



**Course offer 2026/2027
Psychology, Cracow**

1 semester

| | |
|---|--------|
| Introduction to Psychology: History and Contemporary Issues | 6 ECTS |
| Introduction to Social Psychology | 6 ECTS |
| Biological Foundations of Human Behavior | 8 ECTS |
| Basic Psychological Skills | 4 ECTS |
| Academic Skills | 3 ECTS |

2 semester

| | |
|---|--------|
| Foreign Language (Spanish) 1/2/3/4 | 3 ECTS |
| Social Psychology | 6 ECTS |
| Psychology of Emotion and Motivation | 6 ECTS |
| Developmental Psychology | 6 ECTS |
| Critical Analysis of Psychological Articles | 3 ECTS |
| Basic Group Work Skills | 3 ECTS |

3 semester

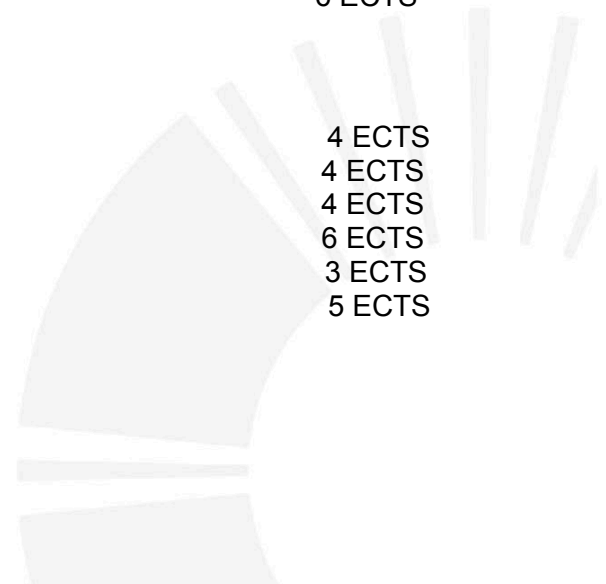
| | |
|--|--------|
| Social Sciences and Humanities Lecture | 3 ECTS |
| Personality Psychology | 6 ECTS |
| Cognitive Psychology | 6 ECTS |
| Methodology and Statistics: Introduction | 8 ECTS |
| Applications of Psychology | 3 ECTS |
| Psychological Essay: Individual Project | 4 ECTS |

4 semester

| | |
|---|--------|
| Psychopathology | 6 ECTS |
| Psychology of Individual Differences | 6 ECTS |
| Introduction to Psychometrics | 6 ECTS |
| Psychological Interview: Individual Project | 6 ECTS |
| Psychological/Humanistic Elective Course ½ | 3 ECTS |
| Clinical and Health Psychology | 6 ECTS |

5 semester

| | |
|------------------------------------|--------|
| Work and Organisational Psychology | 4 ECTS |
| Educational Psychology | 4 ECTS |
| Personal Skills (elective) | 4 ECTS |
| Group Research Project (elective) | 6 ECTS |
| Electives 1-5 | 3 ECTS |
| Ethical Dilemmas in Psychology | 5 ECTS |





**Uniwersytet
SWPS**

6 semester

| | |
|--|--------|
| Humanistic Perspective on Mankind (elective) | 4 ECTS |
| Cross-Cultural Psychology | 4 ECTS |
| Applications of Psychology: Group Project (elective) | 4 ECTS |





**Course offer 2026/2027
Psychology, Cracow**

1 semester (winter)

Introduction to Psychology: History and Contemporary Issues 6 ECTS

This course covers the scientific and pre-scientific roots of psychology, the evolution of research methods, and major historical schools. It specifically highlights the history of Polish psychological thought and the relationship between psychic and physical phenomena. Students learn to distinguish verified empirical trends from discredited ones.

Introduction to Social Psychology 6 ECTS

This course focuses on social perception, social motives, attitudes, prosocial behavior, and aggression. It covers the basic psychological apparatus for understanding self-knowledge and interpersonal communication. Students apply social psychology theories to interpret concrete everyday situations.

Biological Foundations of Human Behavior 8 ECTS

Students study the anatomy and physiology of the nervous and endocrine systems, human genetics, and brain plasticity. It explores the biological mechanisms of perception, memory, and language. The course explains human behavior through a biological lens and neuropsychological research methodology.

Basic Psychological Skills 4 ECTS

This course concentrates on interpersonal communication, building professional contact, and the technique of active listening. To develop openness in relations and the ability to plan team-based cooperation.

Academic Skills 3 ECTS

Includes library training, intellectual property rights, and academic savoir-vivre. It focuses heavily on APA editorial standards and searching for scientific information. To effectively utilize online knowledge sources and navigate university structures.

2 semester (spring)

Foreign Language (Spanish) 1/2/3/4 3 ECTS

General and psychological vocabulary, grammatical structures, and narrative forms at the A1 and A2 level.

Social Psychology 6 ECTS

Advanced study of social influence, social cognition, interpersonal attraction, morality, and stereotypes. It includes the methodology of empirical research in social settings. To identify the impact of situational factors and recognize social injustice and discrimination.

Psychology of Emotion and Motivation 6 ECTS

Covers biological, social, and cognitive determinants of emotions, as well as motivation in various theoretical systems. Includes regulation of emotions and individual differences in affective processes. To understand emotions and motivations as products of both biological and cultural processes.



Developmental Psychology 6 ECTS
Explores the human life cycle from prenatal stages and birth through motor, sensory, cognitive, and social development. To use advanced knowledge to explain behavior at different stages of human growth.

Critical Analysis of Psychological Articles 3 ECTS
Training in critical thinking, the construction of scientific texts, and the logic of scientific inference. To differentiate between evidence-based knowledge and “common sense” and analyze the quality of scientific arguments.

Basic Group Work Skills 3 ECTS
Group dynamics, team roles, facilitation techniques, and systemic thinking regarding organizations. To plan, organize, and cooperate within a team to reach collective goals.

3 semester (winter)

Social Sciences and Humanities Lecture 3 ECTS
This course includes variable topics based on current faculty offers, focusing on humanistic paradigms of human knowledge. To understand selected humanistic perspectives on the human condition.

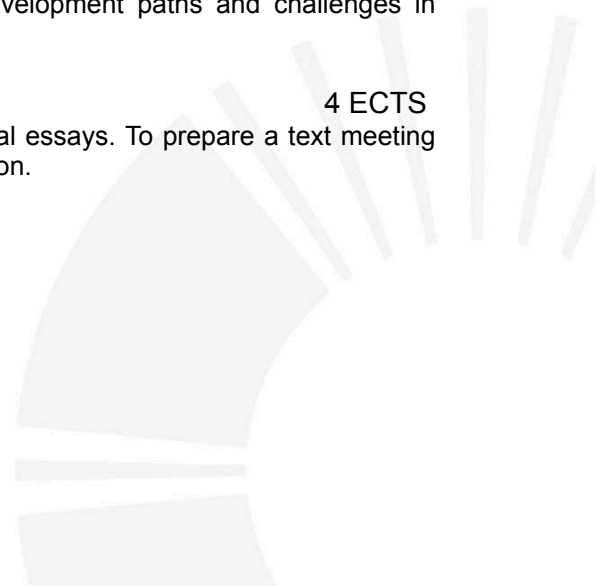
Personality Psychology 6 ECTS
Classic, cognitive, trait-based, and social-cognitive theories of personality, including behavior regulation mechanisms. To use personality psychology concepts to interpret human behavior and practical implications.

Cognitive Psychology 6 ECTS
Detailed study of information processing, perception, attention, memory, imagination, concepts, and decision-making. To formulate research problems and interpret human behavior using cognitive process knowledge.

Methodology and Statistics: Introduction 8 ECTS
Hypotheses, variables, operationalization, and descriptive/inductive statistics. Covers experimental, quasi-experimental, and correlational paradigms. To statistically process research results and utilize professional statistical software.

Applications of Psychology 3 ECTS
Overview of clinical, business, forensic, sports, and educational psychology, as well as psychosexuality and negotiations. To identify professional development paths and challenges in various psychological specialties.

Psychological Essay: Individual Project 4 ECTS
Practical training in scientific writing specifically for psychological essays. To prepare a text meeting formal criteria and manage time effectively during project realization.





4 semester (spring)

Psychopathology

6 ECTS

General and detailed psychopathology, including anxiety, mood, psychotic, personality disorders, and substance use. To recognize and explain psychological difficulties and identify appropriate forms of help.

Psychology of Individual Differences

6 ECTS

Concepts of temperament, intelligence, creativity, and cognitive styles. Covers the biological determinants of these differences. To interpret behavioral meaning and select appropriate diagnostic methods while maintaining ethics.

Introduction to Psychometrics

6 ECTS

History of testing, reliability, validity, normalization, and the ethical/legal aspects of psychological testing. To assess measurement quality, use norms, and interpret test scores correctly.

Psychological Interview: Individual Project

6 ECTS

Techniques of psychological interviewing, handling silences or strong emotions, and providing feedback. To formulate a practical goal, plan the interview process, and interpret the outcome ethically.

Psychological/Humanistic Elective Course ½

3 ECTS

The specific program depends on the chosen course from the faculty's annual offering. To master the terminology and concepts of a specific subdiscipline within the humanities or social sciences.

Clinical and Health Psychology

6 ECTS

Concepts of health and illness, psychological stress theories, health promotion, and prevention strategies. To differentiate clinical psychology from related medical fields and identify the most effective help strategies.

5 semester (winter)

Work and Organisational Psychology

4 ECTS

Organizational culture, role of the psychologist in business, CSR (Corporate Social Responsibility), and consumer behavior. To recognize negative organizational phenomena (e.g., burnout, mobbing) and propose preventive actions.

Educational Psychology

4 ECTS

The professional identity of educational psychologists, help systems in Poland, and special educational needs To identify educational difficulties and design targeted educational workshops.

Personal Skills (elective)

4 ECTS

Definitions of personal development, the role of values, psychological resilience, and motivation in self-growth. To plan and organize work around personal developmental goals based on psychological knowledge.



Group Research Project (elective)

6 ECTS

Practical planning of a study, data collection, statistical analysis, and reporting results via scientific presentations. To participate in every stage of a research cycle while maintaining high ethical standards.

Electives 1-5

3 ECTS

Offer-dependent courses that vary by academic year. To independently plan the development of academic and practical skills through specialized topics.

Ethical Dilemmas in Psychology

5 ECTS

Philosophical roots of ethics, differences between morality and professional ethics, and risks of psychological knowledge in media and business. To identify and analyze ethical dilemmas in research and professional practice.

6 semester (spring)

Humanistic Perspective on Mankind (elective)

4 ECTS

An interdisciplinary course (often e-learning) exploring humanistic paradigms regarding human nature. To utilize expert opinions from other fields to solve psychological problems.

Cross-Cultural Psychology

4 ECTS

Influence of culture on emotions and cognition, psychology of migration and acculturation, and cross-cultural communication. To interpret behaviors through a cultural lens and understand the problems of diverse teams.

Applications of Psychology: Group Project (elective)

4 ECTS

Diagnosis of social problems, defining target groups, and generating evidence-based solutions. To prepare a professional project and presentation justifying proposed social interventions.

