

**Institute of Psychology, University of Wrocław, Courses 2025-2026**  
**European Cultures; ERASMUS+**

Teacher's name	Subject/Module title	SEMESTER		Kind of classes	Course description	ECTS credits
		WINTER Number of hours	SUMMER Number of hours			
Michał Pieniak	Statistics in social sciences	30		workshop	This course offers a foundational introduction to statistics as applied in the social sciences. Students will learn how to describe, analyze, and interpret data relevant to psychological and social research. Key topics include descriptive statistics, correlation analysis, t-tests, analysis of variance (ANOVA), and linear regression. The course combines theoretical instruction with practical exercises, equipping students with the skills to apply statistical methods and interpret results in real-world research contexts. No prior experience in statistics is required.	6
Marta Rokosz / Michał Pieniak	Psychology of senses	30	30	workshop	This course provides an introduction to the psychology of human sensory systems, with a special emphasis on the sense of smell. Students will explore how we perceive, process, and respond to sensory information, and how these processes influence cognition, emotion, behavior, and social interaction. Particular attention will be given to the olfactory system—its anatomy, functioning, and role in psychological and social processes. Topics include sensory perception, the impact of sensory loss, emotional and cognitive responses to smells, as well as the role of olfaction in mental health and interpersonal communication. The course combines theoretical knowledge with insights from current research and practical approaches, such as olfactory training and assessment methods.	6 per semester
Marta Rokosz	Academic writing in social sciences		30	workshop	This course offers an interactive, workshop-based approach to academic writing, focused on examples from social sciences. Students will critically analyze scholarly texts, explore the principles of academic style, and engage in frequent writing practice. Emphasis is placed on developing clear, coherent, and well-supported arguments through drafting, feedback, and revision.	6

Jerzy Luty	Human behaviour, evolution, and mind	30		lecture	The objective of the course is to present concepts, terms and phenomena of evolutionary psychology and increase the understanding of human behaviour and emotions in the light of evolution. The topics include: (a) classical theory of natural and sexual selection (b) origins of sociobiology as a scientific inquiry, c) discussion on adaptationism (d) theory of reciprocal altruism and parental investment, (e) theory of selfish gene and extended phenotype, (f) modular theory of human mind, (g) evolutionary psychology of emotions, (h) cognitive biases in the light of human evolution, (i) evolution of language faculty and function of gossiping, (j) theory of 'mating mind', (k) evolutionary psychology of religiosity and morality, (l) evolutionary approaches to art and aesthetics.	6
Jerzy Luty	Evolutionary foundations of art and aesthetics		30	workshop	The main idea of the course is to present art and aesthetic faculty as a hardwire means for psychological orderliness. The topics include: 1) Art as an open concept in the light of human's species evolution; 2) ethological concept of art, artification as evolved behaviour; 3) developmental and evolutionary-rooted responses to mass art, pop-culture, tv series, horror movies, romantic comedies, video games, pornography and kitsch; 4) art as a means of increasing cognitive fluidity, which enables cultural transmission and cumulating achievements and skills; 5) standpoints in discussion on adaptive function of art: spandrel metaphor; 'cheesecake for the mind' metaphor; 'internal combustion engine' metaphor; idea of 'sexual display' and handicap principle; idea of 'cognitive play'; art as a medium of psychological orderliness and a source of creating social identity.	6
Jarosław Klebaniuk	Willpower in scientific research and self-improvement techniques	30		workshop		6

Jarosław Klebaniuk	Selected topics of psychology (III year of European Cultures)		15	lecture	The course covers a selection of issues including Part I: 1. Willpower and its facets. Types of challenges. 2. Experimental research on willpower. 3. Lifestyle and habitual support of willpower. 4. Implementation intentions and mental contrasting. 5. Mindfulness based techniques – breathing. 6. Mindfulness based techniques – surfing the urge. 7. Planning and the reversed schedule. 8. Time perspective in achieving goals and fighting temptations. 9. Reacting to a failure. 10. Presenting the outcomes and getting feedback; and Part II: 11. Social inequalities and social dominance. 12. Authoritarianism and its consequences. 13. System justification and system delegitimation. 14. Intergroup emotions. 15. Justice sensitivity. The first part, a workshop, is concluded with a written report, and the second part, a lecture, terminates in a written test of knowledge.	3
Marcin Czub	Experimental Research in psychology	30	30	workshop	During the course students will be designing and conducting experimental studies. Students will learn how to create psychological experiments using PsychoPy software, how to measure reaction times, perform statistical analysis, and discuss the results. They will acquire both theoretical and practical knowledge related to designing, conducting and writing up results from an empirical study in psychology.	6 per semester
Katarzyna Durniat	Cross-cultural and interpersonal training		30	workshop	The primary goal of this workshop is to foster understanding, integration, mutual respect (both interpersonal and cross-cultural), and cooperation among individuals (specifically international students) from diverse national and socio-cultural backgrounds. The course is designed to enhance students' interpersonal and cross-cultural competencies, such as self-awareness, self-esteem, self-presentation, interpersonal and international communication, interpersonal confidence and trust, and social and cross-cultural integration. These objectives will be achieved through a combination of individual and cooperative activities, self-reflection, group discussions, interpersonal confrontation, behavioral modeling, and the exchange of psychological feedback. All activities will be conducted under the guidance of an experienced psychologist.	6

Magdalena Ślęzyk-Sobol	Coaching		30	Training with workshop elements	<p>The main idea of the training is to gain competences and skills, which can be required from coach in different types of coaching. The aim is to acquaint students with the basic theories and methodology of coaching (underlining differences between consulting, therapy, training and coaching) and present some coaching methods. Building relationships with clients, listening and supporting the client's self – expression, focusing on the client's agenda, providing clear feedback and motivating to changes will be discussed and trained.</p> <p>Issues:</p> <ul style="list-style-type: none"> <li>- Coaching as the form of developing skills in organizations</li> <li>- Different forms and objectives of coaching due to organizational situation</li> <li>- The phases and principles of coaching</li> <li>- The necessary coaches competencies</li> <li>- Designing coaching sessions</li> <li>- Tools and methods used in coaching</li> </ul>	6
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