

Title of course: Yes - no. Workshop on Assertiveness

Lecturer: dr Marta Mikolejko

Teaching language: English

Course description: The classes will take the form of a workshop. During the meetings, students will have the opportunity to strengthen their assertive attitude. We will work on different subjects such as: our rights, an internal monologue, anti-assertive thinking patterns, giving feedback. Work with voice and body posture will be also provided.

Students will work on their own, in pairs and in small groups.

Measurement of learning outcomes: assessment of students' activity during classes, assessment of essays.

Assertiveness as a social skill. Assertiveness and communication styles. My rights. Rules of assertive communication. What blocks/strengths my assertiveness? Ways of using an assertive response. I - You statement.

Assessment (ZO): Assessment will be based on:

- presence and activity during the classes
- short written work