PJSC "Higher Education Institution

"INTERREGIONAL ACADEMY OF PERSONNEL MANAGEMENT"

Approved:
Name of the department
Minute No. _ dated "_" _____ 2025

Head of the department

_____
                      (signature)
(full name)

SYLLABUS
of the academic discipline
«Workshop on general psychology»

specialty: C4 Psychology

educational level: first (bachelor's) level

study program: «Psychology»

2025

General information about the academic discipline

Name of the academic discipline	Workshop on general psychology
Code and name of the specialty	C4 Psychology
Level of higher education	first (bachelor's) level of higher education
Status of the discipline	compulsory
Number of credits and hours	12 credits / 360 hours, Lectures: 68 hours, Seminars / practical classes: 92 hours Students' independent work: 200
Terms of studying the discipline	2; 3; 4
Language of instruction	Ukrainian
Type of final control	Pass/fail; Pass/fail; exam

General information about the instructor. Contact information.

Full name of the instructor	
Academic degree	
Position	
Areas of scientific research	
Links to the registers of identifiers for scientists	
Contact information	
E-mail:	
Department phone	
Instructor's portfolio on the website	

Course abstract. Studying the academic discipline "Workshop on general psychology" is of particular importance and provides higher education applicants with a wide range of worldviews. The academic discipline "Workshop on general psychology"

is one of the mandatory disciplines of the professional training cycle, the study of which is provided for by the educational and professional program for training specialists with an educational degree of bachelor. Practicum in general psychology is one of the main forms of practical application of the professional capabilities of a psychologist. The methods are widely used for the selection and placement of personnel at enterprises and organizations, for monitoring the mental development of the individual and its study for pedagogical, medical and expert purposes, for career guidance and optimization of educational and educational processes.

The subject of the discipline: is the study and mastery of the basic methods of psychological research, as well as the practical application of theoretical knowledge about mental processes, states and properties of the individual. The practicum is aimed at developing in students the skills of conducting psychological research, interpreting their results and applying the knowledge gained to solve practical problems related to psychological assistance and self-knowledge

The purpose of the course: to familiarize students with the technology of psychological research, as well as to form in them the skills and abilities of practical use of modern methods of general psychology. Studying the discipline "Workshop on general psychology" will contribute to the practical training of psychologists in providing psychological assistance to individuals, organizations, institutions in solving various problems of life in difficult economic and socio-psychological conditions that have developed in Ukraine.

Objectives of the academic discipline:: mastering all stages of empirical research; methodological principles of psychology; knowledge of general patterns and mechanisms of mental activity; familiarizing students with the system of concepts that allow analyzing empirical research; forming in students the skills of working with specific methods that have a wide scope of application; mastery of the skills of applying the main group of psychological methods and the technology of modern psychological research methods; the ability to practically study the most important psychological characteristics of a person as an individual, a subject of activity, personality, individuality; the ability to identify the psychological characteristics of a person when conducting professional selection, training and adaptation of personnel, conscious application of knowledge about a person in practice; explanation of psychological facts; use of auxiliary methods of psychology in professional activity; mastery of methods of observation, questioning, studying the products of activity, and the method of generalizing independent characteristics, implementation of psychodiagnostic testing and application of projective methods in psychological practice.

Prerequisites. Studying the academic discipline "Workshop on general psychology" is based on the knowledge and skills obtained by students in studying the following disciplines: "General psychology", "Academic studies", "Introduction to the specialty "Psychology". Postrequisites: The knowledge and skills acquired by students in the process of studying the academic discipline "Workshop on general psychology" contribute to the successful study by higher education applicants of a number of other

academic disciplines aimed at the formation of professional knowledge and skills: "Psychodiagnostics", "Experimental psychology", "Theory and practice of psychotraining", "Social psychology and sociology".

The academic discipline ensures the formation of general and special competencies by students and the acquisition of learning outcomes defined by the educational and professional program "Psychology", namely:

Program competencies and learning outcomes:

General Competencies (GC)	**GC 1**. Ability to apply knowledge in practical situations.
	GC 2. Knowledge and understanding of the subject area and understanding of professional activity.
	GC 3. Skills in using information and communication technologies.
	GC 8. Interpersonal interaction skills.
	GC 9. Ability to work in a team.
	and technologies, use various types and forms of physical activity for active recreation and leading a healthy lifestyle.

Specific (Professional) Competencies (SC)	**SC 5.** Ability to use valid and reliable psychodiagnostic tools
	SC 6. Ability to independently plan, organize and conduct psychological research
	SC 7. Ability to analyze and systematize the results obtained, formulate reasoned conclusions and recommendations
	SC 8. Ability to organize and provide psychological assistance (individual and group)
	SC 9. Ability to carry out educational and psychoprophylactic
	SC 13. Ability to apply socio-psychological concepts, concepts and theories to interpret socio-psychological phenomena and processes.
	SC 14. Ability to understand the patterns of interaction between individuals, social groups, and communities.

Learning outcomes	
Program learning outcomes	**PLO** 1. Analyze and explain mental phenomena, identify psychological problems and propose ways to solve them
	PLO 2. Understand the patterns and features of the development and functioning of mental phenomena in the context of professional tasks.
	PLO 4. Substantiate one's own position, draw independent conclusions based on the results of one's own research and analysis of literary sources.
	PLO 5. Choose and apply valid and reliable psychodiagnostic tools (tests, questionnaires, projective methods, etc.) of psychological research and psychological assistance technologies.
	PLO 6. Formulate the goal and objectives of the research, have the skills to collect primary material, follow the research procedure.
	PLO 7. Reflect and critically evaluate the reliability of the obtained results of psychological research, formulate reasoned conclusions.
	PLO 8. Present the results of one's own research orally/in writing for specialists and non-specialists.
	PLO 9. To propose own ways of solving psychological tasks and problems in the process of professional activity, to make and argue own decisions regarding their solution (in particular, regarding the organization of early delivery events).
	PLO 10. To formulate an opinion logically, accessiblely, to discuss, to defend one's own position, to modify statements in accordance with the cultural characteristics of the interlocutor.
	PLO 11. To draw up and implement a plan for the consultative process taking into account the specifics of the request and the individual characteristics of the client, to ensure the effectiveness of

	one's own actions (including in working with persons who have received psychological trauma, in particular as a result of war). **PLO** 12. To draw up and implement a program of psychoprophylactic and educational actions, psychological assistance measures in the form of lectures, conversations, round tables, games, trainings, etc., in accordance with the requirements of the customer. **PLO** 15. Be responsible for professional self-improvement, training and self-development **PLO** 19. Analyze the socio-psychological characteristics of the individual and create a socio-psychological portrait of the individual.

Content of the academic discipline
2nd semester

№	Topic name	Number of hours, of which:			
		Lectures	Seminars	Individual work	Teaching methods/assessment methods
Content module 1. Methodology and methods of psychological research					**Teaching methods:** verbal (teaching lecture; conversation; educational discussion); inductive method;
Topic 1.	The purpose and objectives of the academic discipline "Workshop on general psychology"	2	4	6	

Topic 2.	"Nomothetic" and "ideographic" approaches to the study and assessment of mental phenomena	2	4	6	deductive method; translational method; analytical; synthetic; practical (working with plots of
Topic 3.	Ethical norms of the psychologist's work, the development of a humanistic attitude towards the subject of study	2	6	6	legal cases); 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-research); case method. **Assessment methods:** oral control (oral survey, assessment of participation
Topic 4.	Reflection of mental phenomena in the culture of mankind	2	6	6	
Topic 5.	Characteristics of psychodiagnostic research methods in general psychology	2	6	8	
Topic 6.	Observation as a method of psychological research in general psychology	2	6	8	
Topic 7.	Experiment as the main method as the main method of psychological research	2	6	8	
Content module 2. Characteristics of additional diagnostic research methods in general psychology					
Topic 8.	Testing method in various branches of psychological knowledge	2	4	8	
Topic 9.	Interview as a method of psychodiagnostic research	2	4	8	
Topic 10.	Types and methods of organizing a conversation in psychological research.	2	6	8	
Topic 11-12.	Expert evaluation method in various branches of psychological science.	2	6	8	
Topic 13-14.	Content analysis method in psychological research	2	6	8	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; evaluation of case studies.
Modular test work					
Total :		**28**	**64**	**88**	

| | Form of control: pass/fail |

Semester 3

№	Topic name	Number of hours, of which:			Teaching methods/assessment methods
		Lectures	Seminars	Individual work	
Content module 1. Research of cognitive mental processes					**Teaching methods:** verbal (teaching lecture; conversation; educational discussion); inductive method; deductive method; translational method; analytical; synthetic; practical (working with plots of legal cases); 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-research); case
Topic 1.	Research on perceptual cognitive mental processes. Features of research on sensations by psychophysiological methods	2	2	4	
Topic 2.	Features of research on human perception. Experimental research on the features of human memory	2		6	
Topic 3.	Research on cognitive (higher) mental processes. Experimental psychological methods of research on thinking	2	2	6	
Topic 4.	Experimental psychological methods of research on speech. Features of diagnostics of the imagination of the individual	2	2	6	
Topic 5.	Empirical research on the features of attention	2	2	6	
Content module 2. Research into the emotional-volitional sphere					
Topic 6.	Research on emotional and volitional states of the personality. Features of research on human emotions and feelings	2	2	6	
Topic 7.	Emotional stress and regulation of emotional states. Research on mental states of the personality	2		6	
Topic 8.	Features of psychodiagnostic research on the volitional sphere of the personality	2	2	6	

Topic 9.	Study of the volitional sphere of the personality	2		6	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:
Topic 10.	Self-observation in the development of volitional qualities of the personality	2	2	4	test control (closed-form tests: test-alternative, test-correspondence); method of self-control and self-assessment; evaluation of case studies.
	Modular test work				
Total :		**2 0**	**14**	**56**	
Form of control: pass/fail					

Semester 4

№	Topic name	Number of hours, of which:			
		Lectures	**Seminars**	**Indi-**	**Teaching methods/assessment methods**
Content Module 1. Research on Personality and Activity					**Teaching methods:** verbal (teaching lecture; conversation; educational discussion); inductive method; deductive method; translational method; analytical; synthetic; practical (working with plots of legal cases); explanatory-illustrative; reproductive; problem-based presentation
Topic 1.	Theoretical and experimental approaches to the study of personality. Application of personality questionnaires	2	2	4	
Topic 2.	Study of personality in a group. Projective methods of personality diagnostics	2		6	
Topic 3.	Problems of study and psychological analysis of activity. Study of motives of educational activity	2	2	6	
Topic 4.	Diagnosis of motivation to achieve success and avoid failure. Study of self-attitude of personality	2	2	6	

Topic 5.	Study of personality in communication. Psychodiagnostic methods of studying the motivational sphere and self-regulation	2	2	6	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-research); case method.
Content module 2. Research on mental properties					
Topic 6.	Psychodiagnostic methods for studying the characteristics of the nervous system and temperament type	4	2	6	
Topic 7.	Study of temperament type. Study of temperament properties	6		6	
Topic 8.	Peculiarities of studying personality character. Methods of studying personality character	6	2	6	
Topic 9.	Determination of characteristics of character manifestation	6		6	
Topic 10.	Psychodiagnostic studies of personality abilities. Psychodiagnostic studies of creative abilities	6	2	4	**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; evaluation of case studies.
Modular test work					
Total :		**20**	**14**	**56**	
Form of control: exam					

The content of the independent work of the student in the academic discipline "Workshop on general psychology" involves preparation for classroom lessons by mastering lecture materials, studying basic and additional literature, periodicals, Internet sources and practice, performing practical tasks (writing abstracts, analyzing problem situations, preparing the results of one's own research for presentations at conferences, participating in scientific paper competitions, preparing and publishing scientific articles, theses, etc.) during the semester; independent study of individual

topics of the academic discipline; preparation of reports and presentations on the topic of practical classes; translation of foreign texts of established volumes; performance of individual tasks; preparation for all types of control, including modular control works and final certification; other types of activities used in the Academy, Institute and Department.

The content of the student's independent work is determined by the work program of the academic discipline of a specific academic discipline, methodological recommendations for tasks and recommendations of the teacher.

Technical equipment and/or software. The educational process uses classrooms, a library, a multimedia projector and a computer for conducting lecture and seminar classes with presentation elements. The study of individual topics and the performance of practical tasks requires access to information from the World Wide Web, which is provided by a free Wi-Fi network.

Forms and methods of control.

Control of the success of students is divided into current and final (semester).

Current control is carried out during practical, laboratory and seminar classes, the purpose of which is to systematically check the understanding and assimilation of theoretical educational material, the ability to use theoretical knowledge when performing practical tasks, etc. The possibilities of current control are extremely wide: motivation for learning, stimulation of educational and cognitive activity, differentiated approach to learning, individualization of learning, etc.

Forms of student participation in the educational process, which are subject to current control:

-speech on the main issue;

-oral report;

- additions, questions to the person who answers;

- systematic work in seminar classes, activity during the discussion of issues;

- participation in discussions, interactive forms of organizing classes;

- written tasks (tests, tests, creative works, essays, etc.);

- preparation of theses, summaries of educational or scientific texts;

- independent study of topics;

- Control of the success of students is divided into current and final.

Methods of ongoing control: oral control (survey, conversation, report, message, etc.); written control (test work, essay, presentation of material on a given topic in writing, etc.); combined control; presentation of independent work; observation as a control method; test control; problem situations.

Grading system and requirements.
Table of distribution of points received by students

2nd semester

	Ongoing knowledge control	Mod ula	Fina l asse	Tota l point

	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6	Topic 7	Topic 8	Topic 9	Topic 10	Topic 11	Topic 12	Topic 13	Topic 14	r tests	ssment	s
Topics															20	20**	100
Work in a seminar session	2	2	3	3	3	3	3	2	2	3	3	3	3	3			
Independent work	2	2	1	1	1	1	2	2	2	2	1	1	2	2			

3nd semester

	Ongoing knowledge control										Modular tests	Final assessment	Total points
Topics	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 session	4	4	5	5	4		4		4				
Independent work	3	3	3	3	3		3	3	3				

4nd semester

			M	**T**
	Ongoing knowledge assessment			
T opics				
W orking a practical session	3	4	4	

Independent work	3	2	2	2	3	3	3

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

When assessing the mastery of each topic for the current educational activity, the education applicant is given marks taking into account the approved assessment criteria for the relevant discipline.

The criteria for assessing the learning outcomes of education applicants and the distribution of points they receive are regulated by the Regulations on the assessment of educational achievements of higher education applicants at PJSC "HEI" MAUP".

Modular control.

Modular control work on the educational discipline "Workshop on general psychology" is carried out at the last lesson of the module in written form, in the form of testing, namely, closed-form tests: test-alternative, test-correspondence.

Criteria for evaluating the modular test work in the academic discipline "Workshop on general psychology":

When evaluating the modular test work, the volume and correctness of the completed 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);

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

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

- the grade "satisfactory" (D) is given if 60% of the proposed tasks are completed correctly;

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

completed correctly;

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

Absence from the modular test work - 0 points.

The above grades are transformed 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 control in the academic discipline "Workshop on general psychology" is a mandatory form of assessing the learning outcomes of a higher education applicant. It is carried out within the time limits established by the educational process schedule and in the volume of educational material determined by the program of the academic discipline.

The final control is carried out in the form of a test (written). The student is admitted to the semester control provided that he performs all types of work.

Semester control in the form of a credit provides that the final grade for the discipline is determined as the sum (simple or weighted) of points for content modules. The credit is issued based on the results of the student's work throughout the semester. The rating score of the student consists of the points received by the student based on the results of current control measures, incentive points.

Students who have completed all tasks and have a rating score of 60 or more points receive a grade corresponding to the rating received without additional tests.

With students who have completed all tasks and have a rating score of less than 60 points, as well as with those students who wish to increase their rating score, the instructor conducts a final semester control in the form of a test (or other form of assessment) at the last scheduled class in the semester.

The final control is carried out in the form of an exam. The student is admitted to the final control provided that he/she performed all types of work outlined in the sullabus.

The final (semester) grade of the discipline for which the exam is provided is formed from two components: the results (grade) of the ongoing control; exam grade.

The maximum number of points for the ongoing control is 60, for the examination is 40.

The minimum amount by which the exam is considered as passed is 25 points.

The grade for the ongoing control is formed as the sum of rating points received by the student during the seminars/practical classes and incentive (if provided) points.

After evaluating the student's answers on the exam, the professor summarizes the points received for the ongoing control measures and points for the exam to obtain the final grade for the course.

Scale for the assessment of exam tasks

Scale	Total points	Criteria
Excellent level	30–40	The task is completed with high quality; the student has achieved the maximum score in the assessment of theoretical knowledge.
Good level	20–29	The task is completed with high quality and a sufficiently high proportion of correct answers.
Satisfactory level	10–19	The task is completed with an average number of correct answers; the student has demonstrated theoretical knowledge with significant errors.
Unsatisfactory level	0–9	The task is not completed; the student has demonstrated theoretical knowledge with major errors.

Assessment 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, applicants who participated in scientific research work and performed certain types of additional (individual) types of educational activities may be awarded incentive (bonus) points for a certain educational component.

Also, incentive points may be awarded if the student, for example, has completed and defended certain types of work, attended all lectures, seminars and practical classes, has his own handwritten lecture notes and developed additional educational material, has not missed classes without good reason, attended additional consultations with the lecturer, etc.

The amount of incentive points is taken into account when issuing the final scores in the credit and examination report (but not more than 89 points in the overall total) and can be automatically credited when issuing the final semester grade for the relevant educational component.

Incentive points are not normative and are not included in the table of distribution

of points received by higher education students and the main scale of the assessment system.

One event can be the basis for issuing incentive points only for one most relevant educational component.

The total number of points scored by students for completing independent work tasks is one of the components of the current academic performance in the discipline. Independent work on each topic according to the work program of the discipline is evaluated in the range from 0 to 3 points using standardized generalized knowledge assessment criteria.

Scale for evaluating the performance of independent work (individual tasks)
2nd semester

The maximum possible assessment of independent work (individual tasks)	Level of execution			
	Excellent	Good	Satisfactory	Unsatisfactory
2	2	1,5	1	0

3nd semester

The maximum possible assessment of independent work (individual tasks)	Level of execution			
	Excellent	Good	Satisfactory	Unsatisfactory
3	3	2	1	0

3nd semester

The maximum possible assessment of independent work (individual tasks)	Level of execution			
	Excellent	Good	Satisfactory	Unsatisfactory
3	3	2	1	0

Forms of control: ongoing control based on the performance of practical work; ongoing control of knowledge acquisition based on the assessment of oral answers to questions, messages, reports, etc. (in practical (seminar) classes); individual or collective project that requires the formation of practical skills and abilities of students (selective form); solving situational tasks; a summary made on the topic studied independently; testing, performing a written test; draft articles, speech abstracts and other publications, other forms that contribute to the full assimilation of the educational program and the consistent development of skills for effective independent professional (practical and scientific and theoretical) activity at a high level.

To assess the learning outcomes of a student 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), practice	
		National scale assessment for exam, course project (work), practice	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
0 – 34	F	unsatisfactory with mandatory re-study of the discipline	fail unsatisfactory with mandatory re-study of the discipline

Course Policy

To successfully master the course "Workshop on general psychology", the student must:

- regularly attend lectures and practical classes;
- systematically, systematically and actively work in lectures and practical classes;
- work out missed classes or unsatisfactory grades received in classes;
- fully perform the tasks that the teacher requires to be prepared, their quality is appropriate;
- perform control and other independent work;
- adhere to the norms of academic behavior and ethics.

The course "Workshop on general psychology" involves mastering and adhering to the principles of ethics and academic integrity, in particular, an orientation to preventing plagiarism in any of its manifestations: all works, reports, essays, abstracts and presentations must be original and authorial, not overloaded with quotations, which 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, biased evaluation.

The assessment of the student is focused on obtaining points for activity in seminar classes, completing tasks for independent work, as well as completing tasks that are capable of developing practical skills and abilities for which additional (bonus) points may be awarded, at the teacher's decision (participation in round tables, scientific conferences, Olympiads and scientific competitions among students).

Methodical support of the academic discipline

Teaching and methodological materials that provide support for the discipline: lecture notes, methodological recommendations for conducting practical (seminar) classes and methodological recommendations for independent work of higher education students in the academic discipline " Workshop on general psychology".

Recommended sources of information
Main:

1. Golyardyk N. A., Kupchyshyna V. Ch. Psychodiagnostics: teaching and methodological manual. Khmelnytskyi: Publishing House of the National Academy of Sciences of Ukraine, 2021. 52 p.

2. General psychology: theory and practical work: textbook. Edited by N. M. Ilyina, S. O. Mysnyk. Sumy: University Book, 2021. 369 p.

3. Practical work in psychology: cognitive processes: teaching. manual. National Aerospace University named after M. Ye. Zhukovsky "Kharkiv. Aviation Institute". Kharkiv: Khai, 2022. Part 1. 47 p.

4. Psychodiagnostics in clinical psychology: teaching. manual. Incl. L. M. Spivak, A. M. Osmanova. Kyiv: University "Ukraine". 2023. 146p.

5. Chumak O. A., Tovstukha O. M. Psychodiagnostics: a teaching and methodological manual for organizing educational work on the course of psychodiagnostics for applicants to higher education of the first (bachelor's) level according to the educational and professional program 053 "Psychology" / O. O. Chumak, O. M. Tovstukha; State. skl. "Lugansk. National. Un-t named after Taras Shevchenko". Poltava: Publishing House of the State Educational Service "LNU named after Taras Shevchenko", 2024. 121 p.

Additional:

1. Bilushchak G. I. Mathematical methods in psychology. Statistical methods in OpenOffice. Laboratory practical: teaching. manual. for university students; National Un-t "Lviv. Polytechnic". Lviv: Rastr-7, 2023. 135 p.

2. Didyk N.M. Personal growth training: a textbook. Compiled by N.M. Didyk. Kamianets-Podilskyi: Publisher Kovalchuk O.V., 2023. 106 p.

3. Zlyvkov V.L., Lukomska S.O. Modern training technologies for personality development in education. Kyiv. 2022. 184 p.

4. Kokun O. M., Melnychuk T. I. Resilience guide: a practical guide. Kyiv: G.S. Kostyuk Institute of Psychology of the National Academy of Sciences of Ukraine. 2023.

25 p.

5. Kokun O.M., Moroz V.M., Lozinska N.S., Pishko I.O. Collection of psychodiagnostic methods for professional and psychological selection of candidates for military service under a contract in the Armed Forces of Ukraine: method. manual. Kyiv: Publishing House "Education of Ukraine", FOP Maslakov Ruslan Oleksiyovych, 2021. 74 p.

6. Kokun O.M., Pishko I.O., Lozinska N.S., Oliynyk V.O., Khoruzhiy S.M., Larionov S.O., Syritsa M.V. Peculiarities of providing psychological assistance to military personnel, veterans and members of their families by civilian psychologists: method. manual. Kyiv: 7BC, 2023. 175 p.

7. Kokun O.M., Moroz V.M., Pishko I.O., Lozinska N.S. Theory and practice of fear management in combat situations: method. manual / O. M. Kokun, V. M. Moroz, I. O. Pishko, N. S. Lozinska. Kyiv-Odesa: Phoenix, 2022. 88 p.

8. Panchuk N. P. Practicum on group psychocorrection: educational and methodological manual for higher education applicants of the first (bachelor's) level of higher education in the educational and professional program Practical Psychology specialty 053 Psychology branch of knowledge 05 Social and behavioral sciences [Electronic resource]. Kamianets-Podilskyi: Kamianets-Podilskyi National University named after Ivan Ohienko, 2023. 368 p.

9. Psychodiagnosis and psychocorrection of post-traumatic stress disorder: educational and methodological manual. M. E. Chaykovsky, E. M. Potapchuk, S. A. Petrechenko; ed. M. E. Tchaikovsky; Separate structural subdivision of the higher educational institution. of education "Open International University of Human Development "Ukraine", Khmelnytskyi Institute of Social Technologies. Kyiv: University "Ukraine", 2025. 217 p.

10. Stanishevskaya V. I. Fundamentals of Psychotraining. Textbook. Uman: VPC "Vizavi". 2023. 152 p.

Information resources

1. Psychological tests to understand yourself better https://cukr.city/profit/2022/psykholohichni-testy/

2. 7 PSYCHOLOGICAL TESTS THAT EVERYONE SHOULD PASS https://altynivka.krolevec-osvita.gov.ua/news/18-13-43-16-04-2020/

3. http://referatss.com.ua/work/metodi-vizualnoi-psihodiagnostiki/

4. https://zelenyugol.ru/uk/oborudovanie/vizualnaya-psihodiagnostika-lichnosti-eremina-tatyana-ivanovna/

5. https://unba.org.ua/events/933-vizual-na-diagnostika-ta-teoriya-brehni.html

6. http://www.twirpx.com/file/351187/

7. http://psychlib.ru/mgppu/SPp-1995/SPP-001.HTM

8. http://bookz.ru/authors/gippenreiter-ub/gippenrtr01.html

9. https://eknigi.org/psihologija/104404-sobranie-sochinenij-tom-3-ocherk-teorii.html