

COURSE TITLE: **DEVELOPING SOFT SKILLS THROUGH APPLIED PSYCHOLOGY**

LECTURER: Markéta Pešoutová

MINIMAL NUMBER OF STUDENTS: 4 ECTS CREDITS: 4

AVAILABLE FOR: all students

ABOUT THE COURSE:

The social and emotional abilities (soft skills) are important for everyone. The course will provide an overview of the basic principles, evidence-based theories, and applications of soft skills. We will focus on soft skills topics which we need and use in personal life and at work.

Every lesson will consist four parts:

- 1) Reflection of why the basic theory is important
- 2) Introduction to the basic theory of a selected topic
- 3) Practising techniques of that topic
- 4) Implementing the theory in our lives

COURSE STRUCTURE:

The course will cover the following topics:

1. Introduction to Soft Skills, Individual/personal development plan
2. How do we learn (different preferences, mind maps etc.)?
3. Values, goals setting
4. Career planning, IKIGAI
5. Giving and receiving feedback
6. Non-violent communication
7. Stress management
8. Mindfulness and relaxation techniques
9. Positive psychology – gratitude & loving-kindness meditation
10. Wrap up session, future goals

To complete the course:

- *Attendance and active participation at the classes*

- *Final presentation of the topic – students will prepare and present their chosen topic.*
- *Completing tasks given by the end of each lesson (as a follow-up).*
- *Write a short essay (2 A4 page) reflecting on the students' ability to apply discussed theories into everyday life*

Recommended Literature

- Nonviolent Communication (Marshall B. Rosenberg)
- Emotional Intelligence (Daniel Goleman)
- Full Catastrophe Living (John-Kabat Zinn)

Grading criteria

Points will be given to (1) the prepared theory/ presentation based on the quality of the resources and the presentation skills and (2) the quality of the reflection at the end of the course.

90 – 100 points A

80 – 90 points B

70 – 80 points C

60 – 70 points D

50 – 60 points E

Attendance

The requirements

1. The short presentation during the class on the topic which will be covered during the class. Will be delivered in a team. The date of the presentation will be agreed on during the first lesson.
2. Attendance at least 80%.

The final reflection which you will write on one paper sheet (minimum 3600 characters).