

**MINISTRY OF EDUCATION AND SCIENCE OF THE RUSSIAN FEDERATION
BASHKIR STATE UNIVERSITY
Faculty of Mathematics and Information Technologies**

Updated
at the meeting of the department
protocol №2 from "31" August 2021

Acting director Гиниятова З. М /

3/4

Agreed:
Chairman of educational-methodical
commission Ефимов А. М. /



Work programme of the discipline (module)

discipline

Psychology

(name of the discipline)

Obligatory part

Bachelor's degree program

Direction of training (specialty) 01.03.02

«Applied Mathematics and Informatics»

(name of the OOP VO of the direction of training or specialty with the indication of the code)

Focus (profile) of training

"Application Programming and Data Analysis"

Bachelor's Qualification

Developer (compiler)

Assist. prof., cand. of psychol. sciences

Щербаков С. В.

(position, academic degree, academic title)



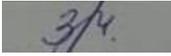
/ Щербаков С. В.

(signature, surname, i. o.)

Compiler / Compilers: Щербakov Ass. prof., cand. of psychol. sciences Щербakov С.В.

The work program of the discipline was updated at a meeting of the Department of General Psychology protocol № 2 from «31» August 2021 г.

Additions and changes made to the work program of the discipline were approved at a meeting of the Department of General Psychology, protocol № 2 from «31» August 2021 г.

Acting director of the department General Psychology /  Гиниятова З. М.

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1. List of planned learning outcomes in the discipline, correlated with indicators of competence achievement established in the educational program

As a result of mastering the educational program, the student must master the following learning outcomes in the discipline:

Competency category (group) (if there is a general competence)	Formed competence (with the indication of the code)	Code and name of the competency achievement indicator	Learning outcomes in the discipline
Teamwork and leadership	UC-3: the ability to carry out social interaction and realize their role in the team	UC-3.1: To know: - methods of selecting an effective team, the basic conditions for effective teamwork, strategies and principles of teamwork, the basics of psychology of the individual, environment, group, team; - categorical apparatus of psychology, psychological mechanisms of social interaction; - stages of development of the team, the basics of interpersonal communication, ways to increase the creative potential of the individual and the team	Knows enough: - methods of selecting an effective team, the basic conditions for effective teamwork, strategies and principles of teamwork, the basics of psychology of the individual, environment, group, team; - categorical apparatus of psychology, psychological mechanisms of social interaction; - stages of development of the team, the basics of interpersonal communication, ways to increase the creative potential of the individual and the team
		UC-3.2: Can: - develop a team strategy, apply the principles and methods of organizing team activities; - apply the knowledge of the categorical apparatus of psychology and use the psychological mechanisms of social interaction in teamwork; - apply knowledge of the stages of team development and the basics of interpersonal communication, as well	Can: develop a team strategy, apply the principles and methods of organizing team activities; - apply the knowledge of the categorical apparatus of psychology and use the psychological mechanisms of social interaction in teamwork; - apply knowledge of the stages of development of the team and the basics of interpersonal communication, as well as use ways to increase the creative poten-

		<p>as to use ways to increase the creative potential of the individual and the team as self-development of leadership abilities</p>	<p>tial of the individual and the team as self-development of leadership abilities</p>
		<p>UC-3.3: Possess: - skills of social interaction and realization of their role in the team; create a command to perform practical tasks; participation in the development of a teamwork strategy; - the categorical apparatus of psychology and the psychological mechanisms of manifestation of social interaction in teamwork; - knowledge of the stages of development of the team, the basics of interpersonal communication and ways to increase the creative potential of one's personality</p>	<p>Owns: - Basic skills of social interaction and realization of their role in the team; create a command to perform practical tasks; participation in the development of a teamwork strategy; - the categorical apparatus of psychology and the psychological mechanisms of manifestation of social interaction in teamwork; - knowledge of the stages of development of the team, the basics of interpersonal communication and ways to increase the creative potential of one's personality</p>
<p>Self-organization and self-development (including health care)</p>	<p>UC-6: the ability to manage your time, build and implement a trajectory of self-development based on the principles of lifelong education</p>	<p>UC-6.1: To know: - the basic principles of self-education and self-education, self-development and self-realization, the use of the creative potential of one's own activity; - time management method (time management) and reflection technique (journaling)</p>	<p>Knows enough: - the basic principles of self-education and self-education, self-development and self-realization, the use of the creative potential of one's own activity; - time management method (time management) and reflection technique (journaling)</p>

		<p>UC-6.2: Can:</p> <ul style="list-style-type: none"> - take into account the principles of education for self-development and self-organization throughout life; realize the intended goals of their own activities, taking into account the conditions, means, personal capabilities and time perspective; critically assess the effectiveness of the use of time and other resources in solving tasks, as well as relative to the result obtained - apply the psychological method of time self-management (time management) and the technique of reflection (journaling) throughout life 	<p>Able to apply:</p> <ul style="list-style-type: none"> - principles of education for self-development and self-organization throughout life; realize the intended goals of their own activities, taking into account the conditions, means, personal capabilities and time perspective; critically assess the effectiveness of the use of time and other resources in solving tasks, as well as relative to the result obtained - apply the psychological method of time self-management (time management) and the method of reflection (journaling) throughout the life of leadership abilities
		<p>UC -6.3: Possess:</p> <ul style="list-style-type: none"> - skills of rational distribution of time resources, construction of an individual trajectory of self-development and self-education throughout life; skills of self-control and reflection, allowing you to independently adjust self-development and self-education along the chosen trajectory; - psychological method of time self-management (time management) and the method of reflection (journaling) throughout 	<p>Owns:</p> <ul style="list-style-type: none"> - Basic skills rational distribution of time resources, construction of an individual trajectory of self-development and self-education throughout life; skills of self-control and reflection, allowing you to independently adjust self-development and self-education along the chosen trajectory; - psychological method of time self-management (time management) and the method of reflection (journaling) throughout life

		life	
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2. The purpose and place of discipline in the structure of educational program

The discipline "Psychology" is studied in the 2nd year in the 4th semester.

Objectives of the discipline: to promote the development of students' abilities: to establish social interaction and realize their role in the team, the ability to manage their time, to build and implement the trajectory of self-development on the basis of the principles of education throughout life, as well as to acquaint them with modern psychological ideas and methods. The content of this subject is a logical continuation and deepening of the knowledge gained as a result of mastering the disciplines of general education in such subjects as "Philosophy", "Cultural Studies", "Russian Language and Culture of Speech".

3. The content of the work program (the scope of the discipline, types and types of training sessions, educational and methodological support for the independent work of students)

The content of the work programme is presented in Application No. 1.

4. Evaluation fund for the interim certification of students in the discipline "Psychology"

4.1. A list of competencies indicating the stages of their formation in the process of mastering the educational program. Description of indicators and criteria for assessing competencies at various stages of their formation, description of assessment scales

UC-3: «Able to carry out social interaction and realize your role in the team»

Code and name of the competency achievement indicator	Learning outcomes in the discipline	Criteria for evaluating results of training	
		"Not counted"	«Credited»
UC -3.1: To know: -methods of selecting an effective team, the basic conditions for effective teamwork, strategies and principles of teamwork, the basics of psychology of the individual, environment, group, team; - categorical apparatus of psychology, psychological mechanisms of social interaction; - stages of development of the collective, the basics of interpersonal education, ways to increase the creative potential of the individual and the team	Knows: - methods of selecting an effective team, the basic conditions for effective teamwork, strategies and principles of teamwork, the basics of psychology of the individual, environment, group, collective; - categorical apparatus of psychology, psychological mechanisms of social interaction; - stages of development of the team, the basics of interpersonal communication, ways to increase the creative potential of the individual and the team	Makes gross mistakes, partially knows: - methods of selecting an effective team, the basic conditions for effective teamwork, strategies and principles of teamwork, the basics of psychology of the individual, environment, group, team; - categorical apparatus of psychology, psychological mechanisms of social interaction; - stages of development of the team, the basics of interpersonal communication, ways to increase the creative potential of the individual and the team	Knows enough: - methods of selecting an effective team, the basic conditions for effective teamwork, strategies and principles of teamwork, the basics of psychology of the individual, environment, group, team; - categorical apparatus of psychology, psychological mechanisms of social interaction; - stages of development of the team, the basics of interpersonal communication, ways to increase the creative potential of the individual and the team

<p>UC -3.2: Can: - develop a team strategy, apply the principles and methods of organizing team activities; - apply the knowledge of the categorical apparatus of psychology and use the psychological mechanisms of social interaction in teamwork; - apply knowledge of the stages of development of the team and the basics of interpersonal communication, as well as use ways to increase the creative potential of the individual and the team as self-development of leadership abilities</p>	<p>Can: develop a team strategy, apply the principles and methods of organizing team activities; - apply knowledge of the categorical apparatus of psychology and use the psychological mechanisms of social interaction in command work; - apply knowledge of the stages of development of the team and the basics of interpersonal communication, as well as use ways to increase the creative potential of the individual and the team as self-development of leadership abilities</p>	<p>He makes gross mistakes, partially knows how to: - develop a team strategy, apply the principles and methods of organizing team activities; - apply the knowledge of the categorical apparatus of psychology and use the psychological mechanisms of social interaction in teamwork; - apply knowledge of the stages of development of the team and the basics of interpersonal communication, as well as use ways to increase the creative potential of the individual and the team as self-development of leadership abilities</p>	<p>He can do enough: develop a team strategy, apply the principles and methods of organizing team activities; - apply the knowledge of the categorical apparatus of psychology and use the psychological mechanisms of social interaction in teamwork; - apply knowledge of the stages of development of the team and the basics of interpersonal communication, as well as use ways to increase the creative potential of the individual and the team as self-development of leadership abilities</p>
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<p>UC -3.3: Possess: - skills of social interaction and realization of their role in the team; create a command to perform practical tasks; participation in the development of a teamwork strategy; - the categorical apparatus of psychology and the psychological mechanisms of manifestation of social interaction in teamwork; - knowledge of the stages of development of the team, the basics of interpersonal communication and ways to increase the creative potential of one's personality</p>	<p>Owns: - Basic skills of social interaction and realization of their role in the team; create a command to perform practical tasks; participation in the development of a teamwork strategy; - the categorical apparatus of psychology and the psychological mechanisms of manifestation of social interaction in teamwork; - knowledge of the stages of development of the team, the basics of interpersonal communication and ways to increase the creative potential of one's personality</p>	<p>Makes gross mistakes, partially owns: - skills of social interaction and realization of their role in the team; create a command to perform practical tasks; participation in the development of a teamwork strategy; - categorical apparatus of psychology and psychological mechanisms of manifestation of social interaction in teamwork; - knowledge of the stages of development of the team, the basics of interpersonal communication and ways to increase the creative potential of one's personality</p>	<p>Owns enough: - Basic skills of social interaction and realization of their role in the team; create a command to perform practical tasks; participation in the development of a teamwork strategy; - the categorical apparatus of psychology and the psychological mechanisms of manifestation of social interaction in teamwork; - knowledge of the stages of development of the team, the basics of interpersonal communication and ways to increase the creative potential of one's personality</p>
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UC-6: «Able managing your time, building and implementing a trajectory of self-development based on the principles of education throughout life»

Code and name of the competency achievement indicator	Planned learning outcomes (indicators of achievement of a given level of competence development)	Criteria for assessing learning outcomes	
		"Not counted"	«Credited»
UC-6 -6.1: To know: - the basic principles of self-education and self-education, self-development and self-realization, the use of the creative potential of one's own activity; - time management method (time management) and reflection technique (journaling)	Knows: - the basic principles of self-education and self-education, self-development and self-realization, the use of the creative potential of one's own activity; - time management method (time management) and reflection technique (journaling)	Makes gross mistakes, partially knows: - the basic principles of self-education and self-education, self-development and self-realization, the use of the creative potential of one's own activity; - time management method (time management) and reflection technique (journaling)	Knows enough: - the basic principles of self-education and self-education, self-development and self-realization, the use of the creative potential of one's own activity; - time management method (time management) and reflection technique (journaling)

<p>UC-6 -6.2: Can: - take into account the principles of education for self-development and self-organization throughout life; realize the intended goals of their own activities, taking into account the conditions, means, personal capabilities and time perspective; critically assess the effectiveness of the use of time and other resources in solving tasks, as well as relative to the result obtained - apply the psychological method of time self-management (time management) and the technique of reflection (journaling) throughout life</p>	<p>Able to apply: - principles of education for self-development and self-organization throughout life; - to realize the intended goals of their own activities, taking into account the conditions, means, personal capabilities and time perspective; to critically assess the effectiveness of the use of time and other resources in solving the tasks, as well as relative to the result obtained - apply the psychological method of time self-management (time management) and the method of reflection (journaling) throughout the life of leadership abilities</p>	<p>He makes gross mistakes, partially knows how to: - take into account the principles of education for self-development and self-organization throughout life; realize the intended goals of their own activities, taking into account the conditions, means, personal capabilities and time perspective; critically assess the effectiveness of the use of time and other resources in solving tasks, as well as relative to the result obtained; - apply the psychological method of time self-management (time management) and the technique of reflection (journaling) throughout life</p>	<p>Able to apply enough: - principles of education for self-development and self-organization throughout life; realize the intended goals of their own activities, taking into account the conditions, means, personal capabilities and time perspective; critically assess the effectiveness of the use of time and other resources in solving tasks, as well as relative to the result obtained; - apply the psychological method of time self-management (time management) and the technique of reflection (journaling) throughout life</p>
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<p>UC -6.3: Possess: - skills of rational distribution of time resources, construction of an individual trajectory of self-development and self-education throughout life; skills of self-control and reflection, allowing you to independently adjust self-development and self-education along the chosen trajectory; - psychological method of time self-management (time management) and the method of reflection (journaling) throughout life</p>	<p>Owns: - skills of rational distribution of time resources, construction of an individual trajectory of self-development and self-education throughout life; skills of self-control and reflection, allowing you to independently adjust self-development and self-education along the chosen trajectory; - psychological method of time self-management (time management) and the method of reflection (journaling) throughout life</p>	<p>Makes gross mistakes, partially owns: - skills of rational distribution of time resources, construction of an individual trajectory of self-development and self-education throughout life; skills of self-control and reflection, allowing you to independently adjust self-development and self-education along the chosen trajectory; - psychological method of time self-management (time management) and the method of reflection (journaling) throughout life</p>	<p>Owns enough: - Basic skills rational distribution of time resources, construction of an individual trajectory of self-development and self-education throughout life; skills of self-control and reflection, allowing you to independently adjust self-development and self-education along the chosen trajectory; - psychological method of time self-management (time management) and the method of reflection (journaling) throughout life</p>
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Evaluation criteria are points that are given by the teacher for activities (assessment tools) based on the results of studying the modules (sections of the discipline) listed in the discipline's rating plan.

Credited – from 60 to 110 rating points (including 10 incentive points);
not credited – from 0 to 59 rating points.

4.2. Typical control tasks or other materials necessary to assess knowledge, skills, abilities and experience of activity that characterize the stages of the formation of competencies in the process of mastering the educational program. Methodological materials that determine the procedures for assessing knowledge, skills, abilities and experience of activity, characterizing the stages of the formation of competencies

Code and name of the competency achievement indicator	Learning outcomes in the discipline	Assessment tools
<p>UC -3.1: To know: - methods of selecting an effective</p>	<p>Knows enough: - methods of selecting an effective team, the basic conditions for effective team-</p>	<p>Oral, written survey, attestation test of knowledge, practice-</p>

<p>team, the basic conditions for effective teamwork, strategies and principles of teamwork, the basics of psychology of the individual, environment, group, team;</p> <ul style="list-style-type: none"> - categorical apparatus of psychology, psychological mechanisms of social interaction; - stages of development of the team, the basics of interpersonal communication, ways to increase the creative potential of the individual and the team 	<p>work, strategies and principles of teamwork, the basics of psychology of the individual, environment, group, team;</p> <ul style="list-style-type: none"> - categorical apparatus of psychology, psychological mechanisms of social interaction; - stages of development of the team, the basics of interpersonal communication, ways to increase the creative potential of the individual and the team 	<p>oriented task, report</p>
<p>UC -3.2: Can:</p> <ul style="list-style-type: none"> - develop a team strategy, apply the principles and methods of organizing team activities; - apply the knowledge of the categorical apparatus of psychology and use the psychological mechanisms of social interaction in teamwork; - apply knowledge of the stages of development of the team and the basics of interpersonal communication, as well as use ways to increase the creative potential of the individual and the team as self-development of leadership abilities 	<p>Can:</p> <ul style="list-style-type: none"> develop a team strategy, apply the principles and methods of organizing team activities; - apply the knowledge of the categorical apparatus of psychology and use the psychological mechanisms of social interaction in teamwork; - apply knowledge of the stages of development of the team and the basics of interpersonal communication, as well as use ways to increase the creative potential of the individual and the team as self-development of leadership abilities 	<p>Oral, written survey, attestation test of knowledge, practice-oriented task, report</p>
<p>UC -3.3: Possess:</p> <ul style="list-style-type: none"> - skills of social interaction and realization of their role in the team; create a command to perform practical tasks; participation in the development of a teamwork strategy; - the categorical apparatus of psychology and the psychological mechanisms of manifestation of social interaction in teamwork; - knowledge of the stages of development of the team, the basics of interpersonal communication and ways to increase the creative potential of one's personality 	<p>Owens:</p> <ul style="list-style-type: none"> - Basic skills of social interaction and realization of their role in the team; create a command to perform practical tasks; participation in the development of a teamwork strategy; - the categorical apparatus of psychology and the psychological mechanisms of manifestation of social interaction in teamwork; - knowledge of the stages of development of the team, the basics of interpersonal communication and ways to increase the creative potential of one's personality 	<p>Oral, written survey, attestation test of knowledge, practice-oriented task, report</p>
<p>UC-6.1: To know:</p> <ul style="list-style-type: none"> - the basic principles of self-education and self-education, self-development and self-realization, the use of the 	<p>Knows enough:</p> <ul style="list-style-type: none"> - the basic principles of self-education and self-education, self-development and self-realization, the use of the creative 	<p>Oral, written survey, attestation test of knowledge, practice-oriented task, report</p>

creative potential of one's own activity; - time management method (time management) and reflection technique (journaling))	potential of one's own activity; - time management method (time management) and reflection technique (journaling)	
UC -6.2: Can: - take into account the principles of education for self-development and self-organization throughout life; realize the intended goals of their own activities, taking into account the conditions, means, personal capabilities and time perspective; critically assess the effectiveness of the use of time and other resources in solving tasks, as well as relative to the result obtained; - apply the psychological method of time self-management (time management) and the technique of reflection (journaling) throughout life	Able to apply: - principles of education for self-development and self-organization throughout life; realize the intended goals of their own activities, taking into account the conditions, means, personal capabilities and time perspective; critically assess the effectiveness of the use of time and other resources in solving tasks, as well as relative to the result obtained; - apply the psychological method of time self-management (time management) and the method of reflection (journaling) throughout the life of leadership abilities	Oral, written survey, attestation test of knowledge, practice-oriented task, report
UC -6.3: Possess: - skills of rational distribution of time resources, construction of an individual trajectory of self-development and self-education throughout life; skills of self-control and reflection, allowing you to independently adjust self-development and self-education along the chosen trajectory - psychological method of time self-management (time management) and the method of reflection (journaling) throughout life	Owns: - Basic skills rational distribution of time resources, construction of an individual trajectory of self-development and self-education throughout life; skills of self-control and reflection, allowing you to independently adjust self-development and self-education along the chosen trajectory - psychological method of time self-management (time management) and the method of reflection (journaling) throughout life	Oral, written survey, attestation test of knowledge, practice-oriented task, report

The evaluation criteria for the *modular-rating system* are the points that are assigned by the teacher for the types of activities (assessment tools) based on the results of the study of the modules (sections of the discipline) listed in the discipline's rating plan (*for credit*: current control - maximum 50 points; boundary control - maximum 50 points, incentive points - maximum 10).

Assessment scales:

for the test:

credited – from 60 to 110 rating points (including 10 incentive points),

not credited – from 0 to 59 rating points).

Oral questioning

An oral group survey is conducted after studying a new topic in order to find out the most difficult questions, the degree of assimilation of information, maintaining the attention of the audience.

Requirements for student responses during an oral survey

Students' answers should be complete, detailed information on the question posed. The totality of conscious knowledge about the subject and object of study should be shown, the main provisions should be

demonstratively disclosed, in the stated and literary literate language. The student should freely operate with concepts, terms, personalities, etc.

The response should track a clear structure, built in a logical sequence. To the questions of the teacher, the student must give clear, specific answers, showing the ability to highlight the essential and insignificant moments of the material.

Scales and criteria for evaluating oral interviews

- 2 points are given to the student, if specialized terminology is used exactly, a confident knowledge of the regulatory framework is shown;

- 1 point is given to the student if only an approximate understanding of the issue is demonstrated, there are difficulties or mistakes in the definition of concepts, when using terminology;

- 0 points are given to the student if there is no understanding of the issue, gross errors are made in the definition of concepts, the use of terminology.

Topics of the oral survey

Topic 1. Psychology as a science. Categorical apparatus psychology in the implementation of social interaction

The study of this topic involves the consideration of the following questions by students:

1. Features of psychology as a science, its emergence and development.
2. Categories of psychology: psyche, consciousness, personality, activity, communication.
3. Methods of psychology.

Topic 2. Personality psychology

The study of this topic involves the consideration by students of the following questions: the individual, personality, individuality, personality structure, personality theories, activities, consciousness and personality.

1. Individual, subject of activity, personality, individuality.
2. Needs and motives of the individual.
3. Motivation and regulation: self-regulation, self-organization

Topic 3. Cognitive processes

The study of this topic involves the consideration by students of the following issues: sensory-perceptual processes, thinking, intelligence and memory, attention and imagination.

1. Features of the mental processes of sensation, perception, memory, thinking, attention, imagination in collective activity and organization of teamwork.
2. Thinking, intelligence and creativity.

Topic 4. Emotions and feelings

The study of this topic involves the consideration by students of the following issues: stress and stress resistance of the individual; methods of emotional regulation and self-regulation; will and its structure; the role of the mechanisms of volitional act in self-education, self-education, self-development.

1. Stress and stress resistance of the individual.
2. Methods of emotional regulation and self-regulation.
3. The will and its structure.
4. The role of the mechanism in the volitional act in self-education, self-education, self-development.

Topic 5. Psychological organization of a person

The study of this topic involves the consideration of the following questions by students. Temperament and character. The concept of inclinations and the method of performances. General and special experiences. Sensitive periods in the development of abilities:

1. Temperament and character.
2. The concept of inclinations and abilities.
3. General and special abilities.
4. Sensitive periods in the development of abilities.

Topic 6. Social interaction and interpersonal communication

The study of this topic involves the consideration of students with minor questions. Communication and its structure: communicative, interactive and perceptual and aspects of communication. Types of communication: verbal and non-verbal communication.

1. Communication and its structure: communicative, interactive and perceptual communication aspects.
2. Types of communication: verbal and non-verbal communication.

Topic 7. Understanding small groups

The study of this topic involves the consideration of the following questions by students. Classifications of small groups. Group norms and values, roles, stereotypes. Reference groups. Phenomena of group pressure, group cohesion and group dynamics. Socio-psychological climate of the group. Leadership and leadership in groups and organizations. Leadership styles: authoritarian, democratic and liberal.

1. Classifications of small groups.
2. Group norms and values, roles, stereotypes.
3. Phenomena of group pressure, group cohesion and group dynamics.
4. Socio-psychological climate of the group.
5. Leadership and leadership in groups and organizations.
6. Leadership styles: authoritarian, democratic and liberal.

Topic 8. Psychology of the team and psychological aspects of team building

The study of this topic involves the consideration of the following questions by students. Interpersonal relations in groups and collectives: creating a team to perform practical tasks in a professional environment. Effectiveness of leadership style and self-efficacy in teamwork of the team. Official and unofficial relations. Customs, traditions, public opinion, fashion, rumors, prejudices, as socio-psychological phenomena.

1. Interpersonal relationships in groups and collectives: team building for you to complete practical tasks in a professional environment.
2. Effectiveness of leadership style and self-efficacy in teamwork.
3. Official and unofficial relations.
4. Customs, traditions, public opinion, fashion, prejudices, hearings, as socio-psychological phenomena.

Reports

A report is a detailed message or document whose content represents information and reflects the essence of a question or study in relation to a particular problem and situation. In some cases, it is allowed to present the author's own point of view within the framework of thematic issues, for example, in speeches at seminars, conferences, debates, defense of the WRC.

Scales and criteria for the evaluation of reports

- 3 points are given to the student, if specialized terminology is used accurately, the ability to analyze the material and establish cause-and-effect relationships, the completeness and reasoning of the formulated conclusions are shown, the general literacy and culture of presentation of the material are demonstrated, additional (including foreign) literature is used in the answer;

- 2 points are given to the student if the ability to analyze the material and establish cause-and-effect relationships is shown, the general literacy and culture of presentation of the material are demonstrated, but only an approximate understanding of the issue is detected, there are difficulties or mistakes in defining the concepts, when using terminology;

- 1 point is given to the student if the inability to analyze the material and establish cause-and-effect relationships is shown, the illiteracy of the presentation of the material is demonstrated, there is no understanding of the issue, gross errors are made in the definition of concepts, the use of terminology.

Topics of reports

1. Categorical apparatus of psychology in the implementation of social interaction
2. Time management as a method of self-organization and development of time perspective.
3. Method of keeping diary entries.
4. The concept of personality.
5. Individual, subject of activity, individuality.
6. Personality needs and motives.
7. Motivation and regulation: self-regulation, self-organization.
8. Personality structure: the trajectory of self-development, goal-setting and orientation to obtaining the results of activity.
9. Features of the mental processes of thinking, attention, imagination in collective activity and organization of teamwork.
10. Thinking, intelligence and creativity in the development of the creative potential of the individual and the solution of tasks.
11. Emotions and feelings.
12. Stress and stress resistance of the individual.
13. Methods of emotional regulation and self-regulation.
14. The role of the mechanisms of volitional act in self-education and self-development.
15. Temperament and character.
16. The concept of inclinations and abilities.
17. General and special abilities.
18. Sensitive periods in the development of abilities.
19. Development of abilities as the use of personal opportunities in the implementation of the trajectory of self-development, taking into account the conditions, means and time perspective.
20. Psychological aspects with the social interaction of the self and interpersonal communication.
21. The structure of communication: communicative, interactive and perceptual aspects of communication.
22. Types of communication: verbal and non-verbal communication.
23. Psychological mechanisms of social interaction.
24. Communication in conflict situations.
25. Classifications of small groups.
26. Group norms and values, roles, stereotypes.
27. Phenomena of group pressure, group cohesion and group dynamics.
28. Socio-psychological climate of the group.
29. Leadership and leadership in groups and organizations.
30. Leadership styles: authoritarian, democratic, and liberal.
31. Psychology of the team and psychological aspects of team building.
32. Interpersonal relationships in groups and collectives: creating a team to perform practical tasks in a professional environment.
33. Effectiveness of leadership style and self-efficiency in teamwork of the team.
34. Formal and unofficial relations. Customs, traditions, public opinion, fashion, rumors, prejudices, as socio-psychological phenomena.

Practice-oriented tasks

Practice-oriented tasks are problem situations designed to assess the formation of knowledge, teachings and skills of students in the course "Psychology".

Requirements for the performance of practice-oriented tasks

Based on the results of the task, a report is compiled, evaluated according to the following parameters:

- compliance of the results obtained with the goals and objectives of the task;

- the ability to summarize the information obtained, including with the help of tables, diagrams, figures, etc.;

- the degree of persuasiveness and reasoning of the conclusions obtained.

Criteria and scales for assessing practice-oriented tasks

- 2 points are given to the student if the results of the work correspond to the goals and objectives, the ability to summarize the information received, convincing and reasoned conclusions are formulated;

- 1 point is given to the student if the results of the work generally correspond to the goals and objectives set, there are inaccuracies in the course of summarizing the information received, the formulated conclusions are partially justified and reasoned;

- 0 points are given to the student if the results of the work do not correspond to the goals and objectives, errors are observed, conclusions are not justified and not reasoned.

Topics of practice-oriented assignments for the training course "Psychology"

1. Determine the features of interpersonal relations in the group (on the example of the questionnaire "Psychological climate in the group").

2. Determine the type of temperament required for the following types of work: management, forecasting, office work, design, manual work. Justify your choice.

3. Apply the method of time management: planning of working and personal time perspectives to improve the effectiveness of professional activities (analysis of situations: 1- time distribution and planning of its effective use; 2 – a list of current cases, prioritization and ranking them).

4. Differentiate leadership and leadership styles, determine the effectiveness of these styles depending on the situation and types of enterprises.

5. Determine the sociometric status and cohesion of students in the study group.

Written survey

A written survey is a means of testing the ability to apply the acquired knowledge to solve problems of a certain type on a topic or section. A written survey is a written assignment performed within a specified time (in the conditions of classroom work - from 30 minutes to 2 hours, from one day to several weeks in the case of an extracurricular assignment). As a rule, a written survey involves the presence of certain answers.

Criteria for evaluating the performance of written work:

- compliance with the intended answers;

- correct use of the algorithm for performing actions (techniques, technologies, etc.);

- logic of reasoning;

- the originality of the approach to the solution.

Written survey assessment scales

- 2 points are given to the student if the written survey corresponds to the topic, the knowledge of terminology is shown, the text is logical and reasoned, the author owns the literature, correct and complete conclusions are formulated in the work, the work is well designed and structured;

- 1 point is given to the student if only an approximate understanding of the problems of the work is demonstrated, there are difficulties or mistakes in the use of terminology, there is a lack of logic in the presentation of the material;

- 0 points are given to the student if a misunderstanding of the problem is demonstrated, gross errors are made in the definition of concepts and the use of terminology, ignorance of not only foreign but also domestic sources is shown, conclusions are not formulated in the work.

Questions to the written survey

1. Time management as a method of self-organization and development of time perspective.

2. Method of keeping diary entries.

3. The concept of personality.

4. Individual, subject of activity, individuality.

5. Needs and motives of the individual.
6. Motivation and regulation: self-regulation, self-organization.
7. Personality structure: the trajectory of self-development, goal-setting and orientation to obtaining the results of activity.
8. Features of mental processes of thinking, attention, imagination in collective activity and organization of teamwork.
9. Thinking, intelligence and creativity in the development of the creative potential of the individual and the solution of tasks.
10. Emotions and feelings.
11. Stress and stress resistance of the individual.
12. Methods of emotional regulation and self-regulation.
13. The role of the mechanisms of volitional act in self-education, self-education, self-development.
14. Temperament and character.
15. Development of abilities as the use of personal opportunities in the implementation of the trajectory of self-development, taking into account the conditions, means and time perspective.
16. Psychological aspects of social interaction and interpersonal communication
17. Structure of communication: communicative, interactive and perceptual aspects of communication.
18. Psychological mechanisms of social interaction.
19. Communication in conflict situations.
20. Group norms and values, roles, stereotypes.
21. Phenomena of group pressure, group cohesion and group dynamics.
22. Socio-psychological climate of the group.
23. Leadership and leadership in groups and organizations.
24. Leadership styles: authoritarian, democratic and liberal.
25. Psychology of the team and psychological aspects of team building
26. Interpersonal relationships in groups and collectives: creating a team to perform practical tasks in a professional environment.
27. Effectiveness of leadership style and self-efficacy in teamwork.
28. Formal and informal relations.
29. Customs, traditions, public opinion, fashion, rumors, prejudices, as socio-psychological phenomena.

Attestation test of knowledge

The attestation test of knowledge is a tool for assessing the learning of students, consisting of a system of test tasks, a standardized procedure for conducting, processing and analyzing the results.

Performance evaluation criteria and scales

The student is given 1 point for the answer matching the key. An incorrect answer is estimated at 0 points.

As a result:

Module 1	30 tasks	30 points
Module 2	20 tasks	20 points
Boundary control (form of control set-off)		50 points

Approximate tasks of the attestation test of knowledge in the discipline "Psychology"

Choose one correct answer from the 4 offered:

1. The parameters of the group do not include: a) the composition (composition) of the group, b) group norms and values, c) *mechanisms of mutual understanding*, d) the system of sanctions.

2. The purposeful, unreasoned impact of one person on another or on a group is referred to as: a) imitation, b) *suggestion*, c) infection, d) learning.
3. What leadership style in a small group is usually seen as the most effective: a) authoritarian, b) inconsistent, c) *democratic*, e) conniving.
4. The method of managing emotions is: a). heuristics b). synectics c). brainstorming d). *meditation*.
5. Uncritical adherence to group opinion is called: a). dualism b). fetishism in). protectionism d). *conformism*.
6. The ability to overcome external and internal obstacles is associated with: a). memory b). attention c). *will* d). stress.
7. Which of the following factors is a prerequisite for maintaining the student's voluntary attention in the classroom: a). fatigue b). emotional arousal in). *interest* d). intelligence.
8. The uniqueness and originality of a particular person is: a). personality b). individual c). *individuality* d). temperament.
9. An intense and short-term emotional state is: a). catharsis b). *affect* in). effect d). stress.
10. Elementary interaction of people in the process of communication is: a). manipulation b). projection c). *transaction* e). sublimation.

4.3. Rating-plan of the discipline "Psychology"

The rating plan is attached in Appendix No. 2.

5. Educational, methodological and information support of the discipline

5.1. List of basic and additional educational literature, necessary for the development of the discipline "Psychology"

a) Main literature

1. Nurkova V. Q. Obshaya psikhologiya: [Elektronic resource]: uchebnik dlya vuzov. – M.: Yurait, 2019. – Access to the text of the electronic edition is possible through the Electronic Library System of the Publishing House "Yurayt". – <URL: <https://biblio-online.ru/viewer/obshaya-psihologiya-431073>>.

2. Stupnitsky V. P., Shcherbakova O. I., Stepanov V. E. Psikhologiya: uchebnik. – M: Izdatel'sko-torgovaya otseravleniya «Dashkov i K°», 2017. Tozh same: [Elektronnyi resurs]. – <URL: <http://biblioclub.ru/index.php?page=book&id=453939> (2019-04-18)>.

b) Further reading

3. Galyautdinova S. I., Emaletdinov B. M. Psikhologiya: ucheb. allowance. – Ufa: RIT BashGU, Ch. 2: [Elektronic resource]. –2014. – Electron. version of the furnaces. Publications. – Access to the text of the electronic publication is possible through the Electronic Library System "University Library Online". – <URL:https://elib.bashedu.ru/dl/read/GalyautdinovaEmaletdinov_Psihologiya-2.pdf>.

4. Gonina O. O. Praktprom po obshchestvennoi i opeksernoi psikhologii: [Elektronic resource]: uchebnoe posobie. –Moscow: Flint, 2014. Access to the text of the electronic publication is possible through the Electronic Library System of the publishing house "Lan". <URL:http://e.lanbook.com/books/element.php?pl1_id=51877>.

5. Shcherbakov S.V. Psikhologiya: [Elektronic resource]: ucheb. allowance. – Ufa: RIC BashGU, 2013. - Electron. version of the furnaces. Publishing. – Access to the text of the electronic publication is possible through the Electronic Library System "University Library Online". – <URL:http://elib.bashedu.ru/dl/read/Cherbakov_Psihologiya_Uch.pos_2013.pdf>.

5.2. List of information and telecommunication network resources "Internet", necessary for the development of the discipline "Psychology"

№	Educational and	Characteristic	Access	Registration	Link to resource
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scientific resources					
Учебные ресурсы					
1.	Electronic Library System "Electronic Reading Room"	Full-text database of educational and scientific electronic publications, incl. contains intra-university publications	Authorized password access from anywhere on the Internet	Registration in the Department of Electronic Information and Libraries (Physmat Building, Reading Room No. 2)	https://bashedu.bibliotech.ru/Account/LogOn
2.	Electronic library system "University Library online"	Full-text database of educational and scientific electronic publications	Authorized password access from anywhere on the Internet	Registration from any PC from the BashSU network	http://www.biblioclub.ru/
3.	Electronic library system of the publishing house "Lan"	Full-text database of educational and scientific electronic publications	Authorized password access from anywhere on the Internet	Registration from any PC from the BashSU network	http://e.lanbook.com/
Российские научные ресурсы					
4.	Scientific Electronic Library (eLibrary)	Full-text and annotated database of electronic scientific publications and publications in periodicals	Authorized access by password in the network of the university. Use of open access resources from any computer on the Internet	Registration from any PC from the BashSU network.	http://elibrary.ru/
5.	Vestnik of Moskovskogo Universiteta database (on the East View platform)	Full-text database of scientific articles published in the journal "Bulletin of Moscow State University" (25 episodes)	Authorized password access in the university network	Without registration	http://online.ebiblioteka.ru/

6. Material and technical base necessary for implementation educational process in the discipline "Psychology"

Name of special premises and premises for independent work	Equipping of special rooms and premises for independent work	List of licensed software. Details of the supporting document
1. <i>classroom for lecture-type classes:</i> auditorium No. 502 (physical and mathematical building - educational)	Room No 502 Educational furniture, chalk wall board	1. Windows 8 Russian. Windows Professional 8 Russian Upgrade. Договор № 104 от 17.06.2013 г.
2. <i>classroom for seminar-type classes:</i>	Room No 503	

<p>auditorium No. 502 (physics and mathematics building - educational), auditorium No. 503 (physics and mathematics building - educational)</p> <p>3. classroom for group and individual consultations: auditorium No. 502 (physical and mathematical building - educational), auditorium No. 503 (physical and mathematical building - educational)</p> <p>4. classroom for current control and intermediate certification: auditorium No. 502 (physical and mathematical building - educational), auditorium No. 503 (physical and mathematical building - educational)</p> <p>5. premises for independent work: reading room No2 (physical and mathematical building - educational)</p>	<p>Educational furniture, chalk wall board</p> <p>Reading room No2</p> <p>Educational furniture, teaching aids, fire safety stand, stationary monoblocs – 8 pcs., printer – 1 pc., scanner – 1 pc.</p>	<p>Лицензии бессрочные.</p> <p>2. Microsoft Office Standard 2013 Russian. Договор № 114 от 12.11.2014 г. Лицензии бессрочные.</p> <p>3. BashSU centralized testing system based on Moodle. GNU GPL License</p>
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**FEDERAL STATE BUDGETARY EDUCATIONAL
INSTITUTION OF HIGHER PROFESSIONAL EDUCATION
BASHKIR STATE UNIVERSITY**

CONTENTS OF THE WORK PROGRAMME

discipline "Psychology" for the 4th semester
full-time education

Вид работы	Объем дисциплины
Overall labor intensity of the discipline (ZET/Hours)	2/72
Teaching hours for contact work with the teacher:	32,2
lectures	16
practical/seminary	16
laboratory	
other (group, individual consultation and other types of educational activities that provide for the work of students with a teacher)	0,2
of these, provided for the performance of coursework / course project	
Study hours for independent work of students including preparation for the exam / test	39,8
of these, provided for the performance of coursework / course project	
Study hours for preparation for the exam / test / differentiated test (control)	

Form(s) of control: offset 4 semester

№ п/п	Theme and content	Form of study of materials: lectures, practical classes, seminars, laboratory work, independent work and laboriousness (in hours)				Basic and supplementary literature, recommendations to students (numbers from the list)	Assignments on independent work of students	The form of current control of academic performance (colloquia, tests, computer tests, etc.)
		Lec.	Pract/Sem.	Lab.	Indep.			
1	2	3	4	5	6	7	8	9
1.	<p>Module 1. Categorical apparatus of psychology in the implementation of social interaction Features of psychology as a science, its emergence and development. Categories of psychology: psyche, consciousness, personality, activity, communication. Methods of psychology. Time management as a method of self-organization and development of time perspective. Method of keeping diary entries.</p>	2	2		5	1,2,3,4,5	preparation for oral and written interviews, preparation for the performance of practice-oriented tasks	oral and written survey performance of practice-oriented tasks
2.	<p>Personality psychology Individual, subject of activity, personality, individuality. Needs and motives of the individual. Motivation and regulation: self-regulation, self-organization. Personality structure: the trajectory of self-development, goal-setting and orientation to obtaining the results of activity.</p>	2	2		5	1,2,3,4,5	preparation for oral and written questioning and performance of practice-oriented tasks	oral and written survey, performance of practice-oriented tasks
3.	<p>Cognitive processes</p>	2	2		5	1,2,3,4,5	preparation for	oral and written

	Features of the mental processes of sensation, perception, memory, thinking, attention, imagination in collective activity and organization of teamwork. Mnemonics. Thinking, intelligence and creativity in the development of the creative potential of the individual and the solution of tasks.						oral questioning and written questioning, preparation for reports	interviews, reports
4.	Emotions and feelings Emotions and feelings. Stress and stress resistance of the individual. Methods of emotional regulation and self-regulation. The will and its structure. The role of the mechanisms of volitional act in self-education, self-education, self-development.	2	2		5	1,2,3,4,5	preparation for oral and written interviews, preparation for reports and performance of practice-oriented tasks	oral and written interviews, reports, performance of practice-oriented tasks
5	Psychological organization of a person. Temperament and character. The concept of inclinations and abilities. General and special abilities. Sensitive periods in the development of abilities. Development of abilities as the use of personal opportunities in the implementation of the trajectory of self-development, taking into account the conditions,	2	2		5	1,2,3,4,5	preparation for oral and written survey, preparation for testing	oral and written survey, certification test of knowledge

	means and time perspective.							
6	Module 2. Psychological Aspects of Social Interaction and Interpersonal Communication Communication and its structure: communicative, interactive and perceptual aspects of communication. Types of communication: verbal and non-verbal communication. Psychological mechanisms of social interaction. Communication in conflict situations. Professional communication.	2	2		5	1,2,3,4,5	preparation for oral questioning and performance of practical-oriented tasks	complete practice-oriented tasks
7	Psychology of small groups and collectives The concept of small groups. Classifications of small groups. Group norms and values, roles, stereotypes. Reference groups. Phenomena of group pressure, group cohesion and group dynamics. Sociopsychological climate of the group. Leadership and leadership in groups and organizations. Leadership styles: authoritarian, democratic, and liberal.	2	2		5	1,2,3,4,5	preparation for oral and written interviews, preparation for reports and performance of practice-oriented tasks	oral and written interviews, reports, performance of practice-oriented tasks
8	Psychology of the team and psychological aspects of team building	2	2		4,8	1,2,3,4,5	preparation for oral and written survey,	oral and written survey, reports, certification test of

	Interpersonal relationships in groups and collectives: creating a team to perform practical tasks in a professional environment. Effectiveness of leadership style and self-efficiency in teamwork of the team.						preparation for reports, preparation for testing knowledge	knowledge
	Total hours:	16	16		39,8			

Примечание: *Lec.* – lecture, *Pract.* – practical lesson, *Lab.* – laboratory work, *Indep.* – independent work.

Direction of training 01.03.02 «Applied Mathematics and Informatics», Directionality (profile) of training – "Applied programming and data analysis", course 2, semester 4.

Types of educational activities of students	Score for a specific task	Number of jobs in a module	Points	
			Minimal	Maximal
Module 1				
Current control				30
1. Oral questioning	2	5	0	10
2. Practice-oriented task	2	2	0	4
3. Written survey	2	5	0	10
4. Report	3	2	1	6
Boundary control				30
Attestation test of knowledge	1	30	0	30
Whole				60
Module 2				
Current control				20
1. Oral questioning	2	3	0	6
2. Practice-oriented task	2	2	0	4
3. Written survey	2	2	0	4
4. Report	3	2	1	6
Boundary control				20
Attestation test of knowledge	1	20	0	20
Whole				40
Total				100
Reward Points				10
Student olympiad			0	3
Research work			0	3
3. Publication of articles			0	4
Total				110
Attendance (points are deducted from the total amount of points scored)				
1.Attendance of lecture classes			0	-6
2.Attendance of practical (seminar, laboratory) classes			0	-10
Final control - offset				