



COURSES IN FOREIGN LANGUAGES for ERASMUS INCOMING STUDENTS

2021/2022 academic year

Faculty of Philosophy

Faculty coordinator: Assoc. Prof. Boris Popivanov, Phd - [bpopivanov@phls.uni-sofia.bg](mailto:bpopivanov@phls.uni-sofia.bg)

Programme: PSYCHOLOGY

Department coordinator: Assoc. Prof. Daniel Petrov, Phd, [danielp@phls.uni-sofia.bg](mailto:danielp@phls.uni-sofia.bg)

Course code	Course title (in English)	Language of instruction	Course offered to BA/BS, MA/MS, PhD	Semester (winter/ summer)	ECTS	Workload (hours)			Lecturer/s's name	Lecturer/s's e-mail
						Lectures	Exercises/ Seminars	Practical work		
FF I315	TRAUMA IN DEVELOPMENT	English	MA/MS, in psychology  PhD in social sciences	summer	2	30		30	Assoc. Prof Camellia Hancheva	hancheva@phls.uni-sofia.bg

**Short description of the course (in the language of instruction):** Psychological trauma is a crossing point of physical, individual and social phenomena. In this course topic of trauma is approached from different perspectives so to achieve better understanding of the effects of early trauma on the individual development and the impact on family, community, and culture. The multiple-layers approach to trauma requires a focus on development. Trauma leads to a succession of diverse outcomes as the individual moves through childhood and adolescence to adulthood. Risk factors - from neurobiology to physical health, predisposition etc are discussed to map out the field between psychopathology and resilience and adjustment. The course is aimed at acquiring knowledge of the effects of trauma on the individual psyche. in the context of the individual within society

**Requirements for enrollment: YES/NO**

**If YES, please describe the specific requirements:** Good preliminary knowledge of attachment theory and contemporary clinical definitions of PTSD and DESNOS

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FF Z017	CHILD DEVELOPMENT	English	BA/BS in psychology  MA/MS, PhD in social sciences	summer	6	30		60	Assoc. Prof Camellia Hancheva	<a href="mailto:hancheva@phl.s.uni-sofia.bg">hancheva@phl.s.uni-sofia.bg</a>

**Short description of the course (in the language of instruction):** The Child Development course provides a comprehensive study of multiple lines of human development from infancy to middle childhood. It is grounded on the classical theories and incorporates the latest research to present a systematic view of child development and sensitivity to the cultural and historical context. The comparative look at theories of early development form one of the basic foundations for understanding the mind and the structural configurations of psychological, adaptive and maladaptive functioning. Embracing a thematic approach within the chronology of child development, the course stimulates a convergence of the image of child-from-textbooks and the child in everyday life. It aims to develop a profound understanding and application of theories to research and practice. After its successful completion, students will have acquired skills for formulating a critical stance on issues of children's actions, interactions, performance, and experience.

**Requirements for enrollment: YES/NO**

**If YES, please describe the specific requirements:**

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						Lectures	Exercises/ Seminars	Practical work		
FF I007	PSYCHOLOGY OF ADOLESCENCE	English	BA/BS in psychology MA/MS, PhD in social sciences	winter	3	15		30	Assoc. Prof Camellia Hancheva	hancheva@phl.s.uni-sofia.bg

**Short description of the course (in the language of instruction):** An integration of ever growing body of knowledge on adolescence is made for providing a holistic view of the young person. Universality and diversity in developmental trajectories are considered. Focus is set on relational dimensions. The process of adolescence and its vicissitudes are studied in the context of contemporary social, political, economic, and cultural changes. The knowledge and understanding of continuity and change in development during adolescence provide a firm ground for meeting contemporary challenges of applied developmental science and research

**Requirements for enrollment: YES/NO**

**If YES, please describe the specific requirements:**

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						Lectures	Exercises/ Seminars	Practical work		
FF Z005	INTRODUCTION TO PSYCHOLOGY	English	BA	Fall; Spring	3	45			Ludmilla Andreeva	<a href="mailto:andreeva@phls.uni-sofia.bg">andreeva@phls.uni-sofia.bg</a>

**Short description of the course (in the language of instruction):**

The *Introduction to Psychology* course has three main objectives: (1) to provide accurate, efficient and broad presentation of the field of psychology, to introduce students to the theories, research and applications that build the science of psychology, (2) to provide an incentive for students to start thinking as psychologists even after the actual content of the course has faded and to promote better understanding and appreciation of the basis of psychology, (3) to arouse the intellectual curiosity of students and to help raise the awareness of how psychology can enhance their understanding of the world around them and their everyday interpersonal relationships. The course meets one of the requirements for obtaining a teaching qualification by students from non-Psychology BA programs. Of course, these goals are interdependent, because if the course content accurately represents the nature of psychology, students' understanding and interest in the field will follow naturally. The aim is each topic to include the fundamental authors, research studies, and research results so that students could appreciate and understand the everyday relevance of psychology and its potential to improve the quality of their lives. The aim is students be exposed to the content - and promise - of psychology but also this to be done in a way that will trigger their interest in the area and, hopefully, will keep it alive.

**Requirements for enrollment: YES**

**If any, please describe the specific requirements:** Students must have active Moodle accounts and be enrolled in the first week of the respective semester.

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						Lectures	Exercises/ Seminars	Practical work		
FF I313	HISTORY OF PSYCHOLOGY	English	BA	Fall; Spring	3	30			Ludmilla Andreeva	<a href="mailto:andreeva@phls.uni-sofia.bg">andreeva@phls.uni-sofia.bg</a>

**Short description of the course (in the language of instruction):**

The course will answer the most basic question, Why study the history of psychology? Because it is psychology, all of it, and psychology cannot be studied seriously apart from its history. The importance of the history of psychology is seen every day in contemporary research. Every journal article which describes new results necessarily begins with the immediate history of the problem. And it is only that context of history, of what has led up to that particular research, that can give significance and meaning to the new findings. Its meaning and significance within psychology depends upon its relation to the larger ongoing history of which it is a part. The history of a science transcends the science itself. The history of a science as a kind of meta-science is rarely seen by the individual scientist who is confined to his own specialty, for the very historical contexts that bestow significance on any discovery or specialty reach back in time to prior contexts, which in turn have been generated by still prior causation. The purpose of history is to discover and understand this historical structure which lies at the very foundation of the logical surface of science and to which all present discovery is relative.

Current psychology is inseparable from its history with much greater degree than any other science. As a laboratory investigation, psychology is only a century old but as a body of insights, observations, and hypothesis, it is the oldest science in the world. Moreover, its history is a continuing discussion of the perennial and enduring problems of human and animal nature. It attempts to answer the same questions again and again, even by the same routes. Current work is the most recent voice in discussions which have been reproduced time and again throughout history. Thus, studying the history of psychology is relevant to present research and this is a fact which is not true of most of other sciences.

The course will help students to discover the historical structure under the logical surface of the science of psychology, to understand the present approaches and fads and their relevance to real questions, to comprehend psychology as a whole. Studying history is the only way to fully understand a field of such divergence and conflicting emphases as psychology, which is at the same time one of the central sciences of our era.

This course will provide an overview of the history of psychology from the mid-1800s to the present, with the earlier philosophical and practical underpinnings of psychological questions. The course will consider the history of the discipline with the goal of exploring how psychological thinking and methodology develop and students will be encouraged to consider issues of reflexivity and subjectivity as they pertain to the development of psychology and its research practices. In addition to learning about the major schools of psychology (e. g., Behaviorism, Psychoanalysis, Gestalt-psychology, etc.), the course will explore how cultural forces shape psychological theories and the experiences of the individual psychologists who develop them.

**Requirements for enrollment: YES**

**If any, please describe the specific requirements:** Students must have active Moodle accounts and be enrolled in the first week of the respective semester.

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FF Z013	ABNORMAL PSYCHOLOGY	English	BA	Fall; Spring	6	30			Ludmilla Andreeva	<a href="mailto:andreeva@phls.uni-sofia.bg">andreeva@phls.uni-sofia.bg</a>

**Short description of the course (in the language of instruction):**

The course takes a scientist-practitioner approach and emphasizes the rich blend of both the science and practice of abnormal psychology throughout the text. The developmental trajectory of each condition is discussed where appropriate and scientific findings with respect to race and gender are incorporated into discussions about each condition. Biological findings are integrated with findings from social and behavioral sciences, highlighting the complexity of abnormal behavior and how it is often influenced by a wide range of variables. Students are encouraged to look at psychological disorders along a continuum and analyze disorders in terms of whether the individual's behavior creates distress or impairs daily functioning. An effort is made to "bring to life" the nature of these conditions by providing vivid clinical descriptions.

**Requirements for enrollment: YES**

**If any, please describe the specific requirements:** Students must have active Moodle accounts and be enrolled in the first week of the respective semester.

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FF I001	<b>COMMUNICATION SKILLS</b>	English	BA	Fall; Spring	3	30			Ludmilla Andreeva	andreeva@phls .uni-sofia.bg

**Short description of the course (in the language of instruction):**

The course explores a topic with obvious relevance to students' own personal lives, and great potential for personal benefit. It emphasizes the transactional nature of interpersonal relationships. It presents communication not as a collection of techniques people use on others, but as a process they engage in with them. The students will learn that even the most competent communication doesn't always seek to create warm relationships and that even less personal interaction usually has the best chance of success when handled in a constructive, respectful manner. Grounded in scholarly research, the course stresses the importance of interpersonal communication in the workplace: it will equip students with communication strategies that will enhance career success. Topics include managing emotions on the job, effective nonverbal communication in employment interviews, avoiding negative self-fulfilling prophecies in the workplace, integrating newcomers into an organization's culture, dealing with workplace romances, and leaving a job on a positive note.

**Requirements for enrollment: YES**

**If any, please describe the specific requirements:** Students must have active Moodle accounts and be enrolled in the first week of the respective semester.

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						Lectures	Exercises/ Seminars	Practical work		

FF Z014	<b>SOCIAL COGNITION</b>	English	BA	Fall; Spring	6	30			Ludmilla Andreeva	andreeva@phls .uni-sofia.bg
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**Short description of the course (in the language of instruction):**

One of the defining features that sets human beings apart from other animals is not only our ability to think, but also our ability to be aware of what we are thinking. A second feature, although shared with some other animal species, is our sociability and the central importance we place on relationships with other people. These features are at the heart of social cognition: the manner in which we interpret, analyze and remember information about the social world. The course will present the three cognitive processes that we apply to our social world: (1) information we receive about other people (and ourselves, for that matter) is interpreted, i.e. the information is given meaning often by both the social context and our previous experience, cultural values, etc. (2) Social information is analyzed, i.e. the initial interpretation may be adjusted, changed or even rejected. (3) Social information is stored in memory from which it may be recalled or retrieved. Recalling information from memory may require considerable effort; effort that we may not always be willing to make. As “social world” refers both to other people and ourselves, theories and research presented in this course are equally about other people, ourselves, and about ourselves in interaction with other people.

**Requirements for enrollment: YES**

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FF Z018	<b>HEALTH PSYCHOLOGY</b>	English	BA, MA	Spring	5	45	15		Prof. Sonya Karabeliova, PhD, DSc	<a href="mailto:karabeluov@phls.uni-sofia.bg">karabeluov@p hls.uni-sofia.bg</a>

**Short description of the course :**

The content of this course is oriented towards the comprehensive presentation of the main topics in health psychology. The focus is on the interdependence between psychology and health – the role of beliefs and the models of behaviour, which are associated with positive physical and psychological human functioning and well-being. The health is defined from historical and socio-cultural perspective with focus on the dynamic essence of the concept. The different models of Health Psychology are critically analyzed from the viewpoint of their theoretical basis, application, empirical verification, and predictable abilities. The course helps students to understand and accept the cultural differences and their influence on the promotion of health and the prevention of diseases.

[http://phls.uni-sofia.bg/documents/articles/483/Health\\_Psy\\_eng.pdf](http://phls.uni-sofia.bg/documents/articles/483/Health_Psy_eng.pdf)

**Requirements for enrollment: NO**

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						Lectures	Exercises/Seminars	Practical work		
FF I309	CROSS CULTURAL STUDIES IN PSYCHOLOGY	English	BA, MA	Spring	3	30			Prof. Sonya Karabeliova, PhD, DSc	<a href="mailto:karabeluov@phls.uni-sofia.bg">karabeluov@phls.uni-sofia.bg</a>

**Short description of the course:**

This course aims to reveal the similarities and the differences in thinking, emotions, attitudes, value orientations, and motivation of people in different socio-cultural contexts. The course teaches theoretical concepts and skills for understanding of culture by focusing on issues related to conventional and specific knowledge of human behaviour. It includes topics on development, personality, emotions, communication, and other aspects of human behaviour in different cultural contexts. The course enables students to understand and accept cultural differences and their influence on human behaviour. It develops important research design skills and underlines the main steps of conducting national and cross-cultural studies and reporting their results.

[http://phls.uni-sofia.bg/documents/articles/483/cross\\_cultural\\_eng.pdf](http://phls.uni-sofia.bg/documents/articles/483/cross_cultural_eng.pdf)

**Requirements for enrollment: NO**

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FF Z001	INFERENTIAL STATISTICS	English	BA, MA	Fall	6	15	15		Prof. Sonya Karabeliova, PhD, DSc	<a href="mailto:karabeluov@phls.uni-sofia.bg">karabeluov@phls.uni-sofia.bg</a>

**Short description of the course:**

This is a core course designed to assist students in conducting psychological research. It includes research, planning, implementation procedures, analyses of research data, and interpretation of relevant results. The main aim of the course is to teach theoretical knowledge and skills for processing and analyzing research data, as well as for interpreting the results from the qualitative and quantitative statistical methods used in psychology research. Students use the SPSS statistical analysis software. The course concludes with a written theoretical exam, a practical exam, and a written assignment that includes description, analysis,

and interpretation of the results of one empirical study. Students wishing to improve their grade prepare a course paper.

<http://phls.uni-sofia.bg/documents/articles/219/Inferential%20Statistics.pdf>

**Requirements for enrollment: NO**

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						Lectures	Exercises/ Seminars	Practical work		
FF Z018	PERSONALITY PSYCHOLOGY	English	BA, MA	Fall	6	15	15		Assoc. Prof. D. Petrov	daniellp@phls .uni-sofia.bg

**Short description of the course:**

The course provides a critical analysis of the most significant issues in the area of personality psychology. Topics include: main approaches in the science of personality; units for conceptualizing persons; the role of dispositions; evolutionary bases of individual differences; concept of the self; the meaning of normality, abnormality, and deviance; consistency in behaviour; development and maintenance of personality problems; defense, coping and regulatory processes; emotion and motivation; personality and physical health; personality and ideological orientation. Upon completion of the course students will be able to: identify research methodologies involved in personality psychology, compare and contrast major classical theories of personality, recognize the contributions of authors and researchers, develop critical thinking using the parameters of each approach.

[http://phls.uni-sofia.bg/documents/articles/219/PERSONALITYpsychologyEN\\_MA\\_GENERAL\\_PSY.pdf](http://phls.uni-sofia.bg/documents/articles/219/PERSONALITYpsychologyEN_MA_GENERAL_PSY.pdf)

**Requirements for enrollment: NO**