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The discipline «Adulthood: problems of self-realization in contemporary society” refers to the list of facultative subjects which offer the program of professional psychological education and training for graduate or postgraduate students which take psychology as part of a broader curriculum. The main content of the subject covered the presentation of self in everyday life with special emphasis on fields typically encountered in young adulthood- in social and private activity of ordinary young males and females. It answers the needs of students and discover for them how people adopt and fulfil the roles of eve day life, what can happen when a performance falls down and how to cope and overcome the troubles as part of a broader psychology curriculum

Credits:3

Teacher: prof., d-r. Hovorun Tamara

The purpose of discipline: The aim of the course “Adulthood—Self-realization problems in the contemporary society” is to familiarize students with the psychological problems of an ordinary young adult, explain the causes of these problems, and to identify ways of solving them. As well to develop theoretical and applied psychological knowledge of issues relating to the Self. The person as the target of the self-discovering, develops a process of individuation, identifies with some set of values and lifestyle, developing body image, self-esteem, attitudes and intentions. The course knowledge offer a brief review of general categories of psychology- personal, social, developmental, abnormal and cognitive, focused on useful tools for self- discovering: awareness of the self, self-consciousness, self-concept, self-efficacy, self-criticism, self-defeating behavior and self-instructional training and management.

Prerequisites and competences:

Student should know:

The content of the basic concepts of self- identity and concept of the self in contemporary psychology science, their origins, the determining factors of their development, basics of coping and training achievements, the level and ways of focusing on positive psychology as a strategy to reach self- fulfillment and happiness.

A student must be able: to reconstruct the system-factors of the process of bringing an individual to a condition of healthy functioning in society, to activate the mechanisms of self- discovering and self -constructive activity, restoring the possible degree of well-being and high level of private and social functioning. He or she should develop skills to perform assessment of status quo of so called deliberate self-ignoring and self-underestimation as well to correct a mental representation of what one could become, to construct and provide plans and strategies for the future.

Language of teaching -English.

The terms: discipline taught in the first year, winter semester in educational and scientific level "Ph.D. in psychology" in the amount of 90 hours, including 20 hours of lecturing hours; 20 - practical classes, 50 hours of individual and consulting work

The course modules:

Scientific and psychological glossary lingo terms: Abstract. Bibliography. Boolean searching. Citation, database. HTML, Index. PDF, periodical, style manual.

Major life events, sources of stress. The link between traditional masculine values and unhealthy behavior. The female side of the equation. Men's health risk. Stress tests as an indicator of a potential assistance from adviser. Health problems.

Psychological symptoms of stress and professional assistance. Strategies for coping with stress in collectivist and individualist cultures.

Aging as biological and psychological changers, age related problems of private and social functioning. Young adulthood; biological, cognitive, social, personality development.

Youth at risk-vulnerable factors. Behavior observation and shaping. Big five personality model: extraversion, neuroticism, agreeableness, openness to experience, responsibility.

Cognitive map, confusion Concept of the self, of responsibility. Self-esteem and self-defenses, self-enhancement motivation. Discovering self-image and dysfunction: self-abusive image. Self-management.

Me (Self) constructs and their role in determining the psychological well-being in different life situations. Self-instructions and self-statement. Self-presentation. Learning to like yourself confidence come from succeeding. Succeeding should be taught, there is even a special branch of organizational psychology- personality management.

Self-Worth. Concerning with appearance, abilities, and features. How long did you feel discomfort, reminding yourself past mistakes in communication or behavior? Focusing on success, need to live with our problems until we can work to change them.

Self-Talk. Practicing positive self-talk. Accepting own uniqueness, feel comfortable with their own images. Winners in sports, business, education, or any other activity in life. Positive steps you can take to build your self-esteem positive steps you can take to build your self-esteem. Positive steps to build your self-esteem. Ability to turn a failure situation into a useful learning experience? What did we learn?

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