

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Education	
Course code: KSPED/Sp-MD110B/22	Course title: Social skills training in the pedagogy of the mentally disabled
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 1 hours per semester: 13 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 2.	
Level of study: II.	
Prerequisites:	
Requirements for passing the course: Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Prerequisites for successful completion of the course: 1. active participation in seminars, meeting the conditions of max. 2 excused absences, 2. elaboration of specific activities oriented to the training of social skills of individuals with mental disabilities. 3. Designing a training program for an individual/group with mental disabilities aimed at developing social skills. A score of at least 93% is required for an A rating, at least 85% is required for a B rating, at least 77% is required for a C rating, at least 69% is required for a D rating, and at least 60% is required for an E rating. Course grades: A - 100%-93%, B - 92%-85%, C - 84%-77%, D - 76%-69%, E - 68%-60%, Fx - 59%-0%	
Learning outcomes of the course: Course Objective: The aim of the course is to provide a basic theoretical and practical background to the development of social skills in individuals with intellectual disabilities, with the possibility of creating a short-term individual or group training program. Learning outcomes: After completing the course, the student will acquire the following knowledge, skills and competences: acquire interpersonal perception skills, social perception skills; master the components and structure of communication, communication patterns, types of interpersonal communication, possibilities and limitations of communication; acquire the ability to create and maintain relationships ; be able to solve social problems; be able to communicate effectively in social relationships and different situations; effectively apply basic social skills (empathy, assertiveness. ..); the ability to adapt to the situation and choose effective forms and procedures of behaviour; can assess the suitability of the acquired competences in real life.	
Course contents:	

Form social-psychological skills (acceptance of the pupil, empathy and authenticity of the teacher, communication skills, appreciation, adequate handling of difficult situations). Ability to pay focused attention to others; ability to empathise with other people's feelings; support for others. Acting openly, actively and cooperatively in a team; confidence in others' abilities and enjoyment of shared successes; easy integration with new team members and team building. Competence and responsibility; ability to make realistic judgements about people and their abilities, to show trust, to give them protection; to create conditions for working independently and effectively; to convey information in a focused way; to make quick decisions with the involvement of those affected by the decision; ability to enthuse and motivate others; charisma. Anticipate conflict. uncomfortable conversations; accurately name problems and work together to find possible solutions. Developing general communication and other social-psychological dispositions; verbal, nonverbal communication. Increasing (developing) and by training cultivating the ability to reflect on oneself and other people (to draw the student's attention to his/her strengths and reserves in dealing with people). Mapping personal communication or perceptual styles, cultivating expression and acceptance of emotions, developing sensitivity to nonverbal communication. Basic social skills such as leading a conversation, active listening, empathic skills. Identifying and knowing emotions and feelings, understanding the feelings of others. Assertiveness and empathy, empathic skills, identifying and knowing emotions and feelings, expressing feelings and emotions appropriately.

Recommended or required literature:

- ČAPEK, R. 2013. Učitel a rodič. Spolupráce, třídní schůzka, komunikace. Praha: Grada, 2013. 200 s.
- KOLLÁR, Z., VALIŠOVÁ, A. 2009. Analýza vyučování. Praha: Grada, 2009. 232 s. ISBN 978-80-247-6700-0.
- KOVAŘÍKOVÁ, M. 2020. Krizové situace ve škole. Praha: Grada, 2020. 128 s. ISBN 9788024727318.
- MIKULÁŠTÍK, M. 2010. Komunikační dovednosti v praxi. 2., doplněné a přepracované vydání. Praha: Grada, 2010. 328 s. ISBN 978-80-247-8070-2.
- NELEŠOVSKÁ, A. Pedagogická komunikace v teorii a praxi. Praha: Grada, 2005. 172 s. ISBN 978-80-247-8671-1.
- PRAŠKO, J. 2007. Jak vybudovat a posílit sebedůvěru. Praha: Grada, 2007. 256 s. ISBN 978-80-247-6913-4.
- PRŮCHA, J. 2020. Psychologie učení. Teoretické a výzkumné poznatky pro edukační praxi. Praha: Grada, 2020. 272 s. ISBN 9788027128532.
- SOLOVSKÁ, V. a kol. 2013. Rozvoj dovedností dospělých lidí s mentálním postižením. Praha: Portál, 2013. ISBN 978-80-262-0369-8
- STEHLÍKOVÁ, J. 2016. Rozvíjanie empatie v pomáhajúcich profesiách. Banská Bystrica: Belianum, 2016. 197 s. ISBN: 978-80-557-1140-9.
- ŠAROUNOVÁ, J. 2014. Metody alternativní a augmentativní komunikace. Praha: Portál, 2014. 152 s. ISBN 978-80-262-0716-0.

Language of instruction:

Slovak

Notes:

Course evaluation:

Assessed students in total: 0

A	B	C	D	E	FX
0.0	0.0	0.0	0.0	0.0	0.0

Name of lecturer(s): dr hab. Mieczyslaw Dudek
Last modification: 27.08.2022
Supervisor(s): People responsible for the delivery, development and quality of the study programme: prof. Viktor Hladush, DrSc., PhDr. ThLic. Martin Taraj, PhD.