



### MODULE DESCRIPTION

Module code	full-time studies:	<b>Z-ZIP1-E-206c</b>
	part-time studies:	<b>Z-ZIPN1-E-206c</b>
Module name	<b>Motivation and Effective Learning</b>	
Module name in Polish	<b>Motywacja i efektywna nauka</b>	
Valid from academic year	<b>2023/2024</b>	

### MODULE PLACEMENT IN THE SYLLABUS

Field of study	<b>MANAGEMENT AND PRODUCTION ENGINEERING</b>
Level of education	<b>1st degree</b>
Studies profile	<b>General</b>
Form and method of conducting classes	<b>Full-time and Part-time</b>
Specialisation	<b>All</b>
Unit conducting the module	<b>Department of Management and Organization</b>
Module co-ordinator	<b>Wacław Gierulski, PhD, DSc Joanna Rodowicz, PhD</b>
Approved by:	<b>Dariusz Bojczuk, PhD, DSc</b>

### MODULE OVERVIEW

Type of subject / group of subjects	<b>Basic</b>
Module status	<b>Non-compulsory</b>
Language of conducting classes	<b>English</b>
Module placement in the syllabus - semester	<b>Semester II</b>
Initial requirements	<b>No requirements</b>
Examination (YES/NO)	<b>NO</b>
Number of ECTS credit points	<b>1</b>

Method of conducting classes		Lecture	Classes	Laboratory	Project	Other
Per semester	full-time studies:	<b>15</b>				
	part-time studies:	<b>9</b>				

## TEACHING RESULTS AND THE METHODS OF ASSESSING TEACHING RESULTS

Category	Symbol	Learning outcomes	Assignations to the directional learning outcomes
Knowledge	W01	Student has an elementary knowledge and understands the importance of motivation in human activity.	ZIP1_W17
	W02	Student has an elementary knowledge of how to learn effectively.	ZIP1_W17
Skills	U01	Student is able to acquire knowledge in an effective manner while applying the acquired skills correctly; Is able to manage the time properly during the learning process.	ZIP1_U02 ZIP1_U06
Social competences	K01	Student understands the need and knows the possibilities of continuous, effective acquisition of knowledge and improvement, which leads to the improvement of personal and social professional competences.	ZIP1_K01
	K02	Student is ready to think and act in an entrepreneurial manner with an understanding of the mechanisms of operation of the individual and society	ZIP1_K05

## TEACHING CONTENTS

Method of conducting classes	Teaching contents
Lecture	Basic terms in the field of psychology of emotions and motivation. Motivation. The importance of motivation in human life. Motivation in the profession. Ways of motivating employees. Reasons for demotivation. Stress and ways of coping with stress. Memory and memorization. Mnemonics, concept maps, mind maps. Learning. Ways of effective learning. Motivation and effective learning.

## METHODS OF ASSESSING TEACHING RESULTS

Symbol	Methods of checking the learning outcomes (select X)					
	Oral exam	Written exam	Test	Project	Statement	Other
W01			X			
W02			X			
U01			X			
K01			X			
K02			X			

## FORM AND CONDITIONS OF PASSING

Form of classes	Form of credit	Passing conditions
Lecture	Credit with grade	Correct answer to at least 3 questions in written or oral form.

## STUDENT WORKLOAD

Balance of ECTS points												
No.	Type of student's activity	Student's workload										Unit
		full-time					part-time					
		Lc	C	Lb	P	O	Lc	C	Lb	P	O	
1.	Participation in the activities	15					9					h
2.	Other (consultation, exam)	2					2					h
3.	<b>Number of hours of a student's as- sisted work</b>	<b>17</b>					<b>11</b>					h
4.	<b>Number of ECTS credit points which are allocated for assisted work</b>	<b>0,7</b>					<b>0,4</b>					ECTS
5.	<b>Number of hours of a student's un- assisted work</b>	<b>8</b>					<b>14</b>					h
6.	<b>Number of ECTS credit points which a student receives for unassisted work</b>	<b>0,3</b>					<b>0,6</b>					ECTS
7.	<b>Work input connected with practical classes</b>	<b>0</b>					<b>0</b>					h
8.	<b>Number of ECTS credit points which a student receives for practical classes</b>	<b>0,0</b>					<b>0,0</b>					ECTS
9.	<b>Total number of hours of a stu- dent's work</b>	<b>25</b>					<b>25</b>					h
10.	<b>Punkty ECTS za modul</b> <i>1 ECTS=25 hours</i>	<b>1</b>										ECTS

## LITERATURE

1. Moskowitz G.B, Grant H. (2009), *The Psychology of Goals*, The Guilford Press, New York.
2. Reeve J. (2018), *Understanding Motivation and Emotion (7th Edition)*, Wiley.
3. McGuire S.Y., Mark McDaniel M., McGuire S. (2018), *Teach Yourself How to Learn: Strategies You Can Use to Ace Any Course at Any Level*, Stylus Publishing.
4. Tuhovsky I. (2017), *Accelareted Learning: The Most Effective Techniques: How to Learn Fast, Improve Memory, Save your Time and Be Successful*, Andrews McMeel Publishing.