

NAME OF THE COURSE		Psychology of self-confidence and positive thinking					
Code	PMS109	Year of study					
Course teacher	doc.dr. sc. Nikola Marangunić	Credits (ECTS)		2,0			
Associate teachers		Type of instruction (number of hours)		L	S	E	F
				15	15		
Status of the course		Percentage of application of e-learning					
COURSE DESCRIPTION							
Course objectives	Introducing and facilitating students with themes from the field: self consciousness, social skills, communication issues, stereotypes, prejudice and tolerance.						
Course enrolment requirements and entry competences required for the course	No						
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>Upon completion of the course students will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe theoretical models of self confidence and self-esteem</li> <li>2. Recognize self consciousness and problems in communication</li> <li>3. Differentiate process of attitude development, stereotypes and prejudice</li> <li>4. Describe danger of discriminating behavior</li> <li>5. Interpret relation between positive thinking and tolerance</li> </ol>						
Course content broken down in detail by weekly class schedule (syllabus)	<ol style="list-style-type: none"> <li>1. Course introduction;</li> <li>2. Introduction to the field of self confidence psychology and positive thinking;</li> <li>3. Dimensions and aspects of self consciousness;</li> <li>4. Self-esteem;</li> <li>5. Self confidence;</li> <li>6. Normality and differences: criteria;</li> <li>7. Stereotypes;</li> <li>8. Prejudice;</li> <li>9. Discrimination;</li> <li>10. Tolerance: definition and types;</li> <li>11. Tolerance towards people;</li> <li>12. Development of tolerance;</li> <li>13. Education on tolerance and positive thinking;</li> <li>14. Positive thinking: self efficiency;</li> <li>15. Positive thinking: optimism and hope.</li> </ol>						
Format of instruction							
Student responsibilities	Attending lectures, active participation, written seminar.						
Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)	Name	Ects	Name	Ects	Name	Ects	
Grading and evaluating student work in class and at the final exam	The presence and activity in class, seminar papers.						

Required literature (available in the library and via other media)	Title	Number of copies in the library	Availability via other media
Optional literature (at the time of submission of study programme proposal)	1. Brdar, I., Rijavec, M. i Miljković, D. (2008). Pozitivna psihologija. IEP, Zagreb. 2. Krizmanić, M. (2009). Život s različitima. Profil International, Zagreb.	0	
Quality assurance methods that ensure the acquisition of exit competences	Conversation, active participation, evaluation of subject and teacher.		
Other (as the proposer wishes to add)	-		