

SYLLABUS

COURSE TITLE	THE PHENOMENON OF SOCIAL MEDIA AND HOW IT AFFECTS LIVES OF ADOLESCENTS AND YOUNG ADULTS – PROCRASTINATION, MOTIVATION, SELF-ESTEEM AND SELF-IMAGE			
CREDITS	15 h (2 ETCS)			
LANGUAGE OF INSTRUCTION	English			
DEPARTMENT/FACULTY	Faculty of Pedagogy and Psychology			
LECTURER(S)	mgr Marlena Stradomska			
COURSE OBJECTIVES				
Students who successfully complete this course will have a basic knowledge of and insight into:				
<ul style="list-style-type: none"> • The student is able to apply knowledge of the 21st century threats and possibilities related to the use of social media. • The student recognizes the problems related to the definition and different types of social media and the role social media has in shaping young people's self-esteem. • The student is acquainted with the effects social media usage has on self-esteem, self-image and a tendency to procrastinate and with young people's motivations for using social media including the knowledge about gratifications approach. • The student gains awareness of social media, procrastination, motivation, self-esteem and self image and learns to position him/herself in debates. 				
PREREQUISITES				
COURSE ORGANISATION – LEARNING FORMAT AND NUMBER OF HOURS				
Classes: 2 x 3 hrs/w. One workshops and one tutorial per week (on-line), both lasting three hours.				
COURSE DESCRIPTION				
The module covers the knowledge in the area of present psychological issues regarding the usage of social media by adolescents and young adults. The aim of the course is to discuss the role social media plays in shaping self-image and how it can affect self-esteem and motivation of young people. The course will also cover the subject of procrastination and its relationship with social media.				
<ol style="list-style-type: none"> 1. What is social media? 2. Who uses social media? 3. Motivations for using social media. Gratifications approach. 4. Social comparisons on social media. 5. The effect social media has on shaping young people's self-esteem. 6. Social media as a modern tool for procrastination. 				
METHODS OF INSTRUCTION	Presentation, discussion, didactic film, reading assignments, quizzes, demonstrations, case studies, workshops			
REQUIREMENTS AND ASSESSMENTS	<ul style="list-style-type: none"> * Active participation in classes * One presentation * Final written exam 			
GRADING SYSTEM	<p>Success in this course depends on attending class regularly, actively participating in class, and taking thorough notes.</p> <p>Presentation: There will be one presentation to make and present on a faculty.</p> <p>Final test: There will be an exam at the end (test: multiple choice, true/false and open cloze)</p> <p>The exam will cover the text and workshops material</p> <p>0-50% - 2.0 50-59%-3.0 60-69% -3.5 70-79%-4.0 80-89% - 4.5 90-100%-5.0</p>			
TOTAL STUDENT WORKLOAD NEEDED TO ACHIEVE EXPECTED LEARNING				
		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; border: 1px solid black; text-align: center;">Activity</td> <td style="width: 50%; border: 1px solid black; text-align: center;">Hours:</td> </tr> </table>	Activity	Hours:
Activity	Hours:			

OUTCOMES EXPRESSED IN TIME AND ECTS CREDIT POINTS	Workshops	15
	Preparation for classes (Reading, homework etc.)	15
	Preparing a presentation	15
	Revising for the final test	4
	Final test	1
	Total	50
	ECTS	2

STUDYMATERIALS

PRIMARY OR REQUIRED BOOKS/READINGS:

1. Kaplan, A.M. (2010). Users of the world, unite! The challenges and opportunities of Social Media. *Business Horizons*, 53, 59-68.
2. Correa, T., Hinsley, A.W., de Zúñiga, H.G. (2010). Who interacts on the Web? The intersection of users' personality and social media use. *Computers in Human Behavior*, 26, 247-253.
3. Whiting, A., Williams, D. (2013). Why people use social media: a uses and gratifications approach. *Qualitative Market Research: An International Journal*, 16, (4), 362-369.
4. Vogel, E.A., Rose, J.P., Roberts, L.R., Eckles, K. (2014). Social comparison, social media, and self-esteem. *Psychology of Popular Media Culture*, 3, 206-222.

SUPPLEMENTAL OR OPTIONAL BOOKS/READINGS:

1. Fardouly, J., Diedrichs, P.C., Vartanian, L. Halliwell, E. (2015) Social comparisons on social media: The impact of Facebook on young womens body image concerns and mood. *Body Image*, 13, 38-45.
2. Meier, A., Reinecke, L., Meltzer, C.E. (2016). "Facebocrastination"? Predictors of using Facebook for procrastination and its effects for students well-being. *Computers in Human Behavior*, 64, 65-76.