

## *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 N. (2009) *Self-Knowledge: An Essay in Autobiography*. *Semantron Press*.
- Carroll E. Izard, Jerome Kagan, Robert B. Zajonc (1988) *Emotions, Cognition, and Behavior*. *Cambridge University Press*.
- Ekman, P. (1972). Universals and Cultural Differences in Facial Expressions of Emotions. 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. 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*.