



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Interpersonal communication and time management [S1|Środ2>KI]

### Course

Field of study

Environmental Engineering

Year/Semester

1/1

Area of study (specialization)

–

Profile of study

general academic

Level of study

first-cycle

Course offered in

Polish

Form of study

full-time

Requirements

elective

### Number of hours

Lecture

0

Laboratory classes

0

Other

0

Tutorials

30

Projects/seminars

0

### Number of credit points

2,00

### Coordinators

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### Lecturers

### Prerequisites

The student has basic knowledge of the humanities. He also has basic skills in analysis and searching for information for the purposes of professional practice. The student recognizes the importance of organizing own work as a component of effective functioning in professional and social environment.

### Course objective

The aim of the course is to acquire knowledge and skills in the field of proper organization of tasks over time. As a result of its implementation, students will acquire the ability to create their own effective and efficient system of organizing tasks in the context of professional and non-professional work. The aim is also to develop interpersonal skills by students, i.e. precise speaking and convincing listeners, the ability to listen actively and prepare a public speech.

### Course-related learning outcomes

Knowledge:

1. The student has basic knowledge necessary to understand social, economic, legal and other non-technical conditions of engineering activity, including the principles of sustainable development within the conducted subject, especially in relation to management sciences.
2. The student has basic knowledge of management, including quality management and conducting business activity in the field of environmental engineering within the conducted subject.
3. The student knows the general principles of creating and developing forms of individual entrepreneurship, using the knowledge of environmental engineering within the conducted subject, especially in relation to time management issues and interpersonal communication,

#### Skills:

1. The student is able to obtain information from literature, databases and other appropriately selected sources, also in English or another foreign language considered to be the language of international communication in the field of environmental engineering; he or she can integrate information obtained, interpret it, as well as draw conclusions and formulate and justify opinions.
2. The student is able to interact and work in a group, assuming different roles in it, and is able to determine appropriate priorities for realization of tasks defined by him/her or others; especially in relation to the issues of time management and interpersonal communication.
3. The student has the ability to self-study; he/she understands the need for lifelong learning.

#### Social competences:

1. The student is aware of the responsibility for making decisions concerning the subject matter of the course.
2. The student is prepared to think and act in an entrepreneurial way.
3. The student is aware of the social role of a technical university graduate, is prepared to formulate and convey information and opinions on technical achievements and other aspects of engineering activity in a commonly understood way.
4. The student is aware of the need to maintain ethical standards resulting from the social role of a technical university graduate, especially with regard to the way of communicating.

### Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Conditions for passing this course are as follows:

- 1) preparation of final essay concerning the time management and interpersonal communication - 50 points are possible to obtain.
- 2) test consisting of closed and open questions - 50 points are possible to obtain.

2

The passing threshold: obtaining at least 50 points including the final essay and the test.

### Programme content

The importance of communication in everyday and professional life. Interpersonal communication, social communication, public communication, mass communication. Characteristics of interpersonal communication process. The essence of communication. Model of the communication process. Elements of the communication process. Different levels of communication. Features of communication. Communication functions. Interpersonal rules. Types of interpersonal communication: non-verbal and verbal communication (oral and written). Non-verbal and verbal communication functions. Information communication methods. Methods of persuasive communication. Types of persuasion. Rules of exerting influence on people. Communication barriers: technical, organizational, social. Communicative competences and their influence on interpersonal relations: a) active listening and answering - obstacles to active listening; methods of improving skills of active listening and answering, b) effective use of words - understanding language messages, preparing reports, mistakes while writing reports; c) public speeches - role and specificity of public statements. Prepared presentations. Structure and rules of conducting presentations. Features of a professional presentation. Auditorium analysis. Sentence structure. Nonverbal behaviour during the presentation. Improvement of communication skills. Manipulation as a special case of interpersonal communication. The characteristics of modern time management conditions. Elements of praxeology in task organization. Contemporary concepts and methods of time management. Time management system based on the concepts of 7 effective action habits. Methods of planning and scheduling activities. Methodology of network thinking in project planning. Selected problems of forecasting. Goal management. Kaizen philosophy.

## Course topics

none

## Teaching methods

Lecture: informative lecture - multimedia presentation illustrated with examples given on the board.

## Bibliography

Basic:

1. Seiwert L., Woeltje H.: Efektywne zarządzanie czasem, Microsoft Press, 2012
2. Covey S. R.: 7 nawyków skutecznego działania. Dom Wydawniczy Rebis, 2003
3. Nęcki Z., Komunikacja interpersonalna, Wrocław, 2002

Additional:

1. Tracy B.: Zarządzanie czasem, Warszawa 2009
2. Kotarbiński T.: Traktat o dobrej robocie. Zakład narodowy im. Ossolińskich, 1977.
3. Bieniok H.: Zarządzanie czasem. Poradnik dla mało efektywnych. Warszawa 2010
4. Stewart J., Podręcznik komunikacji interpersonalnej, Warszawa, 2003

## Breakdown of average student's workload

	Hours	ECTS
Total workload	50	2,00
Classes requiring direct contact with the teacher	30	1,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	20	1,00