

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

LECTURER: Helena Pipová

MINIMAL NUMBER OF STUDENTS:: 4 ECTS CREDITS: 3

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 in two parts:

- 1) an introduction to the basic theory of a selected topic
- 2) practising techniques of that topic and implementing the theory into live

COURSE STRUCTURE:

The course will cover the following topics:

- Introduction to Soft Skills, Individual/personal development plan
- Values, goals setting
- Positive psychology
- Time management
- Stress management, acculturation stress
- Communication
- Leadership
- Team work
- Presentation skills

To complete the course: Attendance and active participation at the classes; Completing assignments ;Final presentation on a topic – students will prepare and present their chosen topic; Write a short essay (1 A4 page) reflecting on the students' ability to apply discussed theories into everyday life