social project.
- Identification of project requirements: analysis of competition documentation in a selected aid programme.
- Creating a conceptual framework for the project: a logical framework approach.
- Analysis of project stakeholders.
- Tools for detailed planning of a social project: scope, schedule, project costs.
- Basics of risk analysis in a social project. Identification. Qualitative/quantitative analysis. Responses to risk.

## **MANAGING INSTITUTIONS AND HR IN SOCIAL WORK**

### Subject objectives:

To familiarize students with the specifics of facility management and human resources in a social organization. Enrichment of knowledge and skills in the implementation of selected personnel policy functions; i.e. recruiting and evaluating employees and remunerating staff. Developing skills in solving problems arising in the area of social organization management, in particular in the field of human resources management.

### Subject content:

- Creation and development of social organizations
- Management of a social organization
- Personnel management in a social organization

- Social work staff - selection, adaptation and evaluation of employees
- Rewarding and motivating employees of a social organization
- Change management in a social organization
- Identification of the process of employing, motivating, remunerating and evaluating social workers
- Proposals of possible solutions to problems arising in the area of human resources management in a selected social organization