

Course title:	<b>Introduction to studies</b>				Code:
Field of study:	<b>Tourism and recreation</b>				Year/Semester: <b>1/1</b>
Specialization:	<b>all</b>				Modes: <b>F/E</b>
Number of hours / semester <b>15/8</b>					ECTS credits: <b>0</b>
Lectures: <b>15/8</b>	Classes:	Laboratories:	Projects:	Seminars:	

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**Course position in the study programme:**

- other requirements

**Objectives:**

- to motivate to study in new groups by means of integration games and psychological exercises (the reduction of stress connected with new groups increases student's class participation).
- to acquaint students with the Academy structure, timetable and regulations

**Course contents:**

- meeting with the Academy authorities, a division into student groups, introduction of the caretaker
- training in health and safety at work, library training
- presenting the structure of the Academy and rooms where classes take place
- acquainting students with the timetable and study programme, the choice of specializations
- discussing the Academy regulations, pointing at rights and duties of a student as well as condition of completing the course
- workshop classes in groups, motivation to study in new groups by means of psychological games and integration exercises

- the choice of groups' starosts and representatives of the Student Self-Government

**Teaching methods:** lectures, workshops, multimedia presentations

**Assessment methods:** credit with a grade

**Recommended reading:**

**Compulsory:**

**Obowiązkowa:**

1. Regulamin studiów
2. Program i plan studiów.
3. Jak żyć z ludźmi. Umiejętności interpersonalne. Wyd. MEN, Warszawa 1998.
4. Jachimska M. Grupa bawi się i pracuje. Zbiór grupowych gier psychologicznych. Wyd. UNUS
5. Psychologiczne gry i ćwiczenia grupowe. Wyd. Instytut Badań Edukacyjnych. Warszawa 1991.