



OIR

Open innovative resources
for distance learning

OIR POLAND - IO 2

On-line lectures

(Guide)



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Open innovative resources
for distance learning



UMCS
UNIWERSYTET MARII CURIE-SKŁODOWSKIEJ
W LUBLINIE



Università
degli Studi di
Messina



Universidad de Oviedo



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Lecture no 1

- **Author: Katarzyna Klimkowska**
 - **Title: *Jak dorośli rozwiązują problemy?* (PL)**
***How do adults solve problems?* (EN)**
 - **Description:** The period of early adulthood is fraught with numerous challenges and tasks, which are often accompanied by difficulties and problems. Young adults often need support in coping with adulthood, as this period is characterised, among other things, by indecision and a flurry of risky behaviour [Arnett 2000, Tanner, Arnett, Leis 2008, Bańka 2006, Klimkowska 2013]. The issue of coping is part of universal prevention. The contemporary pace of life and the accompanying mental health problems - depression, anxiety disorders, obsessive-compulsive disorders - indicate a strong need for coping content and life crises to be profiled in terms of the specifics of people in particular developmental periods. The lecture provides a general overview of the issues on coping with problems in adulthood, specifics of early adulthood and life problems and difficulties, as well as problem-solving strategies and coping with difficulties in adulthood
 - **Link:** [Jak dorośli rozwiązują problemy](#)

Lecture no 2

- **Author: Katarzyna Klimkowska**
 - **Title: *Kariera życiowa – co to jest i jak się za nią zabrać?* (PL)**
***A life career - what is it and how get onto it?* (EN)**
 - **Description:** One of the tasks of early adulthood is to make career choices and choices about adult life as a whole [Klimkowska 2013]. As researchers emphasise, young adults often need support in building their own adulthood, their own careers, as this period is characterised, among other things, by indecision and a flurry of risky behaviours [Arnett 2000, Tanner, Arnett, Leis 2008, Bańka 2006]. Furthermore, contemporary career volatility indicates a high demand for supporting young adults through, among other things, career guidance. The lecture concentrates on life-career planning. It introduces the concept of a life career and the importance of career planning, discusses the career portfolio as a life career planning tool, the importance of information in achieving goals and the costs of achieving a career vision.
 - **Link:** [Kariera życiowa: czym jest i jak się za nią zabrać?](#)



Lecture no 3

- **Author: Agnieszka Lewicka-Zelent**
 - **Title: *O byciu empatycznym w relacji z drugim człowiekiem (PL)***
On being empathetic in the relationship with others (EN)
 - **Description:** The psychological literature increasingly emphasises the value of empathy. It is particularly appreciated in interpersonal relationships. An empathic person is open, authentic, and tolerant. He or she inspires trust. He or she adheres to ethical and moral principles and takes pro-social actions (Czerniawska 2002; Lewicka 2006; Rumble, Van Lange, Parks 2010; Kliś 2012; Chodkowska, Kazanowski 2017). This is why it is so important to develop empathy in people, especially since research results confirm the possibility of effectively increasing its level, especially in the cognitive dimension (taking a point of view) (Kalisch 1971; Lewicka 2006; Jensen 2008; Azarchi 2020). During the lecture, participants acquire knowledge about empathy in interpersonal relationships. The topics discussed focus on four thematic areas concerning empathy: understanding of empathy, the functions of empathy in social relations, providing support by professionals, opportunities to develop empathy and the factors contributing to lower levels of empathy.
 - **Link:** [O byciu empatycznym w relacji z drugim człowiekiem](#)

Lecture no 4

- **Author: Agnieszka Lewicka-Zelent**
 - **Title: *Mediacja – sposób na konflikt (PL)***
Mediation - a way to resolve conflict (EN)
 - **Description:** One effective solution is to resolve conflicts of a legal nature in mediation. Unfortunately, despite the increase in the number of mediation proceedings since 1995, mediation represents a small percentage of all cases. In 2020, the mediation rate was 1.6%, or 31162 cases (compared to 13370 mediations in 2013). The lecture provides a general overview of the mediation. It covers the issues of conflicts that can be resolved through mediated settlement, the principles of mediation meetings, the advantages of this constructive method of conflict resolution and potential implications of mediation and judicial resolution of legal conflicts.
 - **Link:** [Mediacja - sposób na konflikt](#)



Lecture no 5

- **Author: Marlena Stradomska**
 - **Title:** *Dobrostan psychologiczny a radzenie sobie w sytuacjach trudnych (PL)*
Psychological well-being and coping with difficult situations (EN)
 - **Description:** Many situations in our lives affect how we find ourselves in life. Often these are very difficult and exhausting moments. The ability to cope with stressful situations depends on our well-being. Maintaining our balance benefits our perception of reality and also increases our level of resilience to sudden, unexpected events. Our well-being keeps our creativity at a high level; consequently, we are able to find solutions more quickly when problems arise. Topics covered in the lecture include psychological wellbeing and how to implement selected solutions to improve daily functioning and opportunities to cope with difficult situations.
 - **Link:** [Dobrostan psychologiczny a radzenie sobie w trudnych sytuacjach](#)

Lecture no 6

- **Author: Marlena Stradomska**
 - **Title:** *Stres w XXI wieku: wyzwanie czy zagrożenie? (PL)*
Stress in the 21st century: challenge or threat? (EN)
 - **Description:** For 21st century humans, stress is an integral part of daily functioning, particularly in highly developed societies. Issues that can determine the emergence of stress can include work, the fast pace of life, financial problems, living situations, family problems or fear for one's future. Stress is not only related to the occurrence of traumatic events. People are exposed to stressors, or stress triggers, in their everyday lives. It is useful to be aware of the prevalence of increased stress, its causes, and consequences, and to take appropriate preventive measures. Topics covered in the lecture include issues related to stress and how to respond to stressful situations in everyday life.
 - **Link:** [Stres w XXI wieku: wyzwanie czy zagrożenie?](#)



Lecture no 7

- **Author: Anna Prokopiak**
 - **Title: *Edukacja dziewcząt i kobiet z zaburzeniami ze spektrum autyzmu (PL)***
Education of girls and women with autism spectrum disorder (ASD) (EN)
 - **Description:** Until recently, there was a perception that there were significantly more men among people with autism spectrum disorders. The increasing questioning of the basis on which this 'fact' was established (the Kanner and Asperger's studies largely involved boys) points to a new direction for research and necessary support for girls and women. The autistic profile in girls and women manifests itself differently than in boys and men. More effort is needed to find it and see the differences and then provide appropriate support throughout the educational process for female students on the autism spectrum. Topics covered in the lecture include issues related to functioning and support needs of girls and women with autism spectrum disorders in education.
 - **Link:** [Edukacja kobiet i dziewcząt z zaburzeniami ze spektrum autyzmu](#)

Lecture no 8

- **Author: Anna Prokopiak**
 - **Title: *Rola wolontariatu rówieśniczego w okresie dojrzewania osób z ASD (PL)***
The role of peer volunteering of the adolescent people with ASD (EN)
 - **Description:** People on the autism spectrum are still seen as those who do not need social contact. Picci and Scherf, on the other hand, hypothesise that adolescence, in particular, can be a particularly difficult period in the development of a person with autism, making the transition to adult-typical social roles and achieving typical levels of adaptive functioning very difficult. Topics covered in the lecture include issues related to the difficulties and social needs of people with autism spectrum disorders in adolescence, selected therapeutic approaches to respond to these needs, the history of peer volunteering in Poland and the model of peer volunteering implemented by the Alpha Foundation in Lublin (Poland).
 - **Link:** [Rola wolontariatu rówieśniczego w okresie dojrzewania osób z ASD](#)

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