



COURSE SPECIFICATION

Course code	M#1-S1-ME-105b
Course title in Polish	HES I – Coaching I Autoprezentacja
Course title in English	Coaching and Self-presentation
Valid from (academic year)	2019/2020

GENERAL INFORMATION

Programme of study	MECHANICAL ENGINEERING
Level of qualification	first-cycle
Type of education	academic
Mode of study	full-time
Specialism	all
Department responsible	Department of Management and Marketing
Course leader	Dr Joanna Radowicz
Approved by	

COURSE OVERVIEW

Course type	basic
Course status	elective
Language of instruction	English
Semester of delivery	semester 1
Pre-requisites	None
Examination required (YES/NO)	NO
ECTS value	2

Mode of instruction	lecture	class	laboratory	project	seminar
No. of hours per semester	30				

LEARNING OUTCOMES

Category of outcome	Out-come code	Course learning outcomes	Corresponding programme outcome code
Knowledge	W01	He has a structured knowledge of law, including economic law, protection of industrial property and intellectual property law, and the rules of using patent information resources and understanding of coaching as a method of self-improvement	MiBM1_W21
	W02	Has knowledge of the impact of the broadly understood electromechanical industry and means of transport on the natural environment, understanding of importance of self-presentation.	MiBM1_W23
Skills	U01	He can see the connections between engineering decisions and the non-technical area, including environmental, economic and legal aspects.	MiBM1_U16
	U02	Has the ability to self-educate in order to solve and implement new tasks and improve professional competences, is able to create his / her image	MiBM1_U21
Competence	K01	Is aware of the importance of professional action, adherence to the principles of professional ethics and respect for the diversity of views, cultures, and religions, understand the need for coaching as an effective method of self-improvement	MiBM1_K03
	K02	Is aware of the social role of a technical university graduate and understands the need to provide public opinion in an understandable way with information on achievements related to the field of Mechanical Engineering.	MiBM1_K06

COURSE CONTENT

Type of instruction*	Topics covered
lecture	1.Basic concepts of self-presentation.
	2.How to prepare an image.
	3.Interpersonal communication – chosen aspects.
	4.How to use human memory in creating an image.
	5.How to prepare a public speech.
	6.Social perception: subjectivity, context, conservatism of cognition Stress and overcoming stress during public speaking.
	7.Basic concepts of coaching.
	8.Principles of coaching. The benefits of coaching.
	9. Coaching session. Public session in coaching.

*) Please delete rows in the table above that are not applicable.

ASSESSMENT METHODS

Outcome code	Methods of assessment (Mark with an X where applicable)					
	Oral examination	Written examination	Test	Project	Report	Other
W01			X			
W02			X			
U01			X			
U02			X			
K01			X			
K02			X			

ASSESSMENT TYPE AND CRITERIA

Mode of instruction*	Assessment type	Assessment criteria
lecture	non-examination assessment	A written or oral test to answer 3 out of 5 questions.

OVERALL STUDENT WORKLOAD

ECTS weighting							
	Activity type	Student workload					Unit
		L	C	Lab	P	S	
1.	Scheduled contact hours	30					h
2.	Other contact hours (office hours, examination)	2					h
3.	Total number of contact hours	32					h
4.	Number of ECTS credits for contact hours	1,3					ECTS
5.	Number of independent study hours	18					h
6.	Number of ECTS credits for independent study hours	0,7					ECTS
7.	Number of practical hours	0,0					h
8.	Number of ECTS credits for practical hours	0,0					ECTS
9.	Total study time	50					h
10.	ECTS credits for the course <i>1 ECTS credit = 25-30 hours of study time</i>	2					ECTS

READING LIST

1. Cox E., Complete Handbook of Coaching, Sage Publications, California 2018.
2. Cialdini R., B., Influence: Science and Practice, 4th ed., Allyn, Bacon, Boston 2001.
3. Goffman E., The Presentation of Self in everyday life, Penguin Books 1990.
4. Whitmore J., Coaching for performance, John Murray Press, London 2017.
5. Jones G., Gorell R., 50 Top Tools for Coaching: A Complete Toolkit for Developing and Empowering People, Kogan Page, London, 2009.