PJSC "Higher Education Institution "INTERREGIONAL ACADEMY OF PERSONNEL MANAGEMENT"

SYLLABUS OF THE ACADEMIC DISCIPLINE
"PSYCHOLOGICAL HEALTH"

Specialty: **C4 Psychology**

Educational level: **first (bachelor's) level**

Educational program: **Psychology**

MAUP 2025

General information about the academic discipline

Name of the academic discipline	Psychological health
Code and name of specialty	C4 Psychology
Level of higher education	first (bachelor's) level of higher education
Discipline status	selective
Number of credits and hours	3 credits / 90 hours. Lectures: 20 Seminar classes: 14 Independent work of students: 56
Terms of studying the discipline	4
Language of instruction	Ukrainian
Type of final control	Credit

General information about the teacher. Contact information.

Academic degree	
Academic title	
Position	
Disciplines taught by the NPP	
Areas of scientific research	
Links to identifier registries for scientists	
Teacher contact information:	
Email:	
Contact phone number	
Teacher's portfolio on the website of the department / institute / academy	

Course Abstract: The course *"Psychological Health"* is aimed at forming in higher education students a holistic and systematic understanding of psychological health as an integral characteristic of personality, as well as the conditions for its preservation, maintenance, and development throughout an individual's life. The discipline explores theoretical and applied approaches to understanding psychological health, its interconnections with mental and social well-being, personal maturity, adaptive resources, and quality of life. Special attention is given to factors of psychological resilience, mechanisms of self-regulation, stress coping, prevention of emotional burnout and maladaptation, as well as the role of interpersonal relationships and the social environment in supporting individual psychological well-being.

Subject of the course: Psychological health of the individual, its structure and indicators, individual-psychological and socio-psychological factors influencing the maintenance and disruption of psychological well-being, and methods of psychological prevention, support, and restoration of psychological health.

Course goal: To develop professional knowledge and practical skills in students regarding the understanding of psychological health, fostering a responsible attitude toward their own and others' psychological well-being, and the ability to apply psychological methods for supporting, preventing, and maintaining psychological health in various life and professional situations.

Objectives of the course:

1. Familiarize students with the key concepts, theories, and modern approaches to the study of psychological health.

2. Develop an understanding of the structure, criteria, and indicators of individual psychological well-being.

3. Cultivate skills in analyzing risk factors and resources affecting psychological health.

4. Acquire the ability to apply methods of psychological self-regulation, stress prevention, emotional burnout prevention, and maladaptation.

5. Foster psychological culture, responsibility, and ethical awareness in professional and everyday activities.

Prerequisites: The study of the course "Psychological Health" is based on knowledge acquired in courses such as General Psychology, Anatomy of the CNS and Physiology of Higher Nervous Activity, Developmental Psychology, Social Psychology, Personality Psychology, as well as other social, humanitarian, and professional disciplines.

Postrequisites: The knowledge, skills, and competencies gained in the course "Psychological Health" serve as a foundation for students' further professional development, mastery of applied psychological disciplines, psychological counseling, preventive and rehabilitative work, and for fostering a conscious, responsible, and humanistic approach to maintaining psychological health in modern society.

Program competencies and learning outcomes:

General Competencies (GC)	GC1. Ability to apply knowledge in practical situations.
	GC5. Ability to be critical and self-critical.
	GC6. Ability to make informed decisions.
	GC7. Ability to generate new ideas (creativity).
	GC8. Interpersonal interaction skills.
	GC11. The ability to preserve and enhance moral, cultural, scientific values and achievements of society based on an understanding of the history and patterns of development of the subject area, its place in the general system of knowledge about nature and society and in the development of society, technology to use various types and forms of physical activity for active recreation and healthy lifestyle.
Specific (Professional) Competencies (SC)	SC1. Ability to operate the categorical and conceptual apparatus of psychology
	SC2. Ability to retrospectively analyze domestic and foreign experience in understanding the nature of the emergence, functioning and development of mental phenomena.
	SC8: Ability to organize and provide psychological assistance (individual and group).
	SC9. Ability to carry out educational and psychoprophylactic activities in accordance with the request.
	SC10. Ability to comply with professional ethics.
	SC11. Ability to personal and professional self-improvement, learning and self-development.
	SC12. Ability to understand the social conditionality of the individual and the life path of the individual, as well as the role of the individual in the life of social organizations and communities.
	SC13. Ability to apply socio-psychological concepts, concepts and theories to interpret socio-psychological phenomena and processes.
	SC14. Ability to understand the patterns of interaction of individuals, social groups, communities.
Program learning outcomes	

Program outcomes	PLO 1 Analyze and explain mental phenomena, identify psychological problems and propose ways to solve them.
	PLO2 Understand the patterns and features of the development and functioning of mental phenomena in the context of professional tasks.
	PLO9 Propose own ways of solving psychological problems and tasks in the course of professional activity, make and justify own decisions on their solution.
	PLO12 Develop and implement a program of psycho-preventive and educational activities, psychological assistance measures in the form of lectures, discussions, round tables, games, trainings, etc. in accordance with the requirements of the client.
	PLO13 Interact, communicate, be understood, and be tolerant of people with different cultural or gender-age differences.
	PLO 14 Effectively perform different roles in a team in the process of solving professional problems, including demonstrating leadership skills.

№	Topic name	Number of hours, of which:			
		ectures	ractical classes	ndependent work	Teaching methods/assessment methods
Content module I.					**Teaching methods:** verbal (teaching lecture; conversation; educational discussion); inductive method; deductive method; translational method; analytical; synthetic; practical; explanatory-illustrative; reproductive; problem-based presentation method; partially-search; research; interactive methods (situation analysis; discussions, debates, polemics; dialogue, synthesis of thoughts; brainstorming; skills development; situational modeling, processing of discussion questions); modeling of professional activity; innovative teaching methods (competence; project-
Topic 1.	Theoretical Foundations of Human Psychological Health	2	2	7	
Topic 2.	Concept and fundamental principles of psychological health	2	1	4	
Topic 3.	Psychological health disorders	2	1	4	
Topic 4.	Lifestyle: its influence on psychological well-being and related problems	2	2	7	
Topic 5.	Age-related aspects of psychological health	2	1	6	

					research); case method. **Assessment methods:** oral control (oral survey, assessment of participation in discussions, other interactive teaching methods); written control (control, independent work, essays); test control (closed-form tests: test-alternative, test-correspondence); method of self-control and self-assessment; case study evaluation.
Modular test work				
Content module II.					
Topic 6	Family Functioning and Its Maladaptive Forms	2	2	7	
Topic 7	Personality and the Microsocial Environment: Potential Threats to Psychological Health	2	1	4	
Topic 8	Influence of Meso- and Macrosocial Environment on Psychological Health	2	2	7	
Topic 9	Concept of Mental Health. Psychological Technologies for Health Preservation	2	1	6	
Topic 10	Fundamentals of Psychohygiene and Psychoprevention	2	1	4	
Modular test work					
Total :		**20**	**14**	**56**	
Form of control: credit					

Technical equipment and/or software.

The educational process uses classrooms, a library, a multimedia projector and a computer for conducting lectures and seminars with presentation elements. Studying individual topics and completing practical tasks requires access to information from the World Wide Web, which is provided by a free Wi-Fi network.

Forms of control methods.

Monitoring the progress of students is divided into current and final (semester).

Current control carried out during practical and seminar classes. Its purpose is to systematically check:

- understanding and mastering the theoretical foundations of economic processes;
- the ability to apply knowledge to build models and analyze economic data;
- skills in diagnosing and forecasting economic processes;
- using specialized software for modeling and processing statistical data.

Forms of student participation in the educational process that are subject to ongoing control:

- speeches and presentations on the analysis of economic processes;
- oral reports on the analysis of economic cases;
- addition, question to the person answering;
- systematic work in seminar classes and activity during discussions;
- participation in discussions, brainstorming, interactive forms of classes;
- analysis of economic data, statistical indicators, economic and mathematical models;
- written assignments (tests, tests, analytical and abstract papers);
- preparation of abstracts, theses, analytical notes;
- independent study of discipline topics and lecture materials.

Current control methods:

- oral control (survey, conversation, report, message);
- written control (test work, analytical report, essay, completion of tasks for building models or processing statistics);
- combined control (oral and written combination to assess understanding and practical skills);
- presentation of independent work or case analysis;
- monitoring activity and participation in practical classes;
- test control (closed and open tasks, analysis of graphs and models);
- working with problem situations (analytical cases, scenario modeling of economic processes).

Evaluation system and requirements.
Table of distribution of points received by higher education applicants*

Topics	Ongoing knowledge assessment										Final control		
											Module test	Credit	Total points
	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6	Topic 7	Topic 8	Topic 9	Topic 10	20	20	100
Work in a seminar class	3	3	3	3	3	3	3	3	3	3			
Independent work	3	3		3	3	3	3	3	3	3			

*The table contains information about the maximum points for each type of academic work of a higher education applicant.

When assessing the mastery of each topic for current educational activities, the student is given grades taking into account the approved assessment criteria for the relevant discipline.

The criteria for assessing the learning outcomes of students and the distribution of points they receive are regulated by the Regulations on the Assessment of Academic Achievements of Students of Higher Education at PJSC "Higher Education Institution "MAUP".

Module control is carried out in the last lesson of the module in written form, in the

form of testing.

Evaluation criteria for the module test in the academic discipline "Methods and technologies of managerial decision-making":

When evaluating a module test, the volume and correctness of the tasks are taken into account:

- the grade "excellent" (A) is given for the correct completion of all tasks (or more than 90% of all tasks);

- a grade of "good" (B) is given for completing 80% of all tasks;

- a grade of "good" (C) is given for completing 70% of all tasks;

- a grade of "satisfactory" (D) is given for the correct completion of 60% of the proposed tasks;

- the grade "satisfactory" (E) is given if more than 50% of the proposed tasks are completed correctly;

- an "unsatisfactory" (FX) grade is given if less than 50% of the tasks are completed.

Failure to appear for a module test - 0 points.

The above scores are converted into rating points as follows:

"A" - 18-20 points;

"B" - 16-17 points;

"C" - 14-15 points;

"D" - 12-13 points.

"E" - 10-11 points;

"FX" - less than 10 points.

The final semester assessment in the discipline "Methods and Technologies of Management Decision Making" is a mandatory form of assessing students' learning outcomes. It is conducted within the time frame specified by the curriculum and covers the scope of material specified by the course program.

The final assessment is carried out in the form of a test. A student who has completed all the required work is allowed to take the semester assessment.

The final grade is based on the student's performance during the semester. The student's grade consists of points accumulated from the results of the current assessment and incentive points.

Students who have completed all required assignments and received a score of 60 points or higher receive a grade corresponding to the grade received without additional testing.

For students who have completed all the required tasks but received a score below 60 points, as well as for those who wish to improve their score (result), the teacher conducts a final work in the form of a test during the last scheduled lesson in the discipline in the academic semester.

Evaluation of additional (individual) types of educational activities.Evaluation of additional (individual) types of educational activities. Additional (individual) types of educational activities include the participation of applicants in scientific conferences, scientific circles of applicants and problem groups, preparation of publications, participation in All-Ukrainian Olympiads and competitions and International competitions, etc. in excess of the tasks established by the relevant work program of the academic discipline.

By decision of the department, students who participated in research work and performed certain types of additional (individual) educational activities may be awarded incentive (bonus) points for a specific educational component.

Assessment of independent work

The total number of points received by a student for completing independent work is one of the components of academic success in the discipline. Independent work on each topic, in accordance with the course program, is evaluated in the range from 0 to 3 points using standardized and generalized knowledge assessment criteria.

Scale for evaluating the performance of independent work (individual tasks) evaluation criteria.

Maximum possible	Execution level

assessment of independent work (individual tasks)	Perfectly	Good	Satisfactorily	Unsatisfactorily
3	3	2	1	0

Forms of assessment include: ongoing assessment of practical work; ongoing assessment of knowledge acquisition based on oral responses, reports, presentations and other forms of participation during practical (seminar) classes; individual or group projects requiring the development of practical skills and competencies (optional format); solving situational tasks; preparing summaries of independently studied topics; testing or written exams; preparing draft articles, conference abstracts and other publications; other forms that ensure comprehensive mastery of the curriculum and contribute to the gradual development of skills for effective independent professional (practical, scientific and theoretical) activity at a high level.

To assess the learning outcomes of a higher education applicant during the semester, a 100-point, national and ECTS assessment scale is used.

Summary assessment scale: national and ECTS

Total points for all types of learning activities	ECTS assessment	National scale assessment for exam, course project (work), internship	
		National scale assessment for exam, course project (work), internship	For pass/fail (credit)
90 – 100	A	excellent	pass
82 – 89	B	good	
75 – 81	C		
68 – 74	D	satisfactory	
60 – 67	E		
35 – 59	FX	unsatisfactory with the possibility of retaking	fail unsatisfactory with the possibility of retaking
0 – 34	F	unsatisfactory with mandatory re-study of the discipline	fail unsatisfactory with mandatory re-study of the discipline

Course policy.
To successfully complete the course "Psychological health", the student must:
- regularly attend lectures and practical classes;
- work systematically, systematically and actively in lectures and practical classes;
- make up for missed classes or unsatisfactory grades received in classes;
- to fully perform the tasks that the teacher requires to prepare, their quality is appropriate;
- perform control and other independent work;
- adhere to the norms of academic conduct and ethics.
The course "Psychological health" involves mastering and adhering to the principles of ethics and academic integrity, in particular, focusing on preventing plagiarism in any of its

manifestations: all works, reports, essays, abstracts and presentations must be original and author's, not overloaded with quotations, and must be accompanied by references to primary sources. Violations of academic integrity are considered to be: academic plagiarism, self-plagiarism, fabrication, falsification, copying, deception, bribery, and biased evaluation.

Recommended sources of information.

Mainliterature:
Main Sources:

1. Boyarshinova K., Belinska M., Kalenichenko K., Lapteva H., Martsenkovska H., Parfenyuk T. *Methodical Recommendations for Strengthening Resilience.* Kyiv: Taras Shevchenko National University of Kyiv, 2022. 30 p.

2. Voznyuk A.V. *Psychological Assistance to Educational Process Subjects in Wartime Conditions: Experience of the Sumy Regional Institute of Postgraduate Pedagogical Education.* Webinar Series "Psychological Support of Individuals in Wartime" (Ukraine-Poland). Webinar №4. Technologies of Psychological Support in Wartime. April 27, 2022.

3. Karamushka L.M. *Mental Health of the Individual During War: How to Preserve and Support It.* Methodical Recommendations. Kyiv: H.S. Kostiuk Institute of Psychology, NAPS of Ukraine, 2022. 52 p.

4. Karamushka L. *Mental Health: Essence, Main Determinants, Strategies and Programs of Support.* Psychological Journal, 2021, №7(5), pp. 26–37. DOI: https://doi.org/10.31108/1.2.7.5.3

5. Maksymenko S.D., Rudenko Y.V., Kushnerova A.M., Nevmerzhytskyi V.M. *Mental Health of the Individual: Textbook for Higher Education Institutions.* Kyiv: Lyudmyla Publishing, 2021. 438 p.

6. Tymofieieva M.P., Slobodska O.V. *Psychology of Health: Textbook.* Kyiv: MEDPRINT, 2022. 600 p.

Additional   Sources:
7. Karamushka L.M. *Psychological Health of Educational Organization Staff: Analysis of Foreign Approaches.* Problems of Modern Psychology, Zaporizhzhia National University, 2021, Vol. 3(22), pp. 23–30. DOI: https://doi.org/10.26661/2310-4368/2021-3-3
8. Karamushka L. *"Healthy Organizations": Essence, Main Directions and Methods of Activity to Ensure Staff Mental Health.* Organizational Psychology. Economic Psychology, 2021, №2–3(23), pp. 40–49. DOI: https://doi.org/10.31108/2.2021.2.23.5
9. Kuk T., Pinchuk N. *Coaching Tools for Psychological Support in Wartime.* Webinar Series "Psychological Support of Individuals in Wartime" (Ukraine-Poland). Webinar №3. April 20, 2022.
10. Maksymenko S.D., Pirozhenko T.O., Prorok N.V., Papucha M.V. *Psychological Portrait of a Child: Age Periods.* Kyiv: Lyudmyla Publishing, 2021. 104 p.
11. Maksymenko S.D., Hryshko O.D. *Psychological Support and Mental Health: Textbook, Vol. 2.* Kyiv: Lyudmyla Publishing, 2024. 468 p.
12. *Mental Health of the Individual in a Crisis Society:* Collection of Materials of the VII All-Ukrainian Scientific-Practical Conference (October 28, 2022). Compiled by V.S. Blikhar. Lviv: Lviv State University of Internal Affairs, 2022. 412 p.
Internet   and   Information   Resources:
13. V.O. Sukhomlynsky State Scientific-Pedagogical Library of Ukraine. URL:

https://dnpb.gov.ua/ua/

14. www.ncuxo.org.ua – Electronic Encyclopedia of Psychology

15. www.nbuv.gov.ua – Vernadsky National Library of Ukraine

16. http://upsihologa.com.ua/ – Portal of Professional Psychologists of Ukraine "U Psyhologa"

17. Psychological Literature Library: http://psylib.kiev.ua