



**SUBJECT DATASHEET**

**PSYCHOLOGY WITHOUT TABOOS**

**BMEGT52V200**

# I. SUBJECT DESCRIPTION

## 1. SUBJECT DATA

### Subject name

PSYCHOLOGY WITHOUT TABOOS

### ID (subject code)

BMEGT52V200

### Type of subject

contact lessons

### Course types and lessons

<i>Type</i>	<i>Lessons</i>
Lecture	2
Practice	0
Laboratory	0

### Type of assessment

mid-term grade

### Number of credits

2

### Subject Coordinator

<i>Name</i>	<i>Position</i>	<i>Contact details</i>
Oroszné Dr. Perger Mónika	assistant professor	perger.monika@gtk.bme.hu

### Educational organisational unit for the subject

Department of Ergonomics and Psychology

### Subject website

<https://edu.gtk.bme.hu>

### Language of the subject

magyar - HU

### Curricular role of the subject, recommended number of terms

Programme: **Communication and media studies Bachelor's Programme from 2021/22/Term 1**

Subject Role:

Recommended semester: **0**

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### Direct prerequisites

<b>Strong</b>	Pszichológia (BMEGT52A302), Pszichológia (BMEGT52A004), a Pszichológia (BMEGT52A300), Pszichológia (BMEGT52A002), Pszichológia (BMEGT52AT04), Pszichológia (BMEGT52A500) vagy a Pszichológia alapjai (BMEGTM520) tárgy teljesítése után vehető fel (a tárgyfelvétel előtt jegyet kell szerezni a tárgyból) - Admittable after accomplish of Psychology (BMEGT52A302), Psychology (BMEGT52A004), Psychology (BMEGT52A300), Psychology (BMEGT52A002), Psychology (BMEGT52AT04), Psychology (BMEGT52A500) or Basics of Psychology (BMEGTM520)
<b>Weak</b>	Erős/Strong
<b>Parallel</b>	None
<b>Exclusion</b>	None

### Validity of the Subject Description

Approved by the Faculty Board of Faculty of Economic and Social Sciences, Decree No: 5881478/13/2024 registration number. Valid from: 11.12.2024.

## 2. OBJECTIVES AND LEARNING OUTCOMES

### Objectives

The aim of the course is to enrich the general education of the students in a professionally authentic but experiential form and to deepen their previously acquired psychological knowledge. The subject conveys knowledge with which the students can gain a better knowledge of themselves, on the other hand, they become able to see the world around them from a broader perspective.

### Academic results

#### Knowledge

1. They know the characteristics and challenges of young adulthood.
2. They are aware of the most important explanatory theories of mating and mating preferences.
3. They know the stages of relationship development and family life cycles.
4. They are informed about the most common psychiatric disorders in adulthood.
5. They know the sources of stress in the workplace and their treatment options.
6. They understand the explanatory models of mental well-being, the sources of happiness.
7. They are informed about the importance of sports psychology as a field of applied psychology.
8. They know the concept of career, the process of career planning, and the role of career coaching.
9. They are informed about the characteristics of different generations in the labor market. 1
10. They know the peculiarities of working in a team, understands the peculiarities of different types of teams (eg., project team, virtual teams). 1
11. They thoroughly know modern management theories, competencies required for effective leadership. 1
12. They have comprehensive knowledge of conflict management methods, are aware of the opportunities provided by mediation.

#### Skills

1. They are able to experience the challenges of adulthood consciously with the acquired knowledge.
2. They are able to consciously determine one's own preferences in matters of partner choice and relationship.
3. They are able to determine more precisely what mental problems may require the help of a specialist.
4. They are able to identify stressors in the workplace and think about their treatment options.
5. They can think consciously about their future plans for your career.
6. They can apply the learned knowledge in cooperation with representatives of different generations.
7. They can apply the learned knowledge in leadership situations.
8. They are able to think about the most effective ways to deal with conflict situations.

#### Attitude

1. They collaborative with the lecturer and fellow students in expanding knowledge.
2. They are open and interested in the opinions of others.
3. They strive for self-criticism.
4. They feel needs to increase their self-knowledge.
5. They feel needs to expand their previously acquired knowledge with knowledge from other disciplines.

#### Independence and responsibility

1. They carry out individual tasks and research work related to the given topics in autonomous way.
2. They take responsibility for their own work.
3. They accept openly substantiated critical remarks.
4. The connection of knowledge from different fields of science appears in their thinking.

### Teaching methodology

– Lectures, individual (e-learning) Moodle assignments, questionnaires, use of IT tools and techniques, pair- and team-work during lectures.

### Materials supporting learning

- Atkinson, Hilgard, E. (2005): Pszichológia. Budapest: Osiris Kiadó.
- Pléh Csaba, Boross Ottília (szerk.) (2004): Bevezetés a pszichológiába. Budapest: Osiris Kiadó

# II. SUBJECT REQUIREMENTS

## TESTING AND ASSESSMENT OF LEARNING PERFORMANCE

### General Rules

A 2.2. pontban megfogalmazott tanulási eredmények értékelése e-learning házi feladatok és összegző tanulmányi teljesítményértékelés alapján történik.

### Performance assessment methods

A. Szorgalmi időszakban végzett teljesítményértékelések részletes leírása: 1. Összegző tanulmányi teljesítményértékelés: a tantárgy és tudás, képesség típusú kompetenciaelemeinek komplex, írásos értékelési módja zárthelyi dolgozat formájában, a dolgozat alapvetően a megszerzett ismeretekre és azok alkalmazására fókuszál, az értékelés alapjául szolgáló tananyagrészt a tárgyfelelőse határozza meg. 2. Részteljesítmény-értékelés (e-learning házi feladatok): a tantárgy tudás, képesség, attitűd, valamint önállóság és felelősség típusú kompetenciaelemeinek komplex értékelési módja, melynek megjelenési formája az egyénileg a moodle felületen, vagyis e-learning formában készített 4 házi feladat, amelyek kapcsolódnak az előadások témáihoz. A házi feladat tartalmát, követelményeit, határidejét, értékelési módját a tárgyfelelős határozza meg

### Percentage of performance assessments, conducted during the study period, within the rating

### Percentage of exam elements within the rating

### Conditions for obtaining a signature, validity of the signature

#### Issuing grades

Excellent	91
Very good	85–90
Good	75–85
Satisfactory	65–75
Pass	50–65
Fail	< 50

#### Retake and late completion

1. Az e-learning házi feladatok a leadási határidő után az előre megadott pótlási határidőig díjmentesen pótolhatók. 2. Az összegző tanulmányi teljesítményértékelés a pótlási időszakban – első alkalommal – díjmentesen pótolható vagy j

#### Coursework required for the completion of the subject

részvétel a kontakt tanórákon	28
félévközi készülés az órákra	5
felkészülés az összegző tanulmányi teljesítményértékelésre	10
házi (e-learning) feladatok elkészítése	10
kijelölt írásos tananyag önálló elsajátítása	7
Összesen	60

#### Approval and validity of subject requirements

Consulted with the Faculty Student Representative Committee, approved by the Vice Dean for Education, valid from: 04.11.2024.

# III. COURSE CURRICULUM

## THEMATIC UNITS AND FURTHER DETAILS

### Topics covered during the term

A 2.2. pontban megfogalmazott tanulási eredmények eléréséhez a tantárgy a következő tematikai blokkokból áll. Az egyes félévekben meghirdetett kurzusok sillabuszaiban e témaelemeket ütemezzük a naptári és egyéb adottságok szerint.

- 1 Dilemmas and challenges of young adulthood
- 2 The psychology of mate selection
- 3 Relationship issues
- 4 Losses, mourning, grief recovery method
- 5 Mental difficulties in adulthood
- 6 Stress at work and how to deal with it
- 7 Positive psychology, mental well-being, happiness resources
- 8 Leadership theory, leadership skills
- 9 Career planning, career coaching
- 10 Psychoterror at work
- 11 Teamwork

### Additional lecturers

Kiss Kitti PhD. hallgató [kittimaria.kiss@edu.bme.hu](mailto:kittimaria.kiss@edu.bme.hu)

### Approval and validity of subject requirements