**SYLLABUS**

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| COURSE TITLE  | New addictions of the young generation |
| CREDITS | 2 ECTS |
| LANGUAGE OF INSTRUCTION english |  |
| DEPARTMENT/FACULTY | Chair of Clinical Psychology and Neuropsychology, Institute of Psychology, Faculty of Education and Psychology,The Maria Curie-Skłodowska University, Lublin, Poland |
| LECTURER(S) Robert Modrzyński |  |
| COURSE OBJECTIVES |
| Students who successfully complete this course will have a basic knowledge of and insight into:The student is acquainted with the neurostimulants, OTC drugs, e-cigarettes, compulsive use of a smartphone and smartphone, plastic surgery addiction, body tattooing and tanorexia.  |
| PREREQUISITES  |  |
| COURSE ORGANISATION –LEARNING FORMAT AND NUMBER OF HOURS |
|  30 hours of lecture |
|  COURSE DESCRIPTION |
| 1 Nootropic drugs and other neurostimulants:- Who is reaching for smart drugs and why? - How common is the use of nootropic drugs? - Neurostimulants: what substances are included? Piracetam, Methylphenidate, Modafinil - Are nootropic drugs effective?- Nootropic drugs - the user's perspective. - Nootropic drugs - the experts' perspective. 2 Non-prescription drugs:- Popularity of OTC drugs. - The user of OTC drugs. - Reasons for reaching for OTC.- Available OTC drugs: Dextromethorphan (DXM), Codeine, Pseudoephedrine, Benzydamine. 3 Vaping and juuling:- A brief history of e-cigarettes; boom in popularity - E-cigarettes and the law - How often do teenagers smoke in the world; how often do Polish teenagers smoke. - Who are e-cigarette users? - Are e-cigarettes safe? 4 E-drugs:- What are e-drugs really; why is this phenomenon so popular? - User feedback. - Binaural sounds in scientific research.- Popularity of i-dos - possible explanations. 5. In the addictive network of social media:- Social Network Sites (SNS). - The most popular social networks. - Social media - the scale of the phenomenon; the phenomenon of popularity. - Problematic use of social media. - Risk factors of social media abuse. - Consequences of social media abuse. 6. Compulsive use of a smartphone:- The scale of phonoholism among adolescents. - Dimensions of the experience of smartphone use. - Recognizing problematic cell phone use.- Nomophobia - a disorder of the 21st century. - Risk factors of smartphone abuse. - Consequences of excessive smartphone use. 7. Addiction to beauty. Plastic surgery addiction.8. Body tattooing. Expressing yourself or a fad?9. Tanorexia, when tanning becomes an addiction. |
| METHODS OF INSTRUCTION | * Lecture,
* Case studies
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|  REQUIREMENTS AND ASSESSMENTS | * Final written exam.
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| GRADING SYSTEM | Success in this course depends on attending class regularly, actively participating in class and passing the final test.  |
| TOTAL STUDENT WORKLOAD NEEDED TO ACHIEVE EXPECTED LEARNING OUTCOMES EXPRESSED IN TIME AND ECTS CREDIT POINTS  | Contact hours (with academic teacher): - 30 hrs.Number of ECTS points with the participation of the academic teacher - 1 point.Non-contact hours (student's own work):- Analysis of the recommended lecture material: 20 hrs. - preparation for the credit -10 hours. Total number of non-contact hours - 30 hours. Number of ECTS points for non-contact hours - 1 point.Total: 60 hrs = 2 ECTS |
| STUDYMATERIALS | **PRIMARY BOOKS/READINGS:** |