

## Courses for international students in the academic year 2025/2026

### Department of Psychology and Abnormal Psychology

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|--|-----------------|---------------------------|-------------------------------|
| Course title including code<br><b>KPS/YCSP Selected Chapters of Social Psychology</b>  |                 |                           |                               |
| <b>Number of ECTS credits:</b>   | 4               | <b>Course completion:</b> | Exam                          |
| <b>Completion requirements:</b>  | 80 % attendance | <b>Lecturer:</b>          | <b>Mgr. Barbora Kvapilová</b> |
| <b>Semester in which the course is taught:</b>   |                 | Winter or summer semester |                               |
| <b>Description:</b>  |                 |                           |                               |
| <p>This course introduces the basic concepts of social psychology. Because this discipline includes a broad overview of many interesting topics, we will cover only selected chapters of social psychology, including social influence relating to conformity, compliance, person and situation perception and attribution. Other topics will explore aggression, stereotypes, and discrimination and prosocial or helping behaviour. The goal of this course is to provide students with an introduction to social psychology, and to apply social psychological theories to everyday life. The theoretical concepts will be connected to concrete examples people encounter on everyday basis.</p> |                 |                           |                               |

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|---|-----------------|---------------------------|--|
| Course title including code<br><b>KPS/YCAP Selected Chapters of Abnormal Psychology</b>   |                 |                           |  |
| <b>Number of ECTS credits:</b>  | 4               | <b>Course completion:</b> | Exam   |
| <b>Completion requirements:</b>   | 80 % attendance | <b>Lecturer:</b>          | <b>PhDr. Jana Kvintová, Ph.D.<br/>Mgr. Radka Hájková</b> |
| <b>Semester in which the course is taught:</b>  |                 | Winter or summer semester |  |
| <b>Description:</b>   |                 |                           |  |
| <p>This course introduces chosen topics of abnormal psychology. Students will focus on and learn differences between normality and abnormality, as well as the chosen mental disorders, the diagnostics of various mental disorders and effective ways of therapeutical, pharmaceutical and other forms of interventions and treatments. Case studies will be discussed and analysed to support the theoretical background.</p> |                 |                           |  |

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|--|-----------------|---------------------------|----------------------------------|
| Course title including code<br><b>KPS/YPAE Psychological aspects of education</b>  |                 |                           |                                  |
| <b>Number of ECTS credits:</b>   | 4               | <b>Course completion:</b> | Exam                             |
| <b>Completion requirements:</b>  | 80 % attendance | <b>Lecturer:</b>          | <b>Mgr. Lucie Váchová, Ph.D.</b> |
| <b>Semester in which the course is taught:</b>   |                 | Winter or summer semester |                                  |
| <b>Description:</b>  |                 |                           |                                  |
| <p>This course introduces the complexity of psychological aspects of education. Students will explore various topics on the ever-changing teaching profession and the pressures brought upon by the advancement of information technologies and the emphasis on teachers' accountability and career development. We will cover the topics of various ways of learning, along with students learning disabilities and the topic of inclusion. The other topics will pay attention to student motivation to learn, focusing on various methods of teaching and learning. In the end, the topic of classroom management and communication will be covered from the perspective of social and educational psychology. The school climate and classroom cohesion will be explored along with the consequences of untreated and unresolved bullying phenomenon among students. The basic concept of social and emotional learning will be covered from the perspective of future teachers, special education teachers, school counsellors and psychologists.</p> |                 |                           |                                  |

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|---|-----------------|---------------------------|-------------------------------------|
| Course title including code<br><b>KPS/YHPS Health psychology</b>  |                 |                           |                                     |
| <b>Number of ECTS credits:</b>  | 4               | <b>Course completion:</b> | Exam                                |
| <b>Completion requirements:</b>   | 80 % attendance | <b>Lecturer:</b>          | <b>Mgr. Veronika Kavková, Ph.D.</b> |
| <b>Semester in which the course is taught:</b>  |                 | Winter or summer semester |                                     |
| <b>Description:</b>   |                 |                           |                                     |
| <p>The course acquaints students with basic theoretical knowledge in the field of health psychology, mental hygiene and other sub-areas focused on health by psychological means. Students will acquire basic terminology concepts in the field of health psychology, understand the principles and basic theories applied in this field. In the practical part, students will gain experience with selected techniques related to self-regulation.</p> |                 |                           |                                     |

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|--|-----------------|---------------------------|-------------------------------|
| Course title including code<br><b>KPS/YCDP Selected Chapters of Developmental Psychology</b> |                 |                           |                               |
| <b>Number of ECTS credits:</b>   | 4               | <b>Course completion:</b> | Exam                          |
| <b>Completion requirements:</b>  | 80 % attendance | <b>Lecturer:</b>          | <b>Mgr. Barbora Kvapilová</b> |
| <b>Semester in which the course is taught:</b>   |                 | Winter or summer semester |                               |

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| <b>Description:</b>   |
| This course introduces the basic concepts of developmental psychology. Because this discipline includes a broad overview of many interesting topics, we will cover only selected chapters of developmental psychology, including the first years of children's life, the social and cognitive development. The course will cover the most important life-span development theories introduced over the course of history of psychology. The main goal is to explore the practical consequences of these theories on human societies and research in psychology. |

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|---|-----------------|---------------------------------------|--|
| Course title including code<br><b>KPS/YBPS Basic psychological statistics</b>   |                 |                                       |  |
| <b>Number of ECTS credits:</b>  | 5               | <b>Course completion:</b>             | Exam   |
| <b>Completion requirements:</b>   | 80 % attendance | <b>Lecturer:</b><br><b>Guarantor:</b> | <b>Mgr. Jiaoli Li</b><br><b>PhDr. Jana Kvintová, Ph.D.</b> |
| <b>Semester in which the course is taught:</b>  |                 | Winter or summer semester             |  |
| <b>Description:</b>   |                 |                                       |  |
| <p>Knowledge of basic psychological statistics is essential when conducting quantitative psychological and educational research. Different types of data determine different statistical testing methods, and various statistical testing methods determine the rigor of the research results.</p> <p>In this course, you will start from scratch to understand the concepts of psychometrics through the phenomena around you, see the application of psychometrics in published high-quality literature, and learn simple statistical test operations in SPSS software.</p> <p><b>This course is suitable for:</b> psychology students, education students, and workers engaged in psychological and educational research.</p> <p><b>Course Objectives and Programs:</b></p> <p><b>Concept learning phase:</b></p> <ol style="list-style-type: none"> <li>1. Introduction of psychological statistics.</li> <li>2. Descriptive statistics: data types; statistical charts; central tendency and measures of dispersion; correlation coefficients and classification of correlations.</li> <li>3. Inferential statistics: probability distribution; hypothesis testing (t-test/Z-test); ANOVA; chi-square test; regression analysis; non-parametric tests.</li> <li>4. Secondary research</li> </ol> <p><b>Application phase:</b></p> <ol style="list-style-type: none"> <li>1. Application of statistical knowledge when reading literature</li> <li>2. Introduction to SPSS software</li> <li>3. How statistical tests operate in SPSS</li> <li>4. Interpretation of SPSS results</li> </ol> <p>Recommended literature:<br/>Aron, A., Coups, E.J., Aron, E.N. (2013) <i>Statistics for Psychology</i>, 6<sup>th</sup> edition, Pearson Education, Inc., ISBN: 978-0-205-25815-4.</p> |                 |                                       |  |

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| Course title including code |
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| <b>KPS/ YPME Psychometrics</b>  |                 |                                 |  |
|---|-----------------|---------------------------------|--|
| <b>Number of ECTS credits:</b>  | 5               | <b>Course completion:</b>       | Exam   |
| <b>Completion requirements:</b>   | 80 % attendance | <b>Lecturer:<br/>Guarantor:</b> | <b>Mgr. Jiaoli Li<br/>PhDr. Jana Kvintová, Ph.D.</b> |
| <b>Semester in which the course is taught:</b>  |                 | Winter or summer semester       |  |
| <b>Description:</b>   |                 |                                 |  |
| <p>● <b>Course Description</b></p> <p>Have you ever taken a psychological test? Do you think these psychometric tests are accurate? The questionnaire method is an important method in psychological and pedagogical research, and it is the standardized questionnaire that is considered by psychometricians to be a reliable and valid instrument for responding to individual psychological traits.</p> <p>In this course, you will systematically learn the requirements for high-quality scales and the basic steps of scale development in conjunction with your knowledge of psychometrics. You will have the opportunity to be tested through high-quality scales recognized by psychologists, which will strengthen your understanding of psychometric concepts and experience the charm of measurement in this process.</p> <p><b>This course is suitable for:</b> psychology and education students with some previous knowledge of psychological statistics, workers engaged in psychological and educational research</p> <p><b>Course Objectives and Programs:</b></p> <p><b>Concept learning phase:</b></p> <ol style="list-style-type: none"> <li>1. Introduction of psychometrics</li> <li>2. Classical testing theory</li> <li>3. Measurement error</li> <li>4. Measurement reliability and validity</li> <li>5. Project analysis</li> <li>6. Basic procedures for the preparation and administration of psychological tests</li> <li>7. Measurement Norm</li> <li>8. Common types of tests: personality tests; intelligence tests; other types</li> </ol> <p><b>Application phase:</b></p> <ol style="list-style-type: none"> <li>1. Understand the process and criteria for psychometric test development in the published literature</li> <li>2. Complete the EPQ or SCL-90 to reinforce understanding of psychometric concepts.</li> </ol> <p><b>Recommended literature:</b></p> <p>Kaplan, R.M., Saccuzzo, D.P. (2018) Psychological testing, Principles, Applications, and Issues. 9<sup>th</sup> edition, Cengage Learning.</p> |                 |                                 |  |

| Course title including code<br><b>KPS/YPSP Psicología de la Personalidad</b> |                 |                            |  |
|--|-----------------|----------------------------|--|
| <b>Number of ECTS credits:</b>   | 5               | <b>Course completion:</b>  | Exam                                   |
| <b>Completion requirements:</b>  | 80 % attendance | <b>Lecturer:</b>           | <b>Doc. PhDr. Lucía Lacková, Ph.D.</b> |
| <b>Semester in which the course is taught:</b>                               |                 | Summer and Winter semester |  |

**Description:****Breve descripción de contenidos**

La personalidad como concepto y disciplina: definición y objetivos. Perspectivas teóricas, estrategias y métodos de investigación en psicología de la personalidad.

Determinantes de la personalidad: Influencias genéticas y ambientales. Estabilidad y cambio de la personalidad a lo largo de la vida. Elementos de la personalidad.

Diferencias individuales de las emociones, de adaptación y experiencia de bienestar emocional. Estilos de personalidad, salud y personalidad desadaptada. Ética, deontología y profesión.

**Temas**

1. La personalidad como concepto y disciplina.
2. Estrategias y métodos de investigación en Psicología de la Personalidad.
3. Los enfoques factorial-biológicos. La polémica herencia vs ambiente.
4. Supuestos y características comunes de los enfoques cognitivos y social-cognitivos.
5. Los enfoques motivacionales. Supuestos y características comunes de los enfoques centrados en los elementos motivacionales de la personalidad.
6. Determinantes de la personalidad: Influencias genéticas y ambientales.
7. Cambio de la personalidad a lo largo de la vida. Estabilidad de la personalidad a lo largo del tiempo.
8. Modelos explicativos de estabilidad y cambio de la personalidad. Procesos de estabilidad y cambio.
9. Aproximaciones al estudio del inconsciente. El inconsciente dinámico del Psicoanálisis.
10. Emociones, adaptación y experiencia de bienestar emocional. Inteligencia emocional.
11. Situaciones exigentes y como dominarlas.
12. Ética, deontología y profesión.
13. Nuevos enfoques y perspectivas en la psicología de la personalidad.

**Evaluación**

Examen oral

La metodología docente y la evaluación serán adaptadas a los estudiantes con necesidades específicas.

### **Bibliografía fundamental**

- Adler, A. (1997). *Práctica y teoría de la psicología del individuo*. Barcelona: Paidós.
- Bermúdez, J., Pérez-García, A. M., Ruiz Caballero, J. A., Sanjuán, P. y Rueda, B. (2011). *Psicología de la Personalidad*. Madrid: UNED.
- Larsen, R. J. Y Buss, D. M. (2005). *Psicología de la Personalidad*. (2ª ED.) McGraw-Hill Interamericana.
- Moreno, B., Diaz-Méndez, D. N. (2013). *Psicología de la Personalidad*. Madrid, España: Centro De Estudios Financieros.
- Ortet, G. Y Sanchíz, M. C. (1999). *Prácticas de Psicología de la Personalidad*. Barcelona: Ariel Practicum.
- Palmero, F. Y Fernandez-Abascal, E. (1998): *Emociones y adaptación*. Barcelona: Ariel.
- Pelechano, V. (2000)). *Psicología sistemática de la personalidad*. Barcelona: Ariel.
- Pérez, M<sup>a</sup>. N., Mata J. L., López, F. (2019) *Introducción a la Psicología de la Personalidad*. Granada, España: Universidad de Granada.
- Pervin, L. A. (1998). *La ciencia de la personalidad*. Madrid: McGraw-Hill.
- Santacreu, J.; Hernández, J. M. Y Adarraga, P. (2002): *La personalidad en el marco de una teoría del comportamiento humano*. Madrid: Ediciones Pirámide, S. A.

### **Bibliografía complementaria**

- Domínguez-Prieto, X. M. (2011). *Psicología de la persona*. Madrid, España: Ediciones Palabra, S. A
- Hoffman, D. (2000). *Inteligencia visual*. Barcelona: Paidós.
- Marafioti, R. (2003). *Los Patrones de la argumentación*. Buenos Aires: Biblos.
- Moreno, B. (2007). *Psicología de la Personalidad: procesos*. Madrid, España: Editorial Paraninfo
- Otero-Lopez, J. M. (2013). *Psicología de la personalidad: Manual de prácticas*, Ediccciones Ariel
- Pelechano, V. (1993). *Personalidad: Un enfoque histórico-conceptual*. Valencia: Promolibro.
- Sautu, R. (2003). *Todo es teoría*. Buenos Aires: Lumiere.
- Serrais –Oteo, F. (2012). *Personalidad*. EUNSA. Navarra, España: Ediciones Universidad de Navarra.
- Schein, E. (1992). *Organizational culture and leadership*. Wiley: Jossey-Bass.
- Verbunt, G. (2001). *La société interculturelle*. Paris: Editions du Seuil.

### **Método de trabajo**

Preparación personal. Asistencia a clase. El estudiante debe contar con el material necesario para abordar el estudio de manera autónoma. Realización y entrega de las tareas prácticas a lo largo de la fecha propuesta.

El trabajo en el seminario se hará a partir de los textos básicos y la bibliografía complementaria. El alumnado tendrá que realizar los ejercicios propuestos para los diferentes temas del contenido. Se trata de que los estudiantes adquieran las habilidades básicas de búsqueda de información, discriminando fuentes científicas de aquellas que no lo son.

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|---|-----------------|---------------------------|--|
| Course title including code<br><b>KPS/YMME Mindfulness meditation</b>   |                 |                           |  |
| <b>Number of ECTS credits:</b>  | 3               | <b>Course completion:</b> | To be specified by the lecturer                              |
| <b>Completion requirements:</b>   | 80 % attendance | <b>Lecturer:</b>          | <b>Mgr. Barbora Kvapilová<br/>PhDr. Jana Kvintová, Ph.D.</b> |
| <b>Semester in which the course is taught:</b>  |                 | Winter or summer semester |  |
| <b>Description:</b>   |                 |                           |  |
| <p>This course introduces fundamental concepts and techniques of mental hygiene and stress management through mindfulness meditation. Mindfulness meditation teaches us to become aware of the present moment and to live our lives more fully. Being aware of the present moment helps us adequately respond to life's stressors, joys, or sorrows. According to the founder of Mindfulness meditation programs in the USA, Jon Kabat-Zinn: "Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, with kindness and non-judgementally."</p> |                 |                           |  |
| <b>Aims:</b>  |                 |                           |  |
| <ul style="list-style-type: none"><li>• To develop mindful awareness of the present moment</li><li>• To promote inner sense of calmness as a counterbalance to the hectic, performance-driven and demanding modern lifestyle.</li><li>• To learn how to manage stress, inner tension and negative thoughts and emotions.</li><li>• To daily use the newly developed skills of mindful awareness, regardless of life's circumstances.</li><li>• To learn to kindly care for oneself, one's body, mind, and heart.</li></ul>  |                 |                           |  |
| <b>Topics:</b>  |                 |                           |  |
| <ul style="list-style-type: none"><li>• Definition of mindfulness and description of useful qualities and attitudes to cultivate during this course and beyond.</li><li>• Mindfulness of breath, various breath techniques. Using mindfulness of senses and breath to anchor our attention in the present moment.</li></ul>   |                 |                           |  |

- Mindfulness of body. Body as the fundamental anchor to experience present moment through inner physical sensations and feelings. Exploring the Body Scan meditation.
- Mindfulness of Movement explored via a series of simple yogic exercises and developing mindful awareness via walking meditation.
- Mindfulness of emotions. Observation and acceptance of emotions by creating a space for the emotions to take its course. Kind and mindful awareness of emotions.
- Mindfulness of thoughts. Observation and raising awareness of one's automatic negative thoughts, beliefs and inner narratives.
- Mindfulness and kindness – metta. Mindfulness in relationships. Developing self-kindness and kindness toward others. Emphasizing the noble qualities of grateful joy, friendliness, compassion, and equanimity.
- Mindfulness in everyday life. Developing mindful awareness through a practice of non-formal mindful exercises (mindful eating, mindful brushing of teeth, etc.).

Recommended literature:

- TARA BRACH. *Radical acceptance*, USA: Random house LCC, 2004.
- JON-KABAT ZINN. *Full catastrophe living*, USA: Bantam Books, 2013.