***Syllabus***

***Psychology of Self-knowledge***

***Spring Semester, 2016***

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Targeted Students:

This course is intended for students from undergraduate level who are pursuing a degree related to Psychology.

Course Objectives:

The purpose of this course is to acquire basic concepts, principles of the psychology of Self-knowledge:

* to formulate ideas about own psychological features, about the emotional world of the individual, to familiarize students with the basic theories of self-knowledge, self-understanding, self-help, self-management, the ability to understand themselves and the other person;
* to formulate ability to use their knowledge in practice.

Goals for Students:

* Students are expected to know about basic categories and methods of self-knowledge, features of introspection and regulation of individual states, the vital resources of the individual; features of personal and spiritual growth.
* Students are expected to be familiar with recent empirical findings on the area of emotional self-understanding.
* Students will be able to use methodological procedures of analysis and self-analysis emotional space of the individual life path.

Course Format:

Course will be conducted in the combined form of lectures (30-45 minutes) and seminars (45-60 minutes). Every week, students are required to read one academic article. During the first half of each class, the instructor will conduct a lecture. During the second half of the class, he will lead class discussions based on material prepared by students, acquainting with the methodical tools.

Summary of requirements:

* Class attendance
* A list of questions based on on the reading during the course
* Essay based on the views of N. Berdyaev about self-knowledge
* Emotional portrait of personality.

*The final rank will be based on the sum of the listed requirements.*

Main topics:

* Self-knowledge: basic approaches to the understanding.
* Connection between self-knowledge and psychological categories (self-understanding, self-attitude, self-regulation).
* Emotional self-awareness of personality.
* Emotional intelligence as a phenomenon of modern psychology.
* Modern methods of self-knowledge and self-management.
* Searching for harmony as a way of self-knowledge

Recommended reading

* [Berdyaev](http://www.amazon.com/s/ref=dp_byline_sr_book_1?ie=UTF8&text=Nicolas+Berdyaev&search-alias=books&field-author=Nicolas+Berdyaev&sort=relevancerank) N. (2009) Self-Knowledge: An Essay in Autobiography. *Semantron Press.*
* [Carroll E. Izard](https://www.google.cz/search?hl=ru&tbo=p&tbm=bks&q=inauthor:%22Carroll+E.+Izard%22), [Jerome Kagan](https://www.google.cz/search?hl=ru&tbo=p&tbm=bks&q=inauthor:%22Jerome+Kagan%22), [Robert B. Zajonc](https://www.google.cz/search?hl=ru&tbo=p&tbm=bks&q=inauthor:%22Robert+B.+Zajonc%22) (1988) Emotions, Cognition, and Behavior. *Cambridge University Press.*
* Ekman, P. (1972). [Universals and Cultural Differences in Facial Expressions of Emotions](https://www.paulekman.com/wp-content/uploads/2013/07/Universals-And-Cultural-Differences-In-Facial-Expressions-Of.pdf). In Cole, J. (Ed.), Nebraska Symposium on Motivation (pp. 207-282). Lincoln, NB: University of Nebraska Press.
* **Goleman D. (1996) Emotional Intelligence: Why It Can Matter More Than IQ.** New York Times.
* Heatherton Todd F., Wyland Carrie L. (2003) Assessing Self-Esteem. *Positive psychological assessment: A handbook of models and measures. , (pp. 219-233). Washington, DC, US: American Psychological Association, xvii, 495 pp.*
* Horney K. (1942) Self-Analysis. *New York, W. W. Norton & Company, Inc.*
* Hoyle, Rick H. (2010) Handbook of personality and self-regulation. *Blackwell Publishing Ltd.*
* Irene Lopatovska, Ioannis Arapakis (2010) Theories, methods and current research on emotions in library and information science, information retrieval and human–computer interaction. *Information Processing and Management.*
* Keltner, D. & Ekman, P. (2000). [Facial Expression of Emotion](https://www.paulekman.com/wp-content/uploads/2013/07/Facial-Expression-Of-Emotion1.pdf). In Lewis, M. & Haviland-Jones, J. (Eds.), Handbook of emotions, 2nd edition (pp. 236-249). New York: Guilford Publications, Inc.
* McPheat Sean (2010) Emotional Intelligence. *MTD Training & Ventus Publishing ApS.*