

**UČNI NAČRT PREDMETA / COURSE SYLLABUS**

**Predmet:** Projektna naloga na področju psihosocialne pomoči  
**Course title:** Project Work in the Field of Psychosocial Support

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Psihosocialna pomoč (VS) / Psychosocial support (BA)	Program nima smeri / Program has a single course	Tretji / Third	Peti / Fifth
Prva stopnja / First level			

**Vrsta predmeta / Course type**

Obvezni / Compulsory

**Univerzitetna koda predmeta / University course code:**

PNPPS / PWFPS

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
5	10	40			65	4

**Nosilec predmeta / Lecturer:**

Doc. dr. Primož Rakovec / Assist. Prof. Primož Rakovec, Ph.D.

**Jeziki /  
Languages:**

**Predavanja /  
Lectures:** Slovenski / Slovenian, Angleški / English

**Vaje / Tutorial:** Slovenski / Slovenian, Angleški / English

**Pogoji za vključitev v delo oz. za opravljanje  
študijskih obveznosti:**

Vpis v tretji letnik študijskega programa.

**Prerequisites:**

Enrolment into the third year of study programme.

**Vsebina:**

- uvod v projektno delo,
- skupinska izdelava izbranega projekta: priprava, izvedba, evalvacija,
- skupinska diskusija: kritična refleksija o možnosti uspešne vmestitve izdelanega projekta v prakso psihosocialne pomoči.

**Content (Syllabus outline):**

- introduction to project work,
- group elaboration of the selected project: preparation, implementation, evaluation,
- group discussion: critical reflection on the possibility of successful placement of the project in the practice of psychosocial support.

**Temeljni literatura in viri / Readings:**

PRESSMAN, Andrew. *Design Thinking. A Guide to Creative Problem Solving for Everyone*. New York: Routledge, 2019.

ROWE, F. Sandra. *Project Management for Small Projects. 2nd Ed.* Leesburg Pike: Management Concepts, Inc, 2015.

Gradivo, obravnavano na predavanjih in vajah. / Materials discussed during lectures and tutorials.

**Cilji in kompetence:**

Cilj predmeta je izdelava in predstavitev projektne naloge, s katero študent pokaže sposobnost implementacije osvojenega teoretičnega znanja v praktičnih situacijah nudenja psihosocialne pomoči.

**Pridobitev splošnih kompetenc:**

- sposobnost uporabe znanja v praksi in reševanja problemov,
- poznavanje in razumevanje osnovnih konceptov in metod, seznanjenost z novostmi na področju študija,
- seznanjenost z raziskovalnimi metodami, postopki in procesi, sposobnost zbiranja in interpretiranja podatkov, razvoj kritične in samokritične presoje.

**Pridobitev predmetno-specifičnih kompetenc:**

- sposobnost uporabe znanja in metod psihosocialnega svetovanja v konkretnih situacijah neposrednega dela s klienti,
- sposobnost argumentiranega ter spoštljivega razpravljanja in reševanja problemov,

**Objectives and competences:**

The objective of the course is creation and presentation of a project task, with which the student shows the ability to implement the acquired theoretical knowledge in practical situations of providing psychosocial support.

**Acquisition of general competences:**

- ability to apply knowledge in practice and problem-solving ability,
- knowledge and understanding of basic concepts and methods, familiarity with innovations in the program field,
- familiarity with research methods, procedures and processes, ability to collect and interpret data, development of critical and self-critical judgment.

**Acquisition of course-specific competences:**

- the ability to use knowledge and methods of psychosocial counseling in concrete situations of practical work with clients,
- ability to discuss and solve problems in an argumentative and respectful manner,

- zmožnost avtonomno uporabljati vire za učenje konkretnih vsebin,
- občutljivost za raznolikost in družbeno neenakost,
- zmožnost učenja, strokovnega izpopolnjevanja z visoko stopnjo samostojnosti,
- sposobnost timsko sodelovati tako s klientskimi sistemi kot strokovnjaki (tudi z eksperti drugih disciplin).

- ability to use resources autonomously to learn concrete content,
- sensitivity to diversity and social inequality,
- ability to learn, professional development with a high degree of independence,
- the ability of teamwork with both client systems and experts (including experts from other disciplines).

### **Predvideni študijski rezultati:**

Znanje in razumevanje:

Študent/ka:

- pozna in izvaja projektno delo,
- seznanen se s tehnikami kreativnega reševanja problemov,
- izdelava projektne naloge iz področja psihosocialne pomoči,
- razume in uporabi principe timskega dela,
- kritično reflektira in ovrednoti svoje delo.

### **Intended learning outcomes:**

Knowledge and understanding:

Student:

- knows and carries out project work,
- gets familiar with the techniques of creative problem solving,
- prepares a project task in the field of psychosocial support,
- understands and applies the principles of teamwork,
- critically reflects and evaluates his work.

### **Metode poučevanja in učenja:**

- predavanja z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- seminarske vaje (načrtovanje projektne naloge, diskusija in evalvacija izdelanih projektne naloge),
- uporaba spletne učilnice oziroma drugih sodobnih IKT orodij,
- seminarske vaje, ki temeljijo na utrjevanju znanja, problemskem učenju, dodatni razlagi, diskusiji, kritičnem razpravljanju,
- individualne in skupinske konzultacije (diskusija, dodatna razlaga, obravnava specifičnih vprašanj).

### **Learning and teaching methods:**

- lectures with active student participation (explanation, discussion, questions, examples, case-solving),
- seminars (project task planning, discussion and evaluation of completed project tasks),
- use of online classroom or other contemporary ICT tools,
- tutorials based on knowledge (strengthening, problem-learning, additional explanation, discussion, critical debate),
- individual and group consultations (discussion, additional explanation, consideration of specific issues).

Načini ocenjevanja:	Delež (v %) / Weight (in %)	Assessment:
Projektna naloga Obveznosti vaj	80 % 20 %	Project task Tutorials
Ocenjevalna lestvica – skladno s Pravilnikom o preverjanju in ocenjevanju znanja.		Grading scale - in accordance with the Rules of examination and evaluation of knowledge.

#### Reference nosilca / Lecturer's references:

##### *Praktične izkušnje iz področja/ Practical experience in the field:*

- Lastna svetovalna praksa (mag. psihosocialnega svetovanja, KVT certifikat) (2015 - ) / Private counselling practice (MA in Psychosocial Counselling, CBT certificate) (2015 - )
- Prostovoljec pri Rdečem križu Slovenije, OE Kranj / a volunteer at Slovenian Red Cross, local branch Kranj.

##### *Izbrane publikacije, predavanja / Selected publications, lectures:*

ERMAN, Nuša, GOLOB, Tea, JELOVAC, Dejan, RAKOVEC, Primož. The impact of internal dialogue on aggressive driving. *The social sciences*. [Online ed.]. ISSN 1993-6125, 2020, vol. 15, iss. 3, pp. 119-127.

JEREB, Eva, URH, Marko, STROJIN, Špela, RAKOVEC, Primož. Importance and satisfaction of employees with factors related to job satisfaction: differences between generation X and Y. V: BEVANDA, Vuk (ur.). *Economics & management: how to cope with disrupted times : selected papers*. Belgrade: Association of Economists and Managers of the Balkans; Koper: Faculty of Management; Maribor: Doba Business School; Skopje: Integrated Business Faculty; Zaječar: Faculty of Management, 2019. Str. 23-31.

KRIVEC, Jana, RAKOVEC, Primož. Kognitivno-vedenjski profil stresne izkušnje med slovenskimi študentkami in študenti = Cognitive behavioral profile of stress experience among Slovenian students. *Kairos: slovenska revija za psihoterapijo*. [Tiskana izd.]. ISSN 1854-9373, 2018, letn. 12, št. 1/2, str. 67-86.

KRIVEC, Jana, RAKOVEC, Primož. Depresija in njen vpliv na delovno učinkovitost. V RASPOR, Andrej in NEŽIČ Metka(ur.). *S skrbjo za sodelavce do boljših rezultatov podjetja*. Dolga Poljana: Perfectus. 2020, str. 13-44.

MOŽINA, Miran, FLAJS, Tomaž, JEREBIC, Drago, KOSOVEL, Irena, KRANJC, Urška, RAKOVEC, Primož. Čas za zakon je dozorel: uvodnik o novostih glede normativne ureditve psihoterapije in psihosocialnega svetovanja v Sloveniji = The time for the law is now : editorial about the news concerning legal regulation of psychotherapy and psychosocial counselling in Slovenia. *Kairos: slovenska revija za psihoterapijo*. [Tiskana izd.]. ISSN 1854-9373, 2018, letn.12, št. 3/4, str. 7-39.

RAKOVEC, Primož. *Kognitivno-vedenjski coachnig čustvene inteligence = Cognitive behavioural coaching of emotional intelligence*. Nova Gorica: Fakulteta za uporabne družbene študije, 2015.

RAKOVEC, Primož. Vpliv notranjega dialoga svetovalca začetnika na vodenje svetovalnega pogovora = Influence of the novice counsellor inner dialogue on the counselling conversation conducting. *Kairos: slovenska revija za psihoterapijo*. [Tiskana izd.]. ISSN 1854-9373, 2019, letn. 13, št. 1/2, str. 27-35.

RAKOVEC, Primož. The functions of inner dialogue while driving a car. *IASS – Innovative Issues and Approaches in Social Sciences*. [Spletna izd.]. ISSN 1855-0541, 2019, letn. 12, št. 3, str. 6-20.

RAKOVEC, Primož. Differences between psychotherapy and counselling. Who is looking for and who needs them. *Research in Social Change*, 2019, letn. 11, št. 1, str. 4-18.