

## **SPECIALITY PSYCHOLOGY**

Educational qualification: BACHELOR

Duration of study: 4 years (8 semesters)

Form of study: full-time and part-time, in Bulgarian and English languages

### **QUALIFICATION CHARACTERISTICS**

#### **I. GENERAL CHARACTERISTICS OF THE SPECIALITY**

The bachelor's program in Psychology aims to prepare specialists for different sectors of public practice and provides an opportunity for profiling and specialization of students in the field of acquiring knowledge and skills, ensuring the realization on the job market. Graduates will gain extensive knowledge of potential applications, a base for work in various socially significant areas such as education, work and organizational behavior, clinical, social and pedagogical practice. The program aims to achieve a thorough understanding of both the individual and society as a whole in terms of separate section of psychology and modern research.

The specialty "Psychology" meets the need for highly qualified staff, preparing professionals to develop and improve the cultural, educational and scientific system, bringing a high degree of professionalism and creativity in their work and a committed attitude to reality.

The educational documentation of the specialty is in accordance with the principles of modern university education, is oriented towards effective application of social knowledge, is focused on imposing stability and success in social and personal terms.

#### **II. ORGANIZATIONAL FRAMEWORK OF THE EDUCATION**

The structure of the curriculum includes compulsory, optional and facultative subjects. The training is conducted in Bulgarian and English.

Compulsory courses are aimed at conducting fundamental general theoretical training. The knowledge that is acquired within this training has a methodological, general, specialized and interdisciplinary nature.

Elective courses contribute to the deepening of general theoretical training. They provide specific knowledge and build on what is learned in compulsory subjects, emphasizing specific competencies and skills.

Facultative disciplines provide an opportunity to acquire knowledge and skills in accordance with the interests of students.

#### **III. AIMS OF THE SPECIALTY "PSYCHOLOGY"**

The education of students in the bachelor's program in Psychology aims to prepare specialists with the necessary qualifications to perform diagnostic, consultative, psychotherapeutic, research, pedagogical, management, media, advertising and other specialized activities in the public sphere.

According to the Ordinance on the state requirements for acquiring higher education at the educational-qualification degrees "bachelor", "master" and "specialist" (Art. 4), the education in Psychology must provide:

##### **1. Getting a complete idea of the nature of the professional field and the specialty:**

- The student, who graduate the specialty has sufficient and in-depth psychological knowledge, skills and competencies;
- Has the necessary theoretical and factual knowledge in the field of: history of psychology, the essence of psychology as a discipline, the different levels of psychological knowledge;
- Has mastered the conceptual apparatus;
- Has knowledge of methodological approaches to analysis.

## **2. Mastering broad-based theoretical knowledge and practical skills:**

- Applies thoroughly and comprehensively the acquired knowledge in his/her professional activity;
- Plans, prepares and conducts psychological research;
- Processes empirical information;
- Is able to analyse public opinion, attitudes and behaviour of social groups and individuals;
- Can work with different communities, contact with representatives of institutions at different levels.

## **3. Formation of skills for adaptability in accordance with the changing conditions**

### **in the realization of the specialists:**

- Orients and reacts in a timely manner in problematic social situations, to be able to competently assess them and offer solutions and real forecasts;
- Has an expert position on the trends in the Bulgarian and world reality;
- Can analyze, present and give complex assessments and recommendations in making important decisions for the development of society and social processes in international, national and regional contexts.

## **4. Acquisition of skills for independent professional work and teamwork:**

- Can take responsibility in his/her professional activity and demonstrate independent thinking;
- Has social and communicative competencies and is able to work in a team;
- Formulates instructions and suggestions, formulates problems and suggests solutions;
- Explains his/her views in an understandable way, to be able to understand and show solidarity with other participants in the process.

## **5. Development of conditions for educational mobility and international**

### **comparability of the acquired knowledge and acquired abilities:**

- Communicates in foreign languages, exchanges information;
- Is able to apply his/her knowledge and skills to solve specific tasks in an international environment;
- There is a formed attitude for lifelong learning;
- Has mobility and gaining skills in new and unusual situations.
- There is competitiveness on the job market in the country and abroad.

## **IV. PRACTICE**

The students' internship is carried out in:

- Day care centers for psychosocial rehabilitation of children and adults;
- Addiction therapy centers;
- Specialized institutions for people with disabilities;
- Schools and kindergartens;
- Municipal and private companies for professional selection;

- Consulting offices;
- The system of the Ministry of Interior, Regional Probation Service, penitentiary units;
- Non-governmental organizations;
- Human Resources Management Directorates and the Labor Office;
- Research centers and laboratories.

## **V. INTERNATIONAL MOBILITY:**

Under the European Erasmus program, there are agreements with universities in:

- Huelva and Cádiz, Spain,
- Torun and Wroclaw, Poland;
- Palermo, Italy;
- Bursa and Mersin, Turkey.

## **VI. PROFESION AND CARRIER DEVELOPMENT**

The educational qualification degree "Bachelor" in Psychology provides an opportunity for successful performance in prestigious areas of the social system and hierarchy, because the direction of training provides the necessary knowledge, skills and competencies. Bachelors have a solid foundation for future professional development in the field of psychodiagnostics and psychotherapy and for realization in various fields related to mental problems and interpersonal relationships: counseling units, psychiatric clinics, educational institutions, social services, research units and others.

The bachelor's program provides the necessary competencies and attitudes that will allow psychologists to adapt quickly and work successfully in the field of health /hospital and pre-hospital care, day care centers and specialized institutions for people with disabilities, psychological offices/, educational institutions /schools and kindergartens, specialized kindergartens/, social services, scientific units, consulting organizations, the system of the Ministry of Interior, penitentiary institutions, non-governmental organizations, in human resources management units, as well as in the private sector.

In parallel with the basic education or in a postgraduate qualification course, the students are provided with the opportunity to receive additional pedagogical qualification for teachers in disciplines of the philosophical cycle in the secondary schools in the Republic of Bulgaria.

Those who have obtained a bachelor's degree in Psychology have the opportunity:

- to specialize in various forms of postgraduate qualification and continuing education;
- to continue their education in the educational qualification degree "master" and further "PhD".

## **CONTENTS OF CURRICULUM**

<b>First year</b>			
First semester	ECTS cerdits	Second semester	ECTS cerdits

Introduction to psychology	7	Neuroscience	7
Cognitive psychology	10	Personality psychology	8
Neuroscience	7	Social Psychology	9
Design and ethics in academical writing	3	Sport	0
Elective course from first group - 1	3	Elective course from second group - 1	3
		Elective course from second group - 2	3
	<b>Total 30</b>		<b>Total 30</b>
<b>Second year</b>			
Third semester	ECTS cerdits	Fourth semester	ECTS cerdits
Psyche and health	5	Educational psychology	8
History of psychology	4	History of psychology	8
Psychopathology	5	Differential psychology	8
Developmental psychology in childhood and adolescence	7	Elective course from fourth group - 1	3
Psychology of communication	3	Elective course from fourth group - 2	3
Sport	0		
Elective course from third group - 1	3		
Elective course from third group - 2	3		
	<b>Total 30</b>		<b>Total 30</b>
<b>Third year</b>			
Fifth semester	ECTS cerdits	Sixth semester	ECTS cerdits
Clinical psychology	6	Clinical psychology	6
Experimental psychology	6	Experimental psychology	5
Psychological measurements	6	Psychological measurements	6
Psychology of deviant behaviour	6	Occupational psychology	7
Elective course from fifth group - 1	3	Elective course from sixth group - 1	3
Elective course from fifth group - 2	3	Elective course from sixth group - 2	3
	<b>Total 30</b>		<b>Total 30</b>
<b>Fourth year</b>			
Seventh semester	ECTS cerdits	Eighth semester	ECTS cerdits
Psychology of stress	4	Consluting psychology	5
Psychology of adult development	8	Psychology of management	5
Organizational psychology	8	Elective course from eighth group - 1	3
Elective course from seventh group - 1	3	Elective course from eighth group – 2	3
Elective course from seventh group – 2	3	Trainee practice – 2-nd part	4
Trainee practice – 1-st part	4	Written state exam of thesis defense	10
	<b>Total 30</b>		<b>Total 30</b>
<b>Elective courses first group</b> <i>Students choose two disciplines</i>	ECTS cerdits	<b>Elective courses second group</b> <i>Students choose two disciplines</i>	ECTS cerdits

Philosophy	3	Logic	3
Psychology of defense mechanisms	3	Psychopharmacology	3
Psychology of Art	3	Preventive psychology	3
Basic of psychoanalysis	3	Business psychology	3
Evolutionary psychology	3	Psychology of conflicts	3
English language	3	Psychology and technology	3
		English language	3
<b>Elective courses third group</b> <i>Students choose two disciplines</i>	ECTS cerdits	<b>Elective courses fourth group</b> <i>Students choose two disciplines</i>	ECTS cerdits
Ethics	3	Criminal psychology	3
Forensic psychology	3	Statistical methods in psychology	3
Consumer psychology	3	Sociology	3
Political science	3	Psychology of advertising	3
Sports psychology	3	Psychology of correctional and educational work	3
Psychology of security	3	Traffic psychology	3
English language	3	English language	3
<b>Elective courses fifth group</b> <i>Students choose two disciplines</i>	ECTS cerdits	<b>Elective courses sixth group</b> <i>Students choose two disciplines</i>	ECTS Cerdits
Sociology of sex	3	Professional psychodiagnostics	3
Penitentiary psychology	3	Ethnopsychology	3
Psychology of family relationships	3	Economical psychology	3
Psychologist's professional activity	3	Spelling and orthoepey	3
Folk psychology	3	Psycholinguistics	3
Positive psychology	3	Personality and depression	3
English language	3	English language	3
<b>Elective courses seventh group</b> <i>Students choose two disciplines</i>	ECTS cerdits	<b>Elective courses eighth group</b> <i>Students choose two disciplines</i>	ECTS cerdits
Psychology of abnormal development	3	Neuropsychology	3
Social psychiatry	3	Anthropology of religion	3
Socio-psychological training	3	Psychoprophylaxis and prevention	3
Political psychology	3	Psychotherapy	3
Psychology of employment and unemployment	3	Child counseling	3
Aesthetics	3	Psychology of addictions and addictive behaviours	3
English language		English language	3

**TOTAL (HOURS OF COMPULSORY, ELECTIVE COURSES AND SPORT) FOR 4 ACADEMIC YEARS: 240 CREDITS**

## ANNOTATIONS OF COURSES

### COMPULSORY COURSES

#### INTRODUCTION TO PSYCHOLOGY

**ECTS credits:** 7

**Assessment method:** exam

**Semester:** I

**Methodological guidance:**

**Hours:** 4 lectures + 2 practical exercises

**Type of exam:** written

**Department of Psychology,**

Faculty of Philosophy

**Lecturer: Assoc. Prof. Dr. Stoil Mavrodiev;** Department of PsychologyE-mail: [stoil\\_m@swu.bg](mailto:stoil_m@swu.bg)**Annotation:**

The Introduction to Psychology course includes the following content modules:

1. Basic concepts of psychology;
2. Methodological foundations of psychological science;
3. Structure of psychological sciences;
4. Classification of psychological phenomena;
5. Methods of psychology.

**Content of the course:**

The content of the course includes and elaborates on the following topics and issues: The subject and object of psychology. The nature of the psyche. Phenomenology of psychic life. The entire categorical apparatus of psychology. Psychological terminology. Levels and profiles of psychological knowledge.

**Teaching and assessment method:**

The assessment of students' achievements in the learning process across various academic disciplines is conducted in accordance with the credit transfer and accumulation system. The final grade for each academic discipline is determined at the end of the course based on the grade received for a written response to a question related to a topic covered in the lecture course and the grade for the student's independent (extracurricular) work.

## COGNITIVE PSYCHOLOGY

**ECTS credits:** 10**Assessment method:** exam**Semester:** I**Methodological guidance:****Department of Psychology,**

Faculty of Philosophy

**Lecturer: Assoc. Prof. Zornitsa Totkova, PhD;** Department of PsychologyE-mail: [z.totkova@gmail.com](mailto:z.totkova@gmail.com)**Hours:** 4 lectures + 2 practical exercises**Type of exam:** written**Annotation**

Cognitive psychology is a branch of general psychology that studies mental processes, including how people think, perceive, and learn, and examines in depth the formation of knowledge. The main focus of the discipline is on how individuals operationalize information, i.e., how they perceive, process, and use this information. The primary goal of the course is to familiarize students with the essence of cognitive psychology and the reasons for its emergence, as well as to provide fundamental knowledge concerning the cognitive processes that mediate human cognition. More specifically, the Cognitive Psychology program reveals the nature of the cognitive processes through which people maintain contact with the continuous flow of information and explores the processes involved in organizing and interpreting everything that reaches human senses.

**Content of the course:**

In parallel, topics related to emotional and volitional processes are also included, allowing for a more detailed examination of the content of cognitive processes and their

connection to human personality. Through studying the course, students acquire the ability to uncover the specifics of the outlined processes, the relationships between them, and their informational capabilities. The course contributes to the development of a broad spectrum of intellectual and language skills and theoretical knowledge, which are formed in parallel with other important disciplines in this curriculum. Depending on the demonstrated level of prior preparation, updates to the content, scope, and depth of the topics covered, as well as the teaching methods, are foreseen.

**Teaching and assessment method:**

Ongoing assessment includes attendance at lectures, participation in discussions, preparation of presentations, solving problems, tests, quizzes, and coursework. The training in this discipline concludes with a written exam on the material covered, according to the syllabus.

**NEUROSCIENCE 1-st and 2-nd part**

**ECTS credits:** 9

**Hours:** 4 lectures + 4 practical exercises

**Assessment method:** Ongoing assessment and exam

**Type of exam:** written

**Semester:** I and II

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturers:** Assist. Prof. Desislava Drenska, Ph.D.,M.D./ Assist. Prof. Blagovesta Dafkova, Ph.D., Department of Psychology

E-mail: [ddrenska@swu.bg](mailto:ddrenska@swu.bg)/ [bl\\_dafkova@swu.bg](mailto:bl_dafkova@swu.bg) /

**Annotation**

The academic course in Neuroscience is structured in two interconnected parts. The first part introduces fundamental concepts in the Anatomy and Physiology of the nervous system, with a focus on systems relevant to psychological functioning. The objective is to equip students with essential knowledge about the structural and functional organization of the nervous system, its role in mental processes and states, and the use of specialized terminology.

The nervous system consists of two major components: Central nervous system (CNS), which includes the brain and spinal cord, and Peripheral nervous system (PNS), comprising corresponding anatomical substructures. The brain itself is subdivided into the cerebrum (with two cerebral hemispheres), the brainstem, and the cerebellum. Functionally, the cerebral cortex is highly differentiated, with the frontal, parietal, temporal, and occipital lobes containing centers responsible for diverse and essential functions. The basic unit is the specialized nerve cell, or neuron.

The Neuropsychology course logically follows Neuroscience as its second part. It encompasses overlapping areas between the multidisciplinary field of psychology and various medical specialties, focusing on both classical and contemporary aspects of neurocognitive analysis and functioning. Neuropsychology examines the relationships and interdependencies between heterogeneous brain structures and processes, both in normative functioning and pathology, including attention, memory, sensory information processing, planning and execution of complex motor actions, executive functions, and linguistic, emotional, and behavioral regulation.

Neuropsychological assessment is a fundamental method for diagnosing cognitive impairments and for differentiating conditions with clinical presentations mimicking cognitive disorders. The objective of the program is for students to acquire knowledge about higher cortical functions and their deficits, to become familiar with empirical features and

localization-related brain damage, and to understand current phenomena such as neuroplasticity, neurotrophicity, and neuroregeneration.

### **Content of the course:**

The first part of the Neuroscience course with emphasis on fundamental Anatomy and Physiology of the nervous system, is tailored to a psychology-oriented curriculum and includes the following main topics: Overview of structural and functional characteristics; Types of nerve fibers, synapses and neurotransmitters; Brain - topographical anatomy and functional differentiation; Organization of the cerebral cortex; General and specialized sensory systems; Autonomic nervous system; Spinal cord - morphological features and functions; Physiology of sleep and sleep disorders; Contemporary concepts of stress, associated psychological and somatic consequences and “anti-stress” programs; Biological foundations and psychological correlates of Burnout syndrome.

The second part of the Neuroscience course covers the field of Neuropsychology and includes the following core topics: Attention - definition, classification and types of impairment; Memory - definition, classification and types of impairment; Gnosis and Agnosia; Praxis and Apraxia; Language system and types of disorders; Executive functions - definition and levels of impairment; Neuropsychological assessment - stages and age-specific aspects; Clinical features and therapeutic approaches to abnormal cognitive functioning.

### **Teaching and assessment method:**

Student performance in the course is evaluated in accordance with the European Credit Transfer and Accumulation System (ECTS). The final grade is determined at the end of the course based on two components: the written response to a question related to a topic covered in the lecture series and the assessment of the student's independent (extracurricular) work.

## **DESIGN AND ETHICS OF ACADEMIC WRITING**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** I

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer: Chief. Assis. Prof. Gergana Stanoeva, PhD;** Department of Psychology

E-mail: [gerystanoeva@swu.bg](mailto:gerystanoeva@swu.bg)

**Hours:** 2 lectures + 1 practical exercise

**Type of exam:** written

### **Annotation**

The course "*Design and Ethics of Academic Writing*" aims to develop students' skills in creating high-quality academic texts that meet scholarly standards. The course covers the processes of planning, information gathering, structuring, and argumentation in an academic context. Attention is given to language norms, citation rules, and the avoidance of plagiarism, as well as to the editing and proofreading of texts. In addition to written communication, the course also addresses oral academic presentation. Through practical exercises, students master various genres of academic writing such as essays, reports, term papers, and theses, while also acquiring skills in analytical and critical thinking; systematic presentation of results from psychological research; and understanding of scientific discourse. The discipline "*Design and Ethics of Academic Writing*" is interdisciplinary, with strong connections to many other scientific fields. It provides fundamental skills that support learning and research activities in academic disciplines such as *Research Methodology*, *Linguistics and Stylistics*, *Experimental Psychology*, *Psychological Measurement*, and all other fields related to communication within scientific communities.



**Content of the course:**

The course *"Design and Ethics of Academic Writing"* introduces students to the fundamental principles of creating scholarly texts—from idea generation and planning, through structuring, argumentation, and linguistic clarity, to final editing. Emphasis is placed on the ethical dimensions of writing, including the avoidance of plagiarism, proper citation practices, and academic integrity. The course develops skills in critical thinking, source evaluation, literature review writing, and presenting research findings in accordance with academic standards. Through practical exercises, students master key academic genres and acquire competencies applicable across various scientific disciplines.

**Teaching and assessment method:**

The course is delivered through interactive lectures, seminars, and practical workshops aimed at developing skills in independent writing, editing, and analysis of academic texts. Students actively participate in discussions, peer review activities, and the presentation of their own projects. Assessment includes continuous evaluation (participation and assignments), intermediate written tasks, a course project, and a final written exam. The approach is learning-oriented and provides opportunities for receiving constructive feedback throughout the course.

## **PSYCHOLOGY OF PERSONALITY**

**ECTS credits:** 8**Hours:** 4 lectures + 2 practical exercises**Form of knowledge assessment:** exam**Type of exam:** written**Semester:** II**Methodological guidance:****Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Bilyana Yordanova, Ph.D., Department of PsychologyE-mail: [b\\_iordanova@swu.bg](mailto:b_iordanova@swu.bg)**Annotation:**

The Psychology of Personality course presents the main paradigms and models of personality based on them, primarily focusing on theoretical frameworks that allow for competing interpretations and exploring their implications for understanding psychological reality. Seminars and practical sessions provide students with opportunities for individual preparation on specific topics. Independent work is encouraged through the development of presentations—from selecting relevant sources to delivering the final presentation. The course also includes practice-oriented activities, such as an introduction to popular methods for studying personality, referencing and discussing classical research, and conducting mini-research assignments within seminar and practical groups.

**Content of the course:**

The course covers fundamental concepts and theories in personality psychology, including personal dispositions, emotions, temperament, character, motivation, self-concept, stress, and stressful conditions. It discusses key constructs such as major directions in personality psychology, self-image and self-esteem, attitudes, values, abilities, needs, emotional regulation, and the influence of heredity and environment on personality development. The curriculum also addresses mental health and personality pathology, the relationship between personality and health, and the social constructivism of norms and pathology. Personality is presented as a set of factors that define each individual and their role within society, where thoughts, feelings, and behaviors contribute to each person's uniqueness.

**Teaching and assessment method:**

The lecturer delivers the Psychology of Personality course through lectures and assigns independent extracurricular projects. The lecture component follows a traditional format, incorporating group work, interactive teaching methods, and multimedia tools. Seminar sessions facilitate discussions and the analysis of scientific articles, while practical classes involve working with test methodologies and conducting laboratory experiments. The course spans one semester, and student assessment is based on participation during classes and the results of independent work. The final grade comprises scores from individual assignments and written papers, culminating in a written exam.

## **SOCIAL PSYCHOLOGY**

**ECTS credits:** 9

**Assessment method:** exam

**Semester:** II

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Zornitsa Totkova, Ph.D., Department of Psychology

E-mail: [z.totkova@gmail.com](mailto:z.totkova@gmail.com)

**Hours:** 4 lectures + 2 practical exercises

**Type of exam:** written

### **Annotation:**

Social psychology is a scientific field within modern psychology that studies the mechanisms of mutual influence and interaction between individuals, groups, and society, as well as the ultimate outcomes of these influences and interactions. The main focus of the discipline is to examine the impact people have on the beliefs, feelings, and behaviors of others, as well as the influence of situations in which a person finds themselves. The primary goal of the course is to provide information about the development and nature of social psychology, the issue of personality and the process of human socialization, the psychology of groups and crowds, as well as interpersonal and intergroup relations that occur within society.

### **Content of the course:**

The Social Psychology program explores in depth conflict, aggression, communication, and leadership as psychological phenomena arising in a social context. By studying the course, students acquire the ability to identify the specifics of the discussed phenomena and constructs and the relationships between them. The course contributes to the development of a broad range of intellectual and language skills and theoretical knowledge, formed in parallel with other important disciplines in the curriculum. Depending on the demonstrated level of prior preparation, updates to the content, scope, and depth of the topics covered, as well as the teaching methods, are foreseen.

### **Teaching and assessment method:**

Ongoing assessment includes attendance at lectures, participation in discussions, preparation of presentations, solving problems, tests, quizzes, and coursework. The training in this discipline concludes with a written exam on the material covered, according to the syllabus.

## **PSYCHE AND HEALTH**

**ECTS credits:** 5

**Assessment method:** exam

**Semester:** III

**Methodological guidance:**

**Hours:** 2 lectures + 2 practical exercises

**Type of exam:** written

**Department of Psychology,**

Faculty of Philosophy

**Lecturer: Assoc. Prof. Teodor Gergov, Ph.D.,** Department of PsychologyE-mail: [teodor@swu.bg](mailto:teodor@swu.bg)**Annotation:**

The course explores a range of topics that justify and explain the interaction between the psyche and health. In the modern world, many factors contribute to well-being, yet numerous challenges to maintaining health still persist. There is a growing recognition that the psyche acts as an integrating and guiding force within the human system, and that the functioning of all other systems depends greatly on its condition. At the same time, the psyche is among the most vulnerable aspects of the human being, sensitive to a wide range of life circumstances. For this reason, preserving psychological health plays a crucial role in maintaining overall well-being. This highlights the importance of understanding the connection between psyche and health.

By studying this course, students will become familiar with the role of mental processes in the maintenance and recovery of health. They will also develop skills for promoting and adopting healthy behavioral models.

**Content of the course:**

The course is grounded in a wide range of both theoretical perspectives and empirically validated approaches. It provides students with knowledge of core concepts within the discipline—such as psyche, health, personality, mental processes, reflection, adaptation, habits, and the mutual relationships between mental and physical health. It addresses both consciously organized and spontaneous responses to psychophysical challenges, as well as motivation, values, and more.

The course explains the complex dynamics of the interaction between the psyche and health, and emphasizes the role of mental processes and self-regulation in preserving and enhancing health. Students will develop practical skills to apply the acquired knowledge in real-life contexts.

**Teaching and assessment method:**

Assessment of students' achievements throughout the course is carried out in accordance with the credit transfer and accumulation system. The final grade in the course is based on two components: the written exam covering topics discussed during lectures, and the evaluation of the student's independent (out-of-class) work.

## HISTORY OF PSYCHOLOGY

**ECTS credits:** 12**Hours:** 2 lectures + 1 practical exercise**Assessment method:** Ongoing assessment and exam**Type of exam:** written**Semester:** III and IV**Methodological guidance:****Department of Psychology,**

Faculty of Philosophy

**Lecturer: Assoc. Prof. Stoil Mavrodiev, D.Sc.,** Department of PsychologyE-mail: [stoil\\_m@swu.bg](mailto:stoil_m@swu.bg)**Annotation:**

The History of Psychology course includes the following content modules:

1. Introductory issues in the history of psychology;

2. Theories and views on the psyche before psychology became an independent science;

3. The emergence and development of psychology as an independent science – major schools in psychology.

**Content of the course:**

The course is a selective study of psychological concepts, ideas, theories, and schools that provide students with the necessary knowledge about the emergence and development of psychology as a central element of modern science.

**Teaching and assessment method:**

The assessment of students' achievements in the learning process across various academic disciplines is conducted in accordance with the credit transfer and accumulation system. The final grade for each academic discipline is determined at the end of the course based on the grade received for a written response to a question related to a topic covered in the lecture course and the grade for the student's independent (extracurricular) work.

## PSYCHOPATHOLOGY

**ECTS credits:** 5

**Assessment method:** exam

**Semester:** III

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assist. Prof. Desislava Drenska, Ph.D., M.D., Department of Psychology

E-mail: [ddrenska@swu.bg](mailto:ddrenska@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The academic course in Psychopathology provides specialized academic training encompassing the extensive range of issues related to mental disorders and abnormal behavior. The curriculum addresses personality difficulties and disorders, which are characterized as deeply entrenched and enduring patterns of behavior. By their nature, pathological responses to personal and social situations represent profound or significant deviations from the typical ways in which an average individual within a given cultural context perceives, thinks, feels and interacts with others. The presence of such conditions frequently serves as a predisposing factor for potential clinical deviance or criminal conduct. Consequently, this discipline is mandated as a compulsory component within the Bachelor's degree program.

The program explores diverse facets of deviant individual behavior and delineates specific standards and criteria that are consistent with personal and societal norms as well as the regulatory frameworks governing the individual's functioning within society. The objective is to impart comprehensive knowledge and develop practical competencies necessary for utilizing contemporary classification systems alongside specialized diagnostic methodologies for distinct psychopathological deviations. The curriculum critically examines disharmonious attitudes and dysfunctions across various functional domains - including emotional regulation, excitatory processes, impulse control, perceptual and cognitive styles - situationally maladaptive behaviors, age-related factors and impairments in occupational and social adaptation.

**Content of the course:**

The Psychopathology course is structured in alignment with a psychology-oriented academic framework and covers several principal topics: psychotic disorders (notably Schizophrenia), Affective disorders (Bipolar disorder), non-psychotic conditions such as

Anxiety disorders, Obsessive-Compulsive disorders, Conversion disorders and a spectrum of personality difficulties and disorders.

**Teaching and assessment method:**

Student achievement is assessed in accordance with the European Credit Transfer and Accumulation System (ECTS). The final grade is awarded upon completion of the course, based on a written examination addressing topics covered in the lecture series and the evaluation of the student's independent (extracurricular) academic work.

## **PSYCHOLOGY OF DEVELOPMENT IN CHILDHOOD AND ADOLESCENCE**

**ECTS credits:** 7

**Assessment method:** exam

**Semester:** III

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Teodor Gergov, PhD, Department of Psychology

**E-mail:** [teodor@swu.bg](mailto:teodor@swu.bg)

**Hours:** 2 lectures + 2 practical exercises

**Type of exam:** written

**Annotation:**

The subject of the discipline "Psychology of Development in Childhood and Adolescence" focuses on the dynamics of mental phenomena across different stages of age-related development. The course provides summarized information for the regularities on age mentally development through the early ones stages from life cycle on The person. They look at is questions concerning is to periodization on the child's development; factors for formation on the psyche; the specificity on cognitive, emotional, volitional processes through different age-related periods and features on the dynamics on development on personality.

**Content of the course:**

In meaningful aspect are included the following modules: 1) historical and methodological problems on Psychology of Development in Childhood and Adolescence, theoretical and problems on development; 3) ideological grounds for age periodization; 4) socio - psychological characteristic on the individual age-related periods from birth to the twentieth year. The problem is also affected for the activity in Psychology of Development in Childhood and Adolescence.

**Teaching and assessment method:**

Assessment of students' achievements throughout the course is carried out in accordance with the credit transfer and accumulation system. The final grade in the course is based on two components: the written exam covering topics discussed during lectures, and the evaluation of the student's independent (out-of-class) work.

## **PSYCHOLOGY OF COMMUNICATION**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** III

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief. Assis. Prof. Gergana Stanoeva, PhD; Department of Psychology

**Hours:** 2 lectures + 1 practical exercise

**Type of exam:** written

E-mail: [gerystanoeva@swu.bg](mailto:gerystanoeva@swu.bg)

**Annotation:**

Psychology of Communication is a discipline that explores the fundamental psychological principles and mechanisms underlying interpersonal communication. The main aim of the course is to examine the processes of perceiving, interpreting, and transmitting information within various social contexts. Students will acquire both theoretical knowledge and practical skills for effective communication, which is essential for their professional and personal development. The course has an interdisciplinary nature, integrating concepts from social psychology, cognitive psychology, and communication sciences.

**Content of the course:**

Students are introduced to the theoretical foundations of communication, such as communication models, barriers to communication, nonverbal communication, active listening, techniques for effective questioning, effective message delivery, and assertiveness. The course also includes analysis of various communication situations and examples from professional practice, such as business, healthcare, and counseling.

**Teaching and assessment method:**

The course is conducted through lectures, interactive seminars, and role-playing exercises, which will allow students to apply theoretical knowledge in practical communication. Students participate in discussions, case analyses, and practice effective communication skills. Assessment includes participation in lectures and seminars, completion of individual tasks, group projects, and a final written exam.

## EDUCATIONAL PSYCHOLOGY

**ECTS credits:** 7

**Assessment method:** exam

**Semester:** IV

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Teodor Gergov, PhD, Department of Psychology

Email: [teodor@swu.bg](mailto:teodor@swu.bg)

**Hours:** 3 lectures + 2 practical exercises

**Type of exam:** written

**Annotation:**

Educational psychology reveals key principles and psychological conditions for the development of students' personalities. It is an interdisciplinary field situated between pedagogy and psychology, offering scientific insight into the teaching and learning processes in schools. Through pedagogical psychology, students learn the psychological principles of education, the application of which enhances the effectiveness of the teaching-learning process. They become familiar with the conditions that support optimal perception, thinking, imagination, memory, and effective learning across all academic subjects, contributing to the harmonious development of students' personalities.

**Content of the course:**

Educational psychology outlines how different academic subjects can be integrated to develop thinking skills, willpower, emotions, temperament, and character, ultimately fostering a well-rounded and harmonious personality. It brings to the forefront previously overlooked topics such as self-awareness, self-regulation, self-assessment, self-development, reflection, and the development of the students' self-concept. In this way, it contributes to a significant



shift in the teacher's role—from one of influence to one of interaction, from traditional instruction to self-education, and from externally guided development to self-development.

Through seminar exercises, students cultivate interest and develop skills in applying a research-based approach to the teaching-learning process. By solving, analyzing, and interpreting psychological tests related to personality traits, anxiety, and character, students gain a deeper understanding of themselves and prepare to understand their own future students. The lecture-based component of the course aims to reinforce each student's belief that every teacher's investment in the psychological development of their students is highly worthwhile and rewarding.

**Teaching and assessment method:**

Assessment of students' achievements throughout the course is carried out in accordance with the credit transfer and accumulation system. The final grade in the course is based on two components: the written exam covering topics discussed during lectures, and the evaluation of the student's independent (out-of-class) work.

## **DIFFERENTIAL PSYCHOLOGY**

**ECTS credits:** 8

**Assessment method:** exam

**Semester:** IV

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Bilyana Yordanova, PhD, Department of Psychology

E-mail: [b\\_iordanova@swu.bg](mailto:b_iordanova@swu.bg)

**Hours:** 3 lectures + practical exercises

**Type of exam:** written

**Annotation:**

The Differential Psychology course offers a scientific perspective that links psychological theory with the practical application of assessments of individual differences in real-world contexts. It presents the most significant and recent literature on personality, intellectual abilities, cognitive styles, and other individual differences such as creativity, emotional intelligence, professional interests, and economic behavior. Special attention is given to differences in mental states across large groups of people—such as between genders and various social groups within society.

**Content of the course:**

The course covers fundamental concepts and theories related to individual differences. It introduces methodological and theoretical approaches in the field of differential psychology. The influence of these methods and theories is explored through illustrative examples and real-world scenarios. Students learn about individual differences in abilities and how personality is shaped by heredity and environmental influences, including upbringing and culture. The course also discusses hereditary traits (biological and genetic factors) and mental characteristics (intelligence, abilities, and character).

**Teaching and assessment method:**

Students engage in the study of Differential Psychology via lectures and independent extracurricular projects. The lecture component is traditional, incorporating group work, interactive teaching methods, and multimedia resources. Seminar sessions involve discussions and critiques of scientific articles, while practical classes focus on working with testing methodologies and conducting laboratory experiments. The course lasts one semester, and students' participation in class activities and independent work are evaluated for exam

eligibility. The final grade combines assessments of independent activities, written assignments, and a written exam.

## CLINICAL PSYCHOLOGY

**ECTS credits:** 12

**Hours:** 2 lectures + 2 practical exercises

**Assessment method:** Ongoing assessment and exam

**Type of exam:** written

**Semester:** V and VI

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer: Chief. Assis. Prof. Gergana Stanoeva, PhD;** Department of Psychology

E-mail: [gerystanoeva@swu.bg](mailto:gerystanoeva@swu.bg)

### **Annotation:**

Clinical psychology is a branch of applied psychology focused on understanding, diagnosing, and treating mental disorders, as well as emotional and behavioral problems. It integrates theory, scientific research, and practice with the goal of improving mental health and the overall well-being of individuals. The main methodological approaches include clinical interviews, psychodiagnostic tests, observation, and various forms of psychotherapy. There are diverse therapeutic models, among which the psychodynamic, cognitive-behavioral, and humanistic approaches stand out. Particular importance is placed on ethical principles and professional standards, which ensure conscientious and effective work with clients in various contexts – individual, group, or institutional. In the modern context, clinical psychology plays a key role in interdisciplinary teams and in the prevention of mental illnesses, with increasing attention given to cultural sensitivity and personalized interventions.

### **Content of the course:**

Key topics of the course include psychopathology, assessment of mental disorders, diagnostic tools and interviews, as well as various forms of therapy, such as individual psychotherapy, family therapy, and group therapy. Special attention is given to ethical principles in clinical practice and issues related to confidentiality and working with vulnerable groups.

### **Teaching and assessment method:**

The course is delivered through lectures, discussions, case analyses, and practical exercises, which will enable students to master key techniques for diagnosis and therapeutic intervention. During the course, students become familiar with real clinical situations through examples and role-playing. Assessment includes continuous evaluation, participation in discussions and seminar sessions, analysis of clinical case studies, a written project, and a final exam. The course emphasizes the development of practical skills and critical thinking in the context of clinical practice.

## EXPERIMENTAL PSYCHOLOGY

**ECTS credits:** 11

**Hours:** 2 lectures + 2 practical exercises

**Assesment method:** Ongoing assessment and exam

**Type of exam:** written

**Semester:** V and VI

**Methodological guidance:**

**Department of Psychology**

Faculty of Philosophy

**Lecturer: Prof. Stanislava Stoyanova, Ph.D.,** Department of Psychology

E-mail: [avka@swu.bg](mailto:avka@swu.bg)



**Annotation:**

The course “Experimental psychology” is studied during two semesters as a compulsory subject of the Bachelor curriculum of Psychology. It includes 120+90 hours extra-curricular activity. The goals of the course “Experimental psychology” are: the basic terms in the experimental psychological research to be clarified; a clear understanding of the essence and peculiarities of the experiment as a method of research to be achieved, as well as of the conditions of its application and the limitations in its use; the skills for carrying out of the experimental psychological studies to be formed (planning, conducting experiments and analyzing data); the skills for presentation of the results from the experimental psychological research as a scientific paper to be formed; the professional ethics requirements of the psychological activity to be known and applied.

**Content of the course:**

The course in “Experimental psychology” includes the following modules of content: 1) principles and methods of the experimental psychological research; 2) structure of the experimental psychological research; 3) experimental designs; 4) psychological research of the cognitive processes and personality.

**Teaching and assessment method:**

The lectures are held by means of the use of contemporary technical equipment as multimedia, software, models, interactive methods, etc. The practical exercises are held in the laboratories.

The students’ extra-curricular activity represents the preparation and presentation of a scientific research; conducting psychological studies; testing; summarizing of articles and book chapters; essays on topics related to personal experiences and observations; analysis of cases.

Assessment of the students’ results is done accordingly to the ECTS. The final grade for the course is formed at the end of the course on the basis of the assessment of a written test on some topics from the content of the course, as well as on the basis of the assessment of the student's independent (extra-curricular) work.

Final grade calculation is done by using a 6-point rating scale: the rating 6 equals level A on ECTS; the rating 5 equals level B on ECTS; the rating 4 equals level C on ECTS; the rating 3 equals level D on ECTS; the rating 2 equals level E on ECTS.

## **PSYCHOLOGICAL MEASUREMENTS**

**ECTS credits:** 12**Hours:** 2 lectures + 2 practical exercises**Assesment method:** Ongoing assessment and exam**Type of exam:** written**Semester:** V and VI**Methodological guidance:****Department of Psychology**

Faculty of Philosophy

**Lecturer:** Prof. Stanislava Stoyanova, Ph.D., Department of PsychologyE-mail: [avka@swu.bg](mailto:avka@swu.bg)**Annotation:**

The course “Psychological measurements” is studied during two semesters as a compulsory subject of the Bachelor curriculum of Psychology. It includes 120+120 hours extra-curricular activity.

The goals of the course “Psychological measurements” are: the basic terms of psychological measurement and assessment to be clarified; the whole process of construction of a psychological test to be presented; the skills to be formed for application of psychological

tests in the spheres of the clinical practice, education and staff selection; the skills to be formed for conducting computer testing; the skills to be formed for presenting the results from a psychological study in the form of a scientific paper; the professional ethics requirements of the psychological activity to be known and applied.

**Content of the course:**

The course in “Psychological measurements” includes the following modules of content: 1) process of measurement; 2) construction of a psychological test; 3) typology of psychological tests; 4) applied aspects of psychological testing – in clinical practice, school environment, staff selection; computer testing; 5) unidimensional and multidimensional scaling in psychology.

**Teaching and assessment method:**

The lectures are held by means of the use of contemporary technical equipment as multimedia, software, models, and interactive methods. The practical exercises are held in the laboratories.

The students’ extra-curricular activity represents preparation and presentation of a scientific research; conducting psychological studies; testing; summarizing of articles and book chapters; essays on topics related to personal experiences and observations; analysis of cases; adaptation of a test.

Assessment of the students’ results is done accordingly to the ECTS. The final grade for the course is formed at the end of the course on the basis of the assessment of a written test on some topics from the content of the course, as well as on the basis of the assessment of the student's independent (extra-curricular) work.

Final grade calculation is done by using a 6-point rating scale: the rating 6 equals level A on ECTS; the rating 5 equals level B on ECTS; the rating 4 equals level C on ECTS; the rating 3 equals level D on ECTS; the rating 2 equals level E on ECTS.

## **PSYCHOLOGY OF DEVIANT BEHAVIOR**

**ECTS credits:** 6

**Assessment method:** exam

**Semester:** V

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief Assis. Prof. Emelina Zaimova-Tsaneva, Ph.D., Department of Psychology

E-mail: [emelina\\_z@swu.bg](mailto:emelina_z@swu.bg)

**Hours:** 3 lectures+ 2 practical exercises

**Type of exam:** written

**Annotation:**

The course Psychology of Deviant Behavior presents basic knowledge for understanding deviant behavior in a social and psychological context. The conceptual foundations, typologies, theories, factors, and forms of deviant behavior are studied. The emphasis is on understanding the causes and manifestations of aggressive, dependent, delinquent, suicidal, and other socially unacceptable behaviors. Diagnosing, prevention, and intervention methods are examined, as well as the psychologist's role in working with deviant individuals and groups.

**Content of the course:**

The discipline introduces students to the specific psychological characteristics of the forms of deviance, the scientific justification of the mechanisms for the manifestation of each of them, and their mutual influence on the individual's behavior. It examines the psychological characteristics of individuals with deviant manifestations in terms of age and scientifically justifies them.

**Teaching and assessment method:**

The assessment of the results achieved by students in the process of learning in the various academic disciplines is carried out by the system of transfer and accumulation of credits. The final grade in the academic discipline is formed at the end of the course of study based on the grade obtained from a written exam in the form of a test, including open and closed questions based on the topics studied in the lecture course, the grade from the student's independent (out-of-class) work and the grade from ongoing control.

## **OCCUPATIONAL PSYCHOLOGY**

**ECTS credits:** 7**Assessment method:** exam**Semester:** VII**Methodological guidance:****Department of Psychology**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Ivan Kretev, PhD, Department of PsychologyE-mail: [ikrustev@swu.bg](mailto:ikrustev@swu.bg)**Hours:** 4 lectures +2 practical exercises**Type of exam:** written**Annotation:**

The course in Occupational Psychology explores the fundamental properties of the mental structure and regulation of labor activity. It examines how these properties are involved in solving individual tasks across all types of work, as well as processes related to goal setting, motivation, establishing an indicative basis, designing action plans, making decisions about implementation methods, and monitoring progress through relatively stable operational images that guide specific activities. The subject matter includes the processes of activation and mental automation, which influence the mental regulation of labor activity. The course also covers the prevention of over fatigue, trauma, and professional deformation of personality, as well as ways to enhance the content of work, create conditions for the multifaceted development of personality, and foster the deployment of individual abilities.

**Content of the course:**

The course provides both theoretical knowledge and practical skills for understanding the functions and interrelations of cognitive, emotional, and conative mental processes that underpin work behavior in various activity situations. Students will acquire knowledge and develop psychological skills to identify the relationship between cognitive mental processes and personal characteristics such as temperament, character, anxiety, and aggressiveness—key internal factors influencing mental regulation and self-regulation of individual and group work behavior.

**Teaching and assessment method:**

Training in Occupational Psychology is conducted through lectures and independent extracurricular projects. The lecture component follows a traditional format, incorporating group work, interactive teaching methods, and multimedia resources. Seminar classes involve discussions and analysis of scientific articles, while practical classes include working with testing methodologies and conducting laboratory experiments.

This is a one-semester course. To be admitted to the exam, students must actively participate in classes and complete independent assignments. The final grade is based on both the results of independent work and written assessments, and it is only awarded after successfully passing a written examination.

## **PSYCHOLOGY OF ADULT DEVELOPMENT**

**ECTS credits:** 8

**Assessment method:** exam

**Semester:** VII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Teodor Gergov, PhD, Department of Psychology

E-mail: [teodor@swu.bg](mailto:teodor@swu.bg)

**Hours:** 2 lectures + 2 practical exercises

**Type of exam:** written

**Annotation:**

The objectives of the academic discipline are to clarify key concepts, developmental factors, and research methods. It aims to reveal the specific characteristics of the development of mental processes, traits, and states, and to provide an overview of personality development across different age periods.

**Content of the course:**

The course Psychology of Adult Development includes the following content modules:

- Methodological issues;
- Characteristics of mental processes, traits, and structures;
- Psychological characteristics of age periods;
- Developmental crises;
- Influence of social factors on development; and
- Attitudes toward life.

**Teaching and assessment method:**

The assessment of students' achievements throughout the learning process in the various academic disciplines is carried out according to the credit transfer and accumulation system. The final grade in each academic discipline is formed at the end of the course based on the evaluation of a written response to a question on a topic covered in the lecture course and the assessment of the student's independent (extracurricular) work.

## PSYCHOLOGY OF STRESS

**ECTS credits:** 7

**Assessment method:** exam

**Semester:** I

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Dr. Stoil Mavrodiev; Department of Psychology

E-mail: [stoil\\_m@swu.bg](mailto:stoil_m@swu.bg)

**Hours:** 4 lectures + 2 practical exercises

**Type of exam:** written

**Annotation:**

It is essential to understand how mental processes, traits, and states can influence health positively or negatively, and what their actual role is in an individual's life in our society. The knowledge acquired by the psychologist will enable them to contribute more purposefully and effectively to society.

- To clarify the basic concepts and theories in the psychology of stress
- To gain a clear understanding of the nature and specifics of stress-inducing factors and stress-related concepts

- To develop skills in using research methods for the assessment and diagnosis of stress-related conditions

**Content of the course:**

The course Psychology of Stress includes the following thematic modules:

1. Theories of stress
2. Stress-inducing factors and stress-related conditions
3. Occupational stress

**Teaching and assessment method:**

Assessment: Ongoing student participation and activity during classes are recorded, including their involvement in activities, ability to analyze and evaluate the connections between psychological functioning and health, diagnose causes leading to health issues, and make appropriate psychological recommendations based on objective needs for health improvement.

## **ORGANIZATIONAL PSYCHOLOGY**

**ECTS credits:** 8

**Assessment method:** exam

**Semester:** VII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Bilyana Yordanova, PhD, Department of Psychology

E-mail: [b\\_iordanova@swu.bg](mailto:b_iordanova@swu.bg)

**Hours:** 3 lectures + 2 practical exercises

**Type of exam:** written

**Annotation:**

The Organizational Psychology course provides specialized training on issues related to human behavior within work and social environments. The course has a practical orientation, involving real research and practical exercises to prepare students to develop and apply the skills necessary for successful implementation in the real economic sector and human resource management. Its focus is on the interaction between organizations and the individuals who work within or with them, aiming to enhance their effectiveness. The course highlights the intersections between social and organizational psychology, emphasizing social psychological processes in labor and civil organizations. Another distinctive aspect of the course is the study and understanding of organizational processes from various perspectives—at the individual, group, and organizational levels.

**Content of the course:**

The curriculum covers fundamental concepts and theories in organizational psychology. Key topics include organizational structure and culture, leadership and diverse approaches to its study and understanding, as well as power and influence. Special emphasis is placed on group processes in the workplace—such as communication, teamwork, and conflicts. The course explores core concepts, theories, and methods in organizational psychology, focusing on the essence, objectives, and mechanisms of various organizational units and the functional capabilities of organization and management. It also examines the relationship between individual and group work behavior.

**Teaching and assessment method:**

The course Organizational Psychology is delivered through lectures and independent extracurricular projects. The lecture component is traditional, incorporating group work, interactive teaching methods, and multimedia tools. Discussions take place during seminar classes, where scientific articles are analyzed. Practical sessions involve working with test methodologies and conducting laboratory experiments. The course lasts one semester, and

students are evaluated based on their participation during classes and the results of independent work. The final grade combines scores from individual contributions and written assignments and is awarded after successful completion of a written examination.

### **PRACTICAL TRAINING**

**ECTS credits:** 8

**Assessment method:** Ongoing assesment and exam

**Semester:** VII and VIII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer: Chief. Assis. Prof. Simona Nikolova, Ph.D.,** Department of Psychology

E-mail: [simona.nikolova@swu.bg](mailto:simona.nikolova@swu.bg)

**Hours:** 100

**Type of exam:** written

#### **Annotation:**

Students studying in the bachelor's program carry out a compulsory practical internship in the VII and VIII semester. The purpose of the practical internship is for the students to become familiar with the work of practicing specialists in a real professional environment and to be able to implement an activity under supervision, in accordance with the content of their studies in the bachelor's program.

#### **Content of the course:**

- The head of the practical internship instructs the student-interns before starting the practical internship;
- The head of the internship assigns the students by order of the Rector to institutions with which an institutional contract has been concluded;
- Every student is obliged to certify the internship book with the inspector of the education department;
- The basic mentor prepares a program and schedule, which is agreed with the head of the practice;
- During the practical internship, each student keeps a diary for the implementation of the practical tasks;
- The basic mentor takes into account the presence and commitment of the student during the practice and finally sets an overall assessment of the student's work;
- After completing the practical internship, the student prepares a portfolio-report, including a detailed description of the activities and completed practical tasks during the practical internship.

#### **Teaching and assessment method:**

Students who have successfully completed a practical internship at the relevant base institution are admitted to the exam. The final assessment includes the assessment by the basic mentor (mentor), the presented portfolio-report, and is formed after an interview with the head of practice, including the defense of the acquired knowledge and skills during the internship. At the end of the internship book, there are two survey cards: for the student and the basic mentor, in which they enter their assessment and opinion about the practical internship and recommendations for its improvement.

### **COUNSELING PSYCHOLOGY**

**ECTS credits:** 5

**Assessment method:** exam

**Semester:** VIII

**Hours:** 3 lectures + 2 practical exercises

**Type of exam:** written



**Methodological guidance:****Department of Psychology,**

Faculty of Philosophy

**Lecturer: Chief. Assis. Prof. Gergana Stanoeva, PhD;** Department of PsychologyE-mail: [gerystanoeva@swu.bg](mailto:gerystanoeva@swu.bg)**Annotation:**

Counseling Psychology is an interdisciplinary field focused on supporting and developing human potential in the face of personal, interpersonal, and professional challenges. The discipline explores the psychological foundations of the counseling process, key theoretical paradigms (such as humanistic, cognitive-behavioral, and existential approaches), as well as the core skills and techniques used when working with clients. Special emphasis is placed on building a trusting counselor-client relationship, active listening, ethical principles, and cultural sensitivity.

Although theoretically grounded, the discipline also has a strong practical dimension – it prepares future professionals to be effective support in situations of crisis, stress, life transitions, or seeking direction. The role of the psychologist in the counseling process is not only related to overcoming the difficulties that arise, but also to providing support in the process of personal development and self-awareness.

**Content of the course:**

Throughout the course, students will engage with real case examples, practice essential communication and intervention skills. Special attention is given to ethical principles and professional standards in working with clients. The specifics of counseling when working with children, families, and couples, as well as in crisis situations, are discussed. The approaches for intervention in cases of loss, trauma, violence, and acute stress reactions are explored, as well as strategies for psychosocial support and interinstitutional collaboration.

**Teaching and assessment method:**

The course is delivered through interactive lectures, discussions, case study work, and practical exercises (including role plays and simulations). Reflection and the development of self-awareness are encouraged throughout the learning process. Assessment includes continuous evaluation (participation, assignments, and presentations), case analysis, a written project, and a final written exam. Emphasis is placed on the practical application of knowledge and on receiving constructive feedback during the course.

## PSYCHOLOGY OF MANAGEMENT

**ECTS credits:** 5**Assessment method:** exam**Semester:** VIII**Methodological guidance:****Department of Psychology,**

Faculty of Philosophy

**Lecturer: Assoc. Prof. Natasha Angelova, Ph.D,** Department of PsychologyEmail: [natasha\\_v@swu.bg](mailto:natasha_v@swu.bg)**Hours:** 3 lectures + 2 practical exercises**Type of exam:** written**Annotation:**

The course in Psychology of Management can be defined as the study of the regularities in the interaction between the subject and the object of managerial influence. A more detailed analysis of the subject includes a psychological analysis of the activities of the

manager, the psychological characteristics of the personality of the manager, the characteristics of his social roles, the leadership style he applies, the regularities of communication and interaction with the managed, the resolution of conflict situations and the making of managerial decisions.

**Content of the course:**

The course includes basic concepts and theories in the field of management. Students should obtain a certain amount of knowledge relating to the psychological regularities of the behavior of the manager in the management system, the regularities of jointly implemented activities and the prerequisites for its effectiveness, the psychological regularities for the effective implementation of managerial impacts. Not only in theory, but also in practice, students are convinced that the main goal of human resource management is associated with the competent assistance that must be provided to the individual in clarifying the extent to which his personal and professional characteristics correspond to the requirements of the profession and the conditions for its exercise.

**Teaching and assessment method:**

Training in the discipline Psychology of Management is carried out through lectures and the assignment of independent extracurricular projects. The lecture course is traditional and includes group work, the use of interactive teaching methods and multimedia. In the seminar classes, discussions are held and scientific articles are commented on, and in the practical classes, students work with test methodologies and carry out laboratory experiments. The course is one-semester and for admission to the exam, individual activity during the classes and the results of independent work are assessed. The final grade in the discipline includes the grades from both independent work and written papers and is formed after a written exam is passed.

## **ELECTIVE COURSES**

### **PHILOSOPHY**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** I

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

Lecturer: Assoc. Prof. Silviya Kristeva, Ph.D., **Department “Philosophical and Political Sciences”**

E-mail: [silvia\\_kristeva@swu.bg](mailto:silvia_kristeva@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The course introduces students to the field of philosophy and defines its subject matter. The projects for a system of philosophy and psychology are outlined. The self-formed philosophical sciences and those scientific fields born from the modern thematic interests of philosophy are traced. With basic problems, terms and ideas, key philosophers from the genesis of modern philosophical development to the present day are introduced. Specific philosophical methods are considered, which are presented as the basis for independent branches of philosophy. The course concludes with projections to contemporary global society and the state and future of philosophy and psychology.

**Content of the course:**

The aim of the course is to introduce students first of all to the subject and field of philosophy, to the specifics of theoretical philosophical knowledge, to create understanding



and mastery of the basic set of terms and methods of philosophy. The emphasis of the course is to outline the horizons of the contemporary state of philosophy and to introduce students to the related problems of philosophy and psychology.

**Teaching and assessment method:**

The educational process is carried out through lectures and supervised extracurricular work. The lecture course is traditional, but also includes interactive methods and multimedia, and on specific topics, the content of which allows for a wider methodological basis, talks, discussions, debate, discussion, associative method, discussion of specific texts or significant works of art are also used, independent and collective work on the learning material. In the semester, two tests are conducted on the main concepts derived from the content of the curriculum topics. Students also develop written works during the training in the course. The final grade in the course includes the marks on both the tests and the written works and is formed after a written exam.

## **PSYCHOLOGY OF DEFENSE MECHANISMS**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** I

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Dr. Teodor Gergov; Department of Psychology

E-mail: [stoil\\_m@swu.bg](mailto:stoil_m@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

This course in Psychology of Defense Mechanisms presents three types of means through which the sense of personal worth is preserved and maintained. Primarily, the course includes the basic intrapsychic defense mechanisms.

**Content of the course:**

Through the study of repression, denial, rationalization, projection, and other mechanisms, it becomes possible to uncover unconsciously activated methods for blocking the emergence of anxiety, guilt, and shame related to one's own imperfection. Effectively functioning mechanisms create conditions for canceling the awareness of one's inferiority by means of neutralization or desensitization of specific cognitive processes.

**Teaching and assessment method:**

Student performance in this course is evaluated according to the European Credit Transfer and Accumulation System (ECTS). The final grade is formed at the end of the course based on the assessment of a written response to a question on a topic covered in the lectures and the evaluation of the student's independent (out-of-class) work.

## **PSYCHOLOGY OF ART**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** I

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Bilyana Yordanova, PhD, Department of Psychology

E-mail: [b\\_iordanova@swu.bg](mailto:b_iordanova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The course in Psychology of Art includes a detailed presentation of the psychological structure of artistic depiction and age-related features of visual activity. The course is a systematic exposition in historical terms of the main psychological concepts and discussions regarding the essence of art, styles in art, aesthetic categories. The benefit of the psychological view of artistic practice is demonstrated through the presentation of leading psychological interpretations of certain periods or styles in art, and in view of the academic context, of which the discipline is a part, the emphasis is placed on fine arts and individual characteristics of the personality.

The assessment in this course is formed at the end of the course of study by assessing the students' answers to written questions.

**Content of the course:**

- basic concepts in the psychology of art;
- analysis of the general and specific in the psychological characteristics of artistic activity, of the causes, essence and specificity of phenomenological manifestations and the prognosis of various forms of creative activity;
- basic knowledge of the technology of conducting psychological diagnostics of artistic activity;

**Teaching and assessment method:**

The training in the elective course Psychology of Art is carried out through lectures and assignment of independent extracurricular projects. The lecture course is traditional and includes group work, use of interactive teaching methods and multimedia. The course lasts one semester, and students are evaluated based on their participation during classes and the results of independent work. The final grade combines scores from individual contributions and written assignments and is awarded after successful completion of a written examination.

## **FOUNDATIONS OF PSYCHOANALYSIS**

**ECTS credits:** 3**Assessment method:** exam**Semester:** I**Methodological guidance:****Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Dr. Stoil Mavrodiev; Department of PsychologyE-mail: [stoil\\_m@swu.bg](mailto:stoil_m@swu.bg)**Hours:** 2 lectures**Type of exam:** written**Annotation:**

The Foundations of Psychoanalysis program aims to introduce students to the most general issues of psychoanalysis: the Oedipus complex, defense mechanisms, and forms of manifestation of the unconscious.

**Content of the course:**

The course generally addresses issues related to drug addiction – the specifics of individual drugs, their manifestations, and their impact on the body and psyche. The terminological apparatus includes concepts such as: the unconscious, sublimation, symptoms, defense mechanisms, drives, morality, signs, symbols, archetypes, complexes, etc.

**Teaching and assessment method:**

The assessment of students' achievements in the learning process across various academic disciplines is conducted in accordance with the credit transfer and accumulation system. The final grade for each academic discipline is determined at the end of the course

based on the grade received for a written response to a question related to a topic covered in the lecture course and the grade for the student's independent (extracurricular) work.

## **EVOLUTIONARY PSYCHOLOGY**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** I

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assist. Prof. Blagovesta Dafkova, Ph.D, Department of Psychology

Email: [bl.dafkova@swu.bg](mailto:bl.dafkova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

### **Annotation:**

The course in Evolutionary Psychology includes the following content modules:

- 1) Methodological issues;
- 2) Mental processes;
- 3) Mental actions.

### **Content of the course:**

The aim of this course is to clarify fundamental questions related to the emergence, nature, and development of the psyche, to reveal the progressive evolution of mental processes, and to highlight the nature and specifics of various mental actions.

### **Teaching and assessment method:**

The assessment of students' achievements during the course is conducted in accordance with the European Credit Transfer and Accumulation System (ECTS). The final grade is formed based on the evaluation of a written answer to a topic covered during lectures and the assessment of the student's independent (out-of-classroom) work.

## **ENGLISH**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** I

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assist. Prof. Bogdan Filatov, Department of German and Romance Studies

E-mail: [bogdanf@swu.bg](mailto:bogdanf@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

### **Annotation**

The course focuses on updating basic communication skills in accordance with the rules of the English language. At the end of the training, students should have an active set of words and phrases corresponding to language skills for levels A1 and A2, according to the Common European Framework of Reference for Languages. They should be able to read, listen and understand texts in English and master specialized terminology from the field of psychology, as well as create texts for different purposes and be able to express themselves in this language so that they are understood by other speakers.

The aim of the English course is to help students acquire knowledge of grammatical rules, basic lexical knowledge, develop receptive listening skills and productive speaking skills, as well as writing texts using terminology from the field of psychology.

### **Content of the course:**

1. "You and Me" – the verb "to be", personal and possessive pronouns, the verbs have, like, go, live, Possessive 's – 4 hours
2. "Good Job" – Present Simple Tense; Questions and negations – 4 hours
3. "Work Hard, Play Hard" – Present Simple Tense. Adverbs of frequency; Reading and translating texts from the field of psychology - 4 hours
4. "Somewhere To Live" – the expression there is; use of a/some/any/this/that/these/those – 4 hours
5. "Super Me" – the verb "can"; Past Simple Tense. Past forms of the verb "to be". Reading and translating texts from the field of psychology – 4 hours
6. "Life's Ups and Downs" – Past Simple Tense – regular and irregular verbs – 4 hours
7. Present Continuous Tense. Reading comprehension activities. Listening comprehension activities. Speaking activities. Writing activities – 6 hours

Exercises are conducted throughout the course. Students work on the textbook, as well as they do additional exercises such as Reading comprehension, Listening comprehension, Speaking and Writing activities.

#### **Teaching and assessment method:**

The assessment of the knowledge of students in the "Psychology" major is complex and objective. The assessment of the results achieved in the process of student education is in accordance with the requirements of Regulation No. 21/ 30.09.2004, published in the State Gazette, issue 89 of 30.09.2004, on the implementation of the system of accumulation and transfer of credits.

The main form of verification and assessment of student knowledge is the written one. The knowledge and skills of students are assessed according to the six-point system, which includes: Excellent 6, Very good 5, Good 4, Average 3, Weak 2. During the semester, periodic control is carried out by conducting tests.

### **PSYCHOPHARMACOLOGY**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** II

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assist. Prof. Desislava Drenska, M.D., Department of Psychology

E-mail: [ddrenska@swu.bg](mailto:ddrenska@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

#### **Annotation**

The academic course in Psychopharmacology is designed to acquaint students with the foundational principles of Pharmacology as a science, as well as with various classes of pharmaceutical agents that exert selective actions on the Central nervous system (CNS) and modulate processes of mental activity. The course explores the effects of these agents on a variety of cognitive domains - including attention, memory, executive functions and others and their influence on human behavior, particularly in the context of dependence on alcohol and psychoactive substances (PAS). Consequently, this discipline is offered as an optional within the undergraduate curriculum.

The primary objective is to introduce key pharmacological concepts pertaining to the most frequently used medications in the treatment of diverse psychiatric disorders and pathological conditions. The course also provides a comprehensive review of potential drug interactions, adverse drug reactions and side effects. Emphasis is placed on fundamental definitions, such as drug (pharmaceutical substance) and medicinal product; the various

dosage forms and routes of administration; placebo and nocebo effects; general versus personalized therapy and the principal categories of psychopharmacological agents.

**Content of the course:**

The Psychopharmacology course is structured to align with a psychology-focused educational framework and covers the following thematic areas: specialized terminology (an adapted pharmacological glossary), principles of good clinical practice, pharmacology of pain management, hypnotics (sedative agents), antidepressants, antipsychotic medications and additional relevant drug classes.

**Teaching and assessment method:**

Student achievement is assessed in accordance with the European Credit Transfer and Accumulation System (ECTS). The final grade is awarded at the conclusion of the course based on the student's written response to a question on a lecture topic, combined with an evaluation of independent (extracurricular) work completed during the course.

## LOGIC

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** II

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Silviya Kristeva, Ph.D., Department "Philosophical and Political Sciences"

E-mail: [silvia\\_kristeva@swu.bg](mailto:silvia_kristeva@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

In the course of the lectures, students gradually become aware with the main theoretical cores of traditional logic and move through the corpus of concepts and schematics on the main forms of thinking. The course also introduces students to the contemporary and most provocative ideas in logic research. The basis of logical theories about the elements and structure of human thinking is presented; systematic work is done to acquire skills for logical and graphic modeling. At the same time, a general picture of the course of philosophical ideas and heuristic moments that generated innovative theories and solutions in the field of logic, pushing forward theoretical and scientific development, including up to the present day, is given. The course is based on traditional logic and classical systems of modern logic.

**Content of the course:**

The main problem areas are the following: subject matter and theoretical genesis of logic, theory of logical forms, theory of concept, of judgment, of inference, classical and non-classical logical systems, introduction to propositional logic, predicate logic, and theory of relations.

**Teaching and assessment method:**

During the semester, students take tests for each internal thematic module. The passed tests form the current assessment. The semester exam covers: written development of a theoretical question from a predefined syllabus – determined by an exam ticket drawn by the student. Criteria on which to evaluate the written paper are: the sake of completeness, accuracy in interpreting the scientific facts, stylistic and terminological precision. The course ends with examination syllabus in writing.

## PREVENTIVE PSYCHOLOGY

**ECTS credits:** 3

**Assessment method:** exam

**Hours:** 2 lectures

**Type of exam:** written

**Semester: II**

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer: Chief Assis. Prof. Emelina Zaimova-Tsaneva, Ph.D.,** Department of Psychology

E-mail: [emelina\\_z@swu.bg](mailto:emelina_z@swu.bg)

**Annotation:**

The course presents the basics and application of prevention in psychology. Students are introduced to theoretical and practical models for identifying, assessing, and minimizing risk factors leading to mental, behavioral, and social problems. The emphasis is on primary, secondary, and tertiary prevention, the development of psychological support programs, early intervention, and mental health promotion in different groups - children, adolescents, families, and vulnerable communities. The course prepares students for practical work in the field of prevention of addictions, aggression, school maladjustment, stress, and emotional disorders.

**Content of the course:**

The course examines the essence and application of prevention in psychology and methods for organizing activities aimed at limiting, preventing, or protecting against various forms of maladaptive, asocial behavior.

**Teaching and assessment method:**

The assessment of the results achieved by students in the process of learning in the various academic disciplines is carried out by the system of transfer and accumulation of credits. The final grade in the academic discipline is formed at the end of the course of study based on the grade obtained from a written exam in the form of a test, including open and closed questions based on the topics studied in the lecture course, the grade from the student's independent (out-of-class) work and the grade from ongoing control.

## **BUSINESS PSYCHOLOGY**

**ECTS credits: 3**

**Assessment method:** exam

**Semester: II**

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer: Assoc. Prof. Ivan Kretev, PhD,** Department of Psychology

E-mail: [ikrustev@swu.bg](mailto:ikrustev@swu.bg)

**Hours:** 2 hours

**Type of exam:** written

**Annotation:**

The current Business Psychology lecture course is designed to provide students with a comprehensive understanding of how psychological principles are applied across various facets of the business environment. The course covers key areas such as interpersonal business relations, advertising strategies, corporate communication, and motivational techniques. Emphasis is placed on examining the psychological factors that influence decision-making, leadership, and organizational culture, enabling students to develop skills to effectively analyze and improve business practices through psychological insights.

**Content of the course:**

This course delves into the distinctive personality characteristics and behavioral traits of managers and entrepreneurs, highlighting their roles as organizers, leaders, and innovators within the economic sphere. It explores how individual differences impact managerial effectiveness and entrepreneurial success. The curriculum also includes an in-depth study of principles and practical strategies for conducting successful business negotiations with



partners, clients, and stakeholders. Special attention is given to psychological training methods tailored to enhance negotiation skills, such as role-playing exercises, simulation scenarios, and cognitive-behavioral techniques. These methods aim to develop students' ability to navigate complex business interactions and foster mutually beneficial relationships.

**Teaching and assessment method:**

Student evaluation is conducted through a structured credit transfer and accumulation system, allowing for a comprehensive assessment of academic progress across various disciplines. The final course grade is assigned at the end of the academic term and reflects a combination of performance metrics. Assessment components include a written examination focused on key lecture topics, designed to test theoretical knowledge and critical understanding. Additionally, students are evaluated based on their independent work completed outside of class, such as research projects, case studies, or reflection papers. This dual approach ensures a balanced appraisal of both conceptual mastery and practical application of psychological principles in business contexts.

## **PSYCHOLOGY OF CONFLICTS**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** II

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief Assis. Prof. Emelina Zaimova-Tsaneva, Ph.D., Department of Psychology

E-mail: [emelina\\_z@swu.bg](mailto:emelina_z@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The course in Psychology of Conflicts provides knowledge related to the overall conflict resolution process. This process begins with understanding the nature, origin, causes, types, and consequences of conflicts. Of particular importance for the practical activity of the psychologist are topics that relate to the study of the type of behavior in conflict situations, techniques for individual and group work in resolving conflicts, and methods for resolving conflicts.

Studying these issues will allow the psychologist to prevent, manage, and, if necessary, constructively resolve conflicts in various areas of life and activity of people and organizations.

**Content of the course:**

The course includes the study of conflicts as a socio-psychological phenomenon and various theoretical approaches to understanding conflicts. The essence of conflicts, their origin, causes, types and consequences are examined. Methods for studying behavior in conflict situations and techniques for individual and group work in resolving conflicts are studied. Attention is paid to the place of mediation in the work of the psychologist.

**Teaching and assessment method:**

The assessment of the results achieved by students in the process of learning in the various academic disciplines is carried out by the system of transfer and accumulation of credits. The final grade in the academic discipline is formed at the end of the course of study based on the grade obtained from a written exam in the form of a test, including open and closed questions based on the topics studied in the lecture course, the grade from the student's independent (out-of-class) work and the grade from ongoing control

## **PSYCHOLOGY AND TECHNOLOGIES**

**ECTS credits:** 3

**Hours:** 2 lectures

**Assessment method:** exam

**Type of exam:** written

**Semester:** II

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assistant Prof. Dr. Blagovesta Dafkova, Department of Psychology

**Email:** [bl.dafkova@swu.bg](mailto:bl.dafkova@swu.bg)

**Annotation:**

"Psychology and Technologies" is an elective course intended for undergraduate students in Psychology, taught over one semester. The curriculum is structured around the integration of behavioral sciences and technical skills. The course illustrates changes in unconscious psychophysiological processes.

**Content of the course:**

Students who complete the "Psychology and Technologies" course will:

- Become familiar with accessible and practical ways to observe and improve mental health;
- Learn concepts such as heart rate, brain activity levels, sleep quality, health and biological indicators, assessed via various devices;
- Work with technical methodologies for training and rehabilitation of the nervous system in cases of speech, motor, behavioral, and mental disorders;
- Learn about various forms of integration with counseling/psychotherapy;
- Observe demonstrations of stress response tracking and emotional activation during individual or group counseling/therapy sessions;
- Be able to guide individuals on how to participate in the development and maintenance of their mental health;

**Teaching and assessment method:**

The following are assessed:

- Quality and depth of written coursework;
- Ability to present and defend course papers and their theses;
- Demonstration of knowledge, skills, and competence;
- Use of a creative approach in solving case studies;
- Ability to work independently during out-of-class activities;

**Final grade:** Students receive a grade on a six-point scale. To be admitted to the semester exam, students must earn a minimum of 65 points through ongoing assessment. Otherwise, they must submit additional independent work to reach the required minimum.

**Exemption from the final exam:** Not applicable.

**ENGLISH**

**ECTS credits:** 3

**Hours:** 2 lectures

**Assessment method:** exam

**Type of exam:** written

**Semester:** II

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assist. Prof. Bogdan Filatov, Department of German and Romance Studies

E-mail: [bogdanf@swu.bg](mailto:bogdanf@swu.bg)

**Annotation**

The course focuses on updating basic communication skills in accordance with the rules of the English language. At the end of the training, students should have an active set of



words and phrases corresponding to language skills for levels A1 and A2, according to the Common European Framework of Reference for Languages. They should be able to read, listen and understand texts in English and master specialized terminology from the field of psychology, as well as create texts for different purposes and be able to express themselves in this language so that they are understood by other speakers.

The aim of the English course is to help students acquire knowledge of grammatical rules, basic lexical knowledge, develop receptive listening skills and productive speaking skills, as well as writing texts using terminology from the field of psychology.

**Content of the course:**

1. "You and Me" – the verb "to be", personal and possessive pronouns, the verbs have, like, go, live, Possessive's – 4 hours
2. "Good Job" – Present Simple Tense; Questions and negations – 4 hours
3. "Work Hard, Play Hard" – Present Simple Tense. Adverbs of frequency; Reading and translating texts from the field of psychology - 4 hours
4. "Somewhere To Live" – the expression there is; use of a/some/any/this/that/these/those – 4 hours
5. "Super Me" – the verb "can"; Past Simple Tense. Past forms of the verb "to be". Reading and translating texts from the field of psychology – 4 hours
6. "Life's Ups and Downs" – Past Simple Tense – regular and irregular verbs – 4 hours
7. Present Continuous Tense. Reading comprehension activities. Listening comprehension activities. Speaking activities. Writing activities – 6 hours

Exercises are conducted throughout the course. Students work on the textbook, as well as they do additional exercises such as Reading comprehension, Listening comprehension, Speaking and Writing activities.

**Teaching and assessment method:**

The assessment of the knowledge of students in the "Psychology" major is complex and objective. The assessment of the results achieved in the process of student education is in accordance with the requirements of Regulation No. 21/ 30.09.2004, published in the State Gazette, issue 89 of 30.09.2004, on the implementation of the system of accumulation and transfer of credits.

The main form of verification and assessment of student knowledge is the written one. The knowledge and skills of students are assessed according to the six-point system, which includes: Excellent 6, Very good 5, Good 4, Average 3, Weak 2. During the semester, periodic control is carried out by conducting tests.

## **ETHICS**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** III

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief Assistant Prof. Nina Mireva-Ilieva, Ph.D., Department "Philosophical and Political Sciences"

E-mail: [ninail@swu.bg](mailto:ninail@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The discipline "Ethics" is closely related to the general philosophical solutions given by philosophical theories, as well as to the problems of the essence of man, considered by philosophical anthropology. The ethical aspects of these decisions place the course in close

relation to philosophy of religion and aesthetics. This underscores the importance of an ethics course that acquaints students with the historical development and current state of ethical scholarship. Objectives of the course: 1. Enrichment of students' theoretical foundation of knowledge and their modern way of thinking, which includes adequate orientation in the many faces of morality. 2. A comprehensive representation of the moral world in its quality (rather than quantitative exhaustiveness) to serve as a key to adequately navigating the many faces of morality. 3. Stimulating interest and forming an attitude towards ethical concepts and issues, without necessarily pursuing educational goals and making the ethics course dependent on them. 4. Building students' skills for independent development and interpretation of ethical issues, as well as the application of these skills in solving professional tasks.

**Content of the course:**

Essence of the ethical relations. History of ethics. General ethical categories: good, evil, etc. The moral world of man.

**Teaching and assessment method:**

The course grade is formed on the basis of ongoing and final grades. Ongoing assessments are formed by the results of development of a written work or thematic essay, attendance at lectures, quality of work on assigned tasks. The evaluation of the written exam is based on the following criteria: knowledge of the concepts of the individual authors; ability to compare philosophical theses; range of ideas on which the student dwelled.

## CONSUMER PSYCHOLOGY

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** III

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Ivan Kretev, PhD, Department of Psychology

E-mail: [ikrustev@swu.bg](mailto:ikrustev@swu.bg)

**Hours:** 2 hours

**Type of exam:** written

**Annotation:**

The Consumer Psychology course aims to explore and elucidate the underlying needs and desires driving consumer actions. To accomplish this, it is essential to study and analyze consumer behaviors, which is inherently complex—since consumers are often unaware of their true needs and may act in ways that contradict their expressed desires.

**Content of the course:**

Fundamental concepts and theoretical frameworks in consumer psychology. An overview of research methodologies and multi-attribute decision models used in the field. Examination of individual differences, psychological processes, and decision-making strategies employed by consumers. Marketing techniques and tactics designed to influence consumer behavior.

**Teaching and assessment method:**

This elective course Consumer Psychology is delivered over one semester through a combination of lectures and independent extracurricular projects. Instruction involves traditional lectures, group activities, interactive teaching methods, and multimedia presentations to foster engaging learning experiences. Assessment criteria include active participation during classes and the quality of independent work. Students' final grades are determined based on their performance in independent assignments, written papers, and a concluding written exam, which must be successfully completed to earn a course credit.

## FORENSIC PSYCHOLOGY

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** III

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assist. Prof. Iva Dimitrova, Ph.D., Department of Psychology

**Email:** [idimitrova@swu.bg](mailto:idimitrova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

### **Annotation:**

The course *Forensic Psychology* presents the main research areas, approaches, conceptual framework, and branches within the field of Legal Psychology. It explores psychological patterns within the "law-human" system. Key topics include defining the objectives of legal psychology, its methods, the definition of the term "criminal", the specifics of legal professionals' work, causes of criminal behavior, victim behavior motives, and the responsibilities of psychologists working within the legal system. The course aims to provide students with specialized knowledge in both legal psychology and the psychology of antisocial behavior, along with related applied activities. This course is not an independent scientific field but includes structured information from various branches of psychology. The knowledge and skills acquired by students are essential for their future professional development.

### **Content of the course:**

The content follows a traditional approach, covering the essence, subject, objectives, and history of legal psychology. Topics also include the relationship between legal psychology and other sciences, psychological foundations of law, branches of legal psychology, psychology of antisocial behavior, and forensic psychological expertise.

### **Teaching and assessment method:**

Teaching is conducted through lectures, case studies, and discussions, using multimedia tools and practical tasks for real-life application. Emphasis is placed on active student participation and the practical application of knowledge. Assessment is carried out according to the European Credit Transfer and Accumulation System (ECTS). It includes ongoing assessment based on participation, practical tasks, and tests, as well as evaluation of independent (out-of-classroom) student work. The final grade is formed at the end of the course based on the result of a written exam in the lecture course and the results from ongoing assessment. This comprehensive evaluation aims to measure both theoretical knowledge and the student's analytical thinking and ability to apply what they've learned in real-world situations.

## POLITICAL SCIENCE

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** III

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. DS.c Petya Pachkova, Department of Philosophy and Political Sciences

**E-mail:** [pachkova@swu.bg](mailto:pachkova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The Political Science course introduces students to the forms of political power, the functioning of the main institutions - presidency (monarchic institution), parliament, government, the emergence and development of political organizations. It examines the types of political struggle in democratic and totalitarian political regimes, types of electoral systems, the parameters of political freedom and responsibility, as well as the functioning of modern democratic societies.

**Content of the course:**

Main forms of political power; types of societies in terms of forms of political government; main forms of political government in modern society.

**Teaching and assessment method:**

The assessment of the course is formed at the end of the semester course of study, taking into account the results of the current control and the students' answers to the written exam questions.

## **SPORTS PSYCHOLOGY**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** III

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief. Asist. Prof. Nikolay Ivantchev, Ph.D., Department of Psychology

E-mail: [nikyart@swu.bg](mailto:nikyart@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The course in Sports Psychology includes a detailed presentation of the psychological structure of sports activity and age-related characteristics of physical culture. The discipline "Sports Psychology" is a science that draws knowledge from the fields of kinesiology and psychology. It includes the study of how psychological factors influence performance and how participation in sports and exercise affects psychological and physical factors. In addition to instruction and training of psychological skills to improve performance, applied sports psychology may include work with athletes, coaches and parents, regarding injuries and rehabilitation, communication, team building and career changes.

**Content of the course:**

- basic concepts in sports psychology;
- the essence and characteristics of sports psychology, the conditions for its application and use;
- the general and specific in the psychological characteristics of sports activity, the causes, essence and specificity of phenomenological manifestations and the prognosis of various forms of sports activity;
- basic knowledge of the technology of conducting psychological diagnostics of sports activities, specialized competencies regarding the application of various psychological approaches to sports.

**Teaching and assessment method:**

Training in the elective course Gender Psychology is carried out through lectures and assignment of independent extracurricular projects. The lecture course is traditional and includes group work, use of interactive teaching methods and multimedia. The course is one-semester and for admission to the exam, individual activity during classes and the results of independent work are assessed. The final grade for the course includes the grades from both independent work and written papers and is formed after a written exam is passed.

## PSYCHOLOGY OF SECURITY

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** III

**Methodological guidance:**

Department of Psychology

Faculty of Philosophy

**Lecturer:** Assist. Prof. Iva Dimitrova, Ph.D., Department of Psychology

**Email:** [idimitrova@swu.bg](mailto:idimitrova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

### **Annotation:**

The course *Psychology of Security* aims to provide students with an in-depth understanding of the psychological aspects of security in personal, societal, and national contexts. The course addresses topics such as the psychology of terrorism, digital safety, manipulation, cyberpsychology, and the management of critical situations. Emphasis is placed on the application of psychological theories to assess and respond to risks and threats in the contemporary environment. The course adopts an interdisciplinary approach, incorporating connections to law, technology, and national security.

### **Content of the course:**

The course covers the core areas of security psychology, beginning with an introduction to the nature and specificity of this interdisciplinary field. It explores the psychological dimensions of personal, public, and national security, including the characteristics of human behavior when perceiving and reacting to threats. Special focus is given to the psychology of war and terrorism, as well as to modern challenges related to the digital environment and the internet—including cyberpsychology, the influence of social media, and the psychological effects of the virtual world. The course analyzes the role of psychological mechanisms in influence and manipulation within the public sphere. It also includes topics related to the psychology of law and crime, risk behavior, and workplace security, aiming to enhance personal and organizational resilience in the face of global threats.

### **Teaching and assessment method:**

Teaching is conducted through lectures, case studies, and discussions, using multimedia tools and practical assignments to reinforce real-world applications. Emphasis is placed on active student participation and the practical application of acquired knowledge. Assessment of learning outcomes follows the European Credit Transfer and Accumulation System (ECTS). It includes continuous assessment based on participation, practical tasks, and tests, as well as the evaluation of students' independent (extracurricular) work. The final grade is determined at the end of the course based on the results of a written exam on the lecture content and the continuous assessment. This comprehensive evaluation approach aims to measure both theoretical knowledge and analytical thinking, along with the ability to apply the learned material in real-life situations.

## ENGLISH

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** III

**Methodological guidance:**

Department of Psychology,

Faculty of Philosophy

**Lecturer:** Assist. Prof. Bogdan Filatov, Department of German and Romance Studies

E-mail: [bogdanf@swu.bg](mailto:bogdanf@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

## **Annotation**

The course focuses on updating basic communication skills in accordance with the rules of the English language. At the end of the training, students should have an active set of words and phrases corresponding to language skills for levels A1 and A2, according to the Common European Framework of Reference for Languages. They should be able to read, listen and understand texts in English and master specialized terminology from the field of psychology, as well as create texts for different purposes and be able to express themselves in this language so that they are understood by other speakers.

The aim of the English course is to help students acquire knowledge of grammatical rules, basic lexical knowledge, develop receptive listening skills and productive speaking skills, as well as writing texts using terminology from the field of psychology.

### **Content of the course:**

1. "You and Me" – the verb "to be", personal and possessive pronouns, the verbs have, like, go, live, Possessive 's – 4 hours
2. "Good Job" – Present Simple Tense; Questions and negations – 4 hours
3. "Work Hard, Play Hard" – Present Simple Tense. Adverbs of frequency; Reading and translating texts from the field of psychology - 4 hours
4. "Somewhere To Live" – the expression there is; use of a/some/any/this/that/these/those – 4 hours
5. "Super Me" – the verb "can"; Past Simple Tense. Past forms of the verb "to be". Reading and translating texts from the field of psychology – 4 hours
6. "Life's Ups and Downs" – Past Simple Tense – regular and irregular verbs – 4 hours
7. Present Continuous Tense. Reading comprehension activities. Listening comprehension activities. Speaking activities. Writing activities – 6 hours

Exercises are conducted throughout the course. Students work on the textbook, as well as they do additional exercises such as Reading comprehension, Listening comprehension, Speaking and Writing activities.

### **Teaching and assessment method:**

The assessment of the knowledge of students in the "Psychology" major is complex and objective. The assessment of the results achieved in the process of student education is in accordance with the requirements of Regulation No. 21/ 30.09.2004, published in the State Gazette, issue 89 of 30.09.2004, on the implementation of the system of accumulation and transfer of credits.

The main form of verification and assessment of student knowledge is the written one. The knowledge and skills of students are assessed according to the six-point system, which includes: Excellent 6, Very good 5, Good 4, Average 3, Weak 2.

During the semester, periodic control is carried out by conducting tests. The final assessment is formed by 70% of the formative assessment (periodic control) and 30% of the assessment of the semester exam, according to the system for controlling student knowledge and skills developed and adopted in the Department of Psychology.

## **CRIMINAL PSYCHOLOGY**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** IV

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief Assis. Prof. Emelina Zaimova-Tsaneva, Ph.D., Department of Psychology

**Hours:** 2 lectures

**Type of exam:** written

E-mail: [emelina\\_z@swu.bg](mailto:emelina_z@swu.bg)

**Annotation:**

The course introduces students to the essence, methods, and applied areas of criminal psychology. Theories of the causes and dynamics of criminal behavior, factors for forming criminal motivation, and modern approaches to psychodiagnostics, profiling, and psychological support of operational-search activities are examined. Emphasis is placed on acquiring basic skills in students for the psychological analysis of criminal behavior and crime prevention.

**Content of the course:**

The Criminal Psychology course includes several content modules related to:

- The essence, subject, tasks, and methods of criminal psychology;
- The personality characteristics of offenders, suspects, witnesses, and victims of crimes;
- Scientific approaches to psychological analysis of criminal behavior, psychological profiling;
- Methods for psychological support of operational-search activities

**Teaching and assessment method:**

The assessment of the results achieved by students in the process of learning in the various academic disciplines is carried out by the system of transfer and accumulation of credits. The final grade in the academic discipline is formed at the end of the course of study based on the grade obtained from a written exam in the form of a test, including open and closed questions based on the topics studied in the lecture course, the grade from the student's independent (out-of-class) work and the grade from ongoing control.

## **STATISTICAL METHODS IN PSYCHOLOGY**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** IV

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief Assis. Prof. Vera Veleva, Ph.D., Department of Sociology

E-mail: [vera\\_v@swu.bg](mailto:vera_v@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The course covers the main activities and procedures required for applying quantitative methods in processing and analyzing data from empirical research. It examines the criteria for selecting and applying various statistical methods (primarily non-parametric methods) for quantitative analysis of data from survey studies. The sequence of computational procedures for processing raw data is discussed. The course also analyzes the cognitive potential of different methods and the interpretation of the resulting quantitative characteristics. Common errors in interpretation are also discussed. The course reveals the possibilities for applying quantitative methods in processing and analyzing data presented in nominal scales (e.g., expert evaluations). Guidelines are provided for the textual presentation of analyzed statistical characteristics and for structuring a comprehensive analysis of the results from a specific empirical study.



**Content of the course:**

The lecture course and seminar sessions aim to develop practical skills for analyzing results and formulating conclusions and recommendations based on quantitative analysis. A limited version of the full cycle of result analysis is implemented, with students completing individual assignments based on selected statistical tables from empirical studies.

**Teaching and assessment method:**

Students present and defend an independently developed practical task for quantitative analysis. The final grade is determined at the end of the semester based on the results of a written test.

**SOCIOLOGY****ECTS credits:** 3**Assessment method:** exam**Semester:** IV**Methodological guidance:****Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief Assis. Prof. Iveta Yakova, Ph.D., Department of SociologyE-mail: [yakova@swu.bg](mailto:yakova@swu.bg)**Hours:** 2 lectures**Type of exam:** written**Annotation:**

The course of „Sociology“ aims to introduce students to the „logic“ of the science of sociology, which, through the comparative historical method, studies society as a totality, and in particular the individual social institutions, processes, groups and communities. At the heart of sociological thinking is both the interaction between the individual and society and the causes and consequences of social inequality and the social construction of human life.

The programme also emphasises *sociological imagination* as a means of understanding that there is a connection between the life events (biography) of members of a given society and the society itself (history). In this way, students learn to think critically beyond the boundaries of their personal lives and to interpret social reality/socium by subjecting to verification „taken for granted“ or „common sense“ understandings of community, society, institutions, problems, etc.

**Content of the course:**

The lecture course in „Sociology“ sets itself the task of laying the foundations of sociological literacy and for this purpose the course is divided into two modules: theoretical and empirical sociology: theoretical and empirical sociology:

-Theoretical sociology examines the conceptual apparatus: social action and social relations; social function; social stratification; inequalities and mobility; personality formation; types of societies; power and domination; the concept of a political system.

-Empirical sociology examines the methodology and methods of sociological research, the stages and elements of empirical sociological research.

The aim of the course is for students to:

-master some of the concepts and categories that form the basis of sociological science;

-acquire critical thinking in the search for causal relationships for a particular social behaviour, event, phenomenon, etc. through the actualisation and reconstruction of what is happening in the sense of „there and then“, „here and now“;

-develop a general vision of the theoretical approaches and methods used in empirical sociology.

**Teaching and assessment method:**

The course in „Sociology“ concludes with a written exam in the form of a test including questions from the syllabus, covering the topics of the course material.



Students who meet the following requirements are admitted to the final exam:

-Attend and participate in the activities scheduled during the course, which is no less than two-thirds attendance at lectures;

-Have an average grade of at least Satisfactory 3 from the case studies and coursework prepared within the framework of the scheduled continuous assessment and extracurricular activities.

The final assessment is calculated as 60% for ongoing assessment and 40% for the exam.

Students who do not meet the above requirements must meet the following criteria:

-ongoing assessment during the regular exam session and a final exam test during the resit session;

-prepare an analysis of the content of a film, interview, report, etc., and apply a sociological method of their choice in the field during the regular session in order to take the exam in the resit session.

To this end, during the classes, they must participate in the discussions and have received a „very good” or „excellent” from the case studies and coursework.

## **PSYCHOLOGY OF ADVERTISING**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** IV

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Ivan Kretev, Ph.D., Department of Psychology

E-mail: [ikrustev@swu.bg](mailto:ikrustev@swu.bg)

**Hours:** 2 hours

**Type of exam:** written

### **Annotation:**

The course in Psychology of Advertising explains how advertising influences consumers' attitudes and behaviors toward products and services. Companies and corporations aim to shape consumers' perceptions and preferences. To achieve this, particular emphasis is placed on understanding the psychological mechanisms and models through which advertising impacts the minds of potential or current buyers. The primary goal of the course is to uncover how advertising affects and influences consumer behavior. Introducing students to the main psychological determinants of economic agents' behavior provides them with the tools to develop effective advertising strategies.

### **Content of the course:**

The course covers the main mechanisms of advertising influence, key approaches to developing advertising strategies, and methods for analyzing their effectiveness. Upon completing the course, students will be familiar with the research necessary to create advertising strategies and understand the primary directions of advertising impact. The curriculum also discusses verbal and non-verbal means of achieving advertising goals and evaluating advertising images.

### **Teaching and assessment method:**

The elective course Psychology of Advertising is conducted through lectures and independent extracurricular projects. The lectures are traditional and incorporate group work, interactive teaching methods, and multimedia tools. The course lasts one semester, and assessment is based on students' participation during classes, their independent work, and performance on written assignments. The final grade is composed of marks for the

independent work and written papers, and it is awarded after successfully passing a written exam.

## **PSYCHOLOGY OF CORRECTIVE EDUCATIONAL WORK**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** IV

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief Assis. Prof. Emelina Zaimova-Tsaneva, Ph.D., Department of Psychology

E-mail: [emelina\\_z@swu.bg](mailto:emelina_z@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

### **Annotation:**

The course presents the psychological foundations of correctional and educational work and its approaches, methods for assessment, intervention, resocialization, and integration of persons with deviant and delinquent behavior. Emphasis is placed on working with children, adolescents, and adults experiencing difficulties in social adaptation, including aggressive, asocial, juvenile delinquents, and persons in social or institutional isolation. Students are introduced to the differences between psychocorrection and psychotherapy and the development and implementation of psychological programs for correctional and educational work in educational, social, and penitentiary institutions. Practical skills for preventing, supporting, and restoring social functioning are developed.

### **Content of the course:**

The course covers the main aspects of correctional and educational work – its essence, content, tasks, and implementation forms. The training outlines the differences between psychocorrection and psychotherapy as forms of psychological impact. It reveals the essence of the preventive, correctional, and educational work; outlines the main groups of psychological forms, methods, and techniques that are directly related to the resocialization and readaptation of individuals with antisocial or maladaptive behavior.

### **Teaching and assessment method:**

The assessment of the results achieved by students in the process of learning in the various academic disciplines is carried out by the system of transfer and accumulation of credits. The final grade in the academic discipline is formed at the end of the course of study based on the grade obtained from a written exam based on the topics studied in the lecture course, the grade from the student's independent (out-of-class) work and the grade from ongoing control.

## **TRANSPORT PSYCHOLOGY**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** IV

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Zornitsa Totkova, PhD; Department of Psychology

E-mail: [z.totkova@gmail.com](mailto:z.totkova@gmail.com)

**Hours:** 2 lectures

**Type of exam:** written

### **Annotation**

The growing interest in transport psychology in recent decades is mainly driven by the desire to reduce road accidents, minimize injuries and fatalities, and lessen environmental harm. The course aims to present the emergence and essence of transport psychology as a discipline, along with its main tasks and objectives. It covers classical and modern research models in transport psychology, their classification, and definitions.

**Content of the course:**

Topics include driving behavior as a key research construct, important personality, cognitive, and social factors influencing it, and different approaches to its formation. The course also addresses driving style as a separate construct, its definitions, and research methods. It discusses the state of transport psychology in Bulgaria, its application, and development opportunities. By outlining key issues and practical and scientific applications, the course aims to enhance students' theoretical and practical preparation.

**Teaching and assessment method:**

Ongoing assessment includes attendance, participation in discussions, presentations, problem-solving, tests, and coursework. The course concludes with a written exam based on the syllabus.

**ENGLISH**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** IV

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assist. Prof. Bogdan Filatov, Department of German and Romance Studies

E-mail: [bogdanf@swu.bg](mailto:bogdanf@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The course focuses on updating basic communication skills in accordance with the rules of the English language. At the end of the training, students should have an active set of words and phrases corresponding to language skills for levels A1 and A2, according to the Common European Framework of Reference for Languages. They should be able to read, listen and understand texts in English and master specialized terminology from the field of psychology, as well as create texts for different purposes and be able to express themselves in this language so that they are understood by other speakers.

The aim of the English course is to help students acquire knowledge of grammatical rules, basic lexical knowledge, develop receptive listening skills and productive speaking skills, as well as writing texts using terminology from the field of psychology.

**Content of the course:**

1. "You and Me" – the verb "to be", personal and possessive pronouns, the verbs have, like, go, live, Possessive 's – 4 hours
2. "Good Job" – Present Simple Tense; Questions and negations – 4 hours
3. "Work Hard, Play Hard" – Present Simple Tense. Adverbs of frequency; Reading and translating texts from the field of psychology - 4 hours
4. "Somewhere To Live" – the expression there is; use of a/some/any/this/that/these/those – 4 hours
5. "Super Me" – the verb "can"; Past Simple Tense. Past forms of the verb "to be". Reading and translating texts from the field of psychology – 4 hours
6. "Life's Ups and Downs" – Past Simple Tense – regular and irregular verbs – 4 hours
7. Present Continuous Tense. Reading comprehension activities. Listening comprehension activities. Speaking activities. Writing activities – 6 hours

Exercises are conducted throughout the course. Students work on the textbook, as well as they do additional exercises such as Reading comprehension, Listening comprehension, Speaking and Writing activities.

**Teaching and assessment method:**

The assessment of the knowledge of students in the “Psychology” major is complex and objective. The assessment of the results achieved in the process of student education is in accordance with the requirements of Regulation No. 21/ 30.09.2004, published in the State Gazette, issue 89 of 30.09.2004, on the implementation of the system of accumulation and transfer of credits.

The main form of verification and assessment of student knowledge is the written one. The knowledge and skills of students are assessed according to the six-point system, which includes: Excellent 6, Very good 5, Good 4, Average 3, Weak 2.

During the semester, periodic control is carried out by conducting tests.

## **GENDER SOCIOLOGY**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** V

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief Assistant Prof. Iveta Yakova, Ph.D., Department of Sociology

E-mail: [yakova@swu.bg](mailto:yakova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The course „Gender Sociology“ focuses on basic sociological concepts, social-psychological theories and research that contribute to clarifying the concepts of gender, gender identity and sexuality. In this way, by developing specific, universally valid terminology, the aim is to develop tolerant and non-discriminatory language necessary for communication and interaction with people of different sexes, genders and sexualities. This helps to develop empathy for sensitive issues such as violence and exploitation (and not only), ranging from unwanted contact, through sexist attitudes and actions, to rape and murder, by building the necessary reflection (including self-reflection) for recognition and developing a strategy for dealing with the resulting situation.

**Content of the course:**

The topics covered in the course aim to rethink gender models and behaviour, gender norms and stereotypical understandings that produce and reproduce inequalities in male and female roles and positions.

In the course of study, a historical review of the male-female opposition will be conducted in order to distinguish between traditional and contemporary understandings of spaces, spheres of influence and activity, including the „glass ceiling effect“.

Students will also learn about gender socialisation, interpersonal relationships, love, marriage and cohabitation, family or career, health and reproduction, gender and violence, emancipation and feminism, and the application of sociological methods in gender studies.

The course aims to develop skills for the adequate use of gender concepts, which will help overcome stereotypical attitudes about the distribution of roles and activities of men and women in all spheres of life, from the family to the labour market.

This will reinforce attitudes of tolerance towards otherness, including gender identity and different sexualities, and will develop the practice of using measured language and

avoiding discriminatory behaviour, which is one of the characteristics of education in Sociology.

**Teaching and assessment method:**

The course in *Gender Sociology* concludes with a written exam in the form of a test including questions from the syllabus, covering the topics of the course material.

Students who meet the following requirements are admitted to the final exam:

- attend and participate in the activities scheduled during the course, which is no less than two-thirds attendance at lectures;
- have an average grade of at least Satisfactory 3 from the case studies and coursework prepared within the framework of the scheduled continuous assessment and extracurricular activities.

The final assessment is calculated as 60% for ongoing assessment and 40% for the exam.

Students who do not meet the above requirements must meet the following criteria:

- ongoing assessment during the regular exam session and a final exam test during the resit session;
- prepare an analysis of the content of a film, interview, report, etc., and apply a sociological method of their choice in the field during the regular session in order to take the exam in the resit session.

To this end, during the classes, they must actively participate in the activities provided for in the classroom (discussions, analyses, comments, etc.) and have received an average grade of „very good“ or „excellent“ from the ongoing assessment and coursework.

## **PENITENTIARY PSYCHOLOGY**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** V

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief Assis. Prof. Emelina Zaimova-Tsaneva, Ph.D., Department of Psychology

E-mail: [emelina\\_z@swu.bg](mailto:emelina_z@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

Penitentiary psychology is an applied part of legal psychology, focused on studying the psyche and behavior of individuals serving sentences such as "deprivation of liberty" or "detention in custody". The psychological characteristics of convicts, their changes, and the effects of punishment and correctional impacts are examined. Emphasis is placed on psychodiagnostics, counseling, and correctional work. The discipline has a scientific-applied nature and unites approaches from personal, social, criminal, and legal psychology, focusing on real practices in the penitentiary system.

**Content of the course:**

The content of the course is based on the traditional approach – essence, subject, and tasks of penitentiary psychology. Also included are topics related to the connections of penitentiary psychology with other sciences, the mental characteristics of prisoners, the psychology of crime and the attitude towards it, the protective mechanisms that prisoners have, and their sense of guilt. The features of the subculture in penitentiary institutions and the counseling of prisoners are also examined.

**Teaching and assessment method:**

The assessment of the results achieved by students in the process of learning in the various academic disciplines is carried out by the system of transfer and accumulation of credits. The final grade in the academic discipline is formed at the end of the course of study based on the grade obtained from a written exam based on the topics studied in the lecture course, the grade from the student's independent (out-of-class) work and the grade from ongoing control.

## **PSYCHOLOGY OF FAMILY RELATIONSHIPS**

**ECTS credits:** 5

**Assessment method:** exam

**Semester:** VIII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Natasha Angelova, Ph.D., Department of Psychology

Email: [natasha\\_v@swu.bg](mailto:natasha_v@swu.bg)

**Hours:** 3 lectures + 2 practical exercises

**Type of exam:** written

### **Annotation:**

The academic discipline Psychology of Family Relations covers the problems of the emergence and establishment of the family as a social unit. The object of scientific research, study and substantive analysis of the academic discipline is the place, meaning and functions of individuals (elements) in the family, traced in an onto- and phylogenetic plan.

### **Content of the course:**

Through the lecture course, students have the opportunity to rediscover in a new way their life knowledge about the essence of the family and the family interactions taking place in it. Through current topics and life situations, students are convinced of the serious place and importance of the mental processes, qualities and characteristics of each of the parties in the "family" system; of the importance of psychological skills characterizing the relationships between: • spouses, considered as individuals of different sex and age; • between a man and a woman from the position of parents; • between parents and their children; • between the children themselves, taking into account their gender and place in the family in the order of their birth. At the end of the course, students will receive not only the necessary theoretical knowledge about interpersonal relationships in the family, but will also have formed sufficient habits and skills to work with various test-questionnaires for psychological research on: satisfaction with marriage; parents' attitude towards children and family relationships; sexual satisfaction as a factor for effective interpersonal relationships, etc. Through relevant topics and specially organized exercises, students will be able to acquire knowledge and form psychological skills for revealing the relationship between mental processes and temperament, character, anxiety, aggressiveness and other personal characteristics, which are essential internal determinants for mental regulation and self-regulation of personal behavior and family relationships as a whole.

### **Teaching and assessment method:**

Assessment of the achieved results in the training process is in accordance with the requirements for implementing the credit accumulation and transfer system. The current grade is formed as a sum of the grades of participation in classroom work and extracurricular work during the semester. The exam is written. It includes two questions from the syllabus. The final grade is the result of the grade from the current control during the semester and the grade from the final exam.

## **PSYCHOLOGIST'S PROFESSIONAL ACTIVITY**



**ECTS credits:** 3

**Assessment method:** exam

**Semester:** V

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief. Assis. Prof. Simona Nikolova, Ph.D., Department of Psychology

E-mail: [simona.nikolova@swu.bg](mailto:simona.nikolova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The course "Professional Activity of a Psychologist" is aimed at studying the principles, methods and forms of psychological assistance and psychological support of human development.

**Course content:**

The content of the course is based on the study of models of development and personality formation in order to develop the methodological foundations of the activities of a practical psychologist; Designing methods, methods and means for the professional use of psychological knowledge in various social systems. To help them build a sober judgment about the activities and circumstances that they must observe in order for their practice to be successful. To apply psychological principles, knowledge, models and methods in an ethical and scientific manner, to promote the development, well-being and effectiveness of individuals, groups and organizations in society, and various social systems.

**Teaching and assessment method:**

The assessment of the results achieved by students in the process of learning in various subjects is carried out in accordance with the system of transfer and accumulation of credits. Current control includes attendance at lectures, participation in discussions, preparation of presentations, solving tasks, tests, control and coursework. The training in the discipline ends with a written exam on the course material according to the syllabus. The grade is the arithmetic mean of the answers to the two questions. The final grade is the result of the grade from current control during the semester and the grade from the final exam.

## **FOLK PSYCHOLOGY**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** V

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief. Assis. Prof. Simona Nikolova, Ph.D., Department of Psychology

E-mail: [simona.nikolova@swu.bg](mailto:simona.nikolova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The discipline focuses on the collective mental processes that shape the national character, cultural identity, and social attitudes of a people. Topics include ethnic stereotypes, cultural norms, myths, folklore, and their influence on individual and group consciousness.

**Content of the course:**

The Content of the course is focused on developing in students the skills to understand and analyse cultural and psychological differences, their application in intercultural communication and social processes, and the application of folk psychological approaches in social, educational and managerial contexts. The specific features of the mentality, behavior



and values of the Bulgarian people, formed over the centuries, are reflected. The lecture course is conducted using interactive teaching methods and techniques.

**Teaching and assessment method:**

The assessment of the results achieved by students in the process of learning in the various disciplines is carried out according to the transfer and accumulation of credits system. Current control includes attendance at lectures, participation in discussions, preparation of presentations, solving tasks, tests, control and coursework. Training in the discipline ends with a written exam on the course material according to the syllabus. The grade is the arithmetic average of the answers to the two questions. The final grade is the result of the grade from the ongoing control during the semester and the grade from the final exam.

## **POSSITIVE PSYCHOLOGY**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** V

**Methodical guide:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief. Assis. Prof. Tsvetelina Hadjieva, Ph.D., Department of Psychology

Email: [cveti\\_hadjieva@swu.bg](mailto:cveti_hadjieva@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

Positive psychology is a modern scientific field that studies the factors and mechanisms leading to a full and happy life. It does not focus on mental disorders or pathological conditions, but on the development of psychological resources that support personal growth, resilience to stress and life challenges. Developed as an independent field by Martin Seligman in the late 1990s, positive psychology is based on empirical research and scientific approaches to understanding human well-being. It studies positive emotions, character strengths, motivation, interpersonal relationships and meaning in life. The discipline is widely used in various fields - education, organizational psychology, coaching, psychotherapy and healthcare.

**Content of the course:**

The aim of the course "Positive Psychology" is: - To provide a theoretical framework for understanding positive psychology as a scientific discipline. - To introduce students to the basic concepts, theories and methods for measuring subjective well-being. - To explore the influence of positive emotions on cognitive and behavioral processes. - To analyze the role of character strengths and personal potential in building resilience. - To present practical strategies for improving the quality of life through scientifically based techniques such as gratitude, mindfulness and positive thinking.

**Teaching and assessment method:**

The training includes interactive lectures, practical exercises, case studies, group discussions and independent projects. Students will have the opportunity to apply the learned techniques in real life and analyze their results. The assessment of the results achieved by students in the process of training in the various academic disciplines is carried out according to the system for transfer and accumulation of credits. Current control includes attendance at lectures, participation in discussions, preparation of presentations, solving tasks, tests, control and coursework. Training in the discipline ends with a written exam on the course material according to the syllabus. The grade is the arithmetic mean of the answers to the two questions. The final grade is the result of the assessment from ongoing control during the semester and the final exam grade.

## ENGLISH

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** V

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assis. Prof. Bogdan Filatov, Department of German and Romance Studies

E-mail: [bogdanf@swu.bg](mailto:bogdanf@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

### Annotation

The course focuses on updating basic communication skills in accordance with the rules of the English language. At the end of the training, students should have an active set of words and phrases corresponding to language skills for levels A1 and A2, according to the Common European Framework of Reference for Languages. They should be able to read, listen and understand texts in English and master specialized terminology from the field of psychology, as well as create texts for different purposes and be able to express themselves in this language so that they are understood by other speakers.

The aim of the English course is to help students acquire knowledge of grammatical rules, basic lexical knowledge, to develop receptive listening skills and productive speaking skills, as well as writing texts using terminology from the field of psychology.

### Content of the course:

1. "You and Me" – the verb "to be", personal and possessive pronouns, the verbs have, like, go, live, Possessive 's – 4 hours
2. "Good Job" – Present Simple Tense; Questions and negations – 4 hours
3. "Work Hard, Play Hard" – Present Simple Tense. Adverbs of frequency; Reading and translating texts from the field of psychology - 4 hours
4. "Somewhere To Live" – the expression there is; use of a/some/any/this/that/these/those – 4 hours
5. "Super Me" – the verb "can"; Past Simple Tense. Past forms of the verb "to be". Reading and translating texts from the field of psychology – 4 hours
6. "Life's Ups and Downs" – Past Simple Tense – regular and irregular verbs – 4 hours
7. Present Continuous Tense. Reading comprehension activities. Listening comprehension activities. Speaking activities. Writing activities – 6 hours

Exercises are conducted throughout the course. Students work on the textbook, as well as they do additional exercises such as Reading comprehension, Listening comprehension, Speaking and Writing activities.

### Teaching and assessment method:

The assessment of the knowledge of students in the "Psychology" major is complex and objective. The assessment of the results achieved in the process of student education is in accordance with the requirements of Regulation No. 21/ 30.09.2004, published in the State Gazette, issue 89 of 30.09.2004, on the implementation of the system of accumulation and transfer of credits. The main form of verification and assessment of student knowledge is the written one. The knowledge and skills of students are assessed according to the six-point system, which includes: Excellent 6, Very good 5, Good 4, Average 3, Weak 2. During the semester, periodic control is carried out by conducting tests.

## PROFESSIONAL PSYCHODIAGNOSTICS

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** VI

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer: Prof. Stanislava Stoyanova, Ph.D.,** Department of Psychology

E-mail: [avka@swu.bg](mailto:avka@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

### **Annotation:**

The course “**Professional Psychodiagnostics**” is studied during the sixth semester as an Elective courses of the bachelor curriculum of Psychology. The workload is 30 academic hours lectures, 60 hours extra-curriculum activity and 3 credits.

### **Content of the course:**

The course in “**Professional Psychodiagnostics**” includes the following modules of content: 1) subject and historical development of professional psychodiagnostics; 2) profession, job, career, competence and competences; 3) career guidance and career counselling; 4) vocational selection.

The goals of the course “**Professional Psychodiagnostics**” are: to be known the difference between profession, job, and career; to be known the types of competences; to be clarified the methods of psychological diagnostics of professional suitability of candidates for different occupations; to be formed skills for professional guidance, professional counselling and professional selection; to be formed skills for preparation of professiograms.

The lectures are held by means of the use of contemporary technical equipment as multimedia, software, models, etc. Interactive methods are also used.

The students’ extra-curriculum activity represents preparation and presentation of scientific research; conducting psychological studies; testing; summarizing of articles and book chapters; essays on topics related to personal experiences and observations; analysis of cases; adaptation of a test.

### **Teaching and assessment method:**

Assessment of the students’ results is done accordingly to the ECTS. The final grade for the course is formed at the end of the course on the basis of the assessment of a written test on some topics from the Content of the course, as well as on the basis of the assessment of the student's independent (extra-curricular) work.

Final grade calculation is done by using a 6-point rating scale: the rating 6 equals level A on ECTS; the rating 5 equals level B on ECTS; the rating 4 equals level C on ECTS; the rating 3 equals level D on ECTS; the rating 2 equals level E on ECTS.

## ETHNOPSYCHOLOGY

**ECTS credits:** 3

**Assesment method:** exam

**Semester:** VI

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer: Prof. Stanislava Stoyanova, Ph.D.,** Department of Psychology

E-mail: [avka@swu.bg](mailto:avka@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

### **Annotation:**

The course „**Ethnopsychology**” is studied during the sixth semester as an Elective courses of the bachelor curriculum of Psychology. The workload is 30 academic hours lectures, 60 hours extra-curriculum activity and 3 credits.

**Content of the course:**

The course in “**Ethnopsychology**” includes the following modules of content: 1) historical development and ethnopsychological schools; 2) ethnos, ethnic identity, stereotypes, attitudes, ethnic social distances; 3) ethnic conflicts; 4) ethno-national peculiarities of socialization, communication and cognitive functioning.

The goals of the course “**Ethnopsychology**” are: to be known the historical development of Ethnopsychology and ethnopsychological schools; the students to be able to study the ethnic stereotypes, attitudes, and social distances; improvement of skills for prevention from racial violence and conflicts; to be known the cross-cultural differences in socialization, communication and cognitive functioning.

The lectures are held by means of the use of contemporary technical equipment as multimedia, software, models, etc. Interactive methods are also used.

The students’ extra-curriculum activity represents preparation and presentation of scientific research; conducting psychological studies; testing; summarizing of articles and book chapters; essays on topics related to personal experiences and observations; analysis of cases; adaptation of a test.

**Teaching and assessment method:**

Assessment of the students’ results is done accordingly to the ECTS. The final grade for the course is formed at the end of the course on the basis of the assessment of a written essay on some topics from the Content of the course, as well as on the basis of the assessment of the student's independent (extra-curricular) work. Final grade calculation is done by using a 6-point rating scale: the rating 6 equals level A on ECTS; the rating 5 equals level B on ECTS; the rating 4 equals level C on ECTS; the rating 3 equals level D on ECTS; the rating 2 equals level E on ECTS.

## **ECONOMIC PSYCHOLOGY**

**ECTS credits:** 3

**Assesment method:** exam

**Semester:** VI

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Ivan Kretev, Ph.D., Department of Psychology

E-mail: [ikrustev@swu.bg](mailto:ikrustev@swu.bg)

**Hours:** 2 hours

**Type of exam:** written

**Annotation:**

The course in Economic Psychology was developed based on the interdisciplinary interaction between the fields of economics and psychology. It offers a new approach to analyzing economic phenomena by examining the social influences on economic behavior, the role of economic institutions in society, and the impact of organizations and social networks on economic life. The course explores the psychological mechanisms underlying economic decision-making, the influence of social communities on economic activity, and group interactions within economic organizations.

**Content of the course:**

This lecture course focuses on the features of economic behavior at the individual level. It explores the motivational structure of individuals, including their personality traits, abilities, work attitudes, and job satisfaction. The course examines theories that highlight the

psychological factors influencing activity and professional suitability, as well as the psychological mechanisms that affect people's labor and market behaviors. Topics include the psychological aspects of economic behavior from the perspective of socio-psychological interactions and relationships between individuals within social groups as actors in economic activities. The discipline also covers the psychological parameters of consumer behavior. Additionally, effective communication skills are essential for success in business activities; therefore, the course addresses issues related to business communication, including key requirements and rules for conducting professional conversations.

**Teaching and assessment method:**

Teaching in Economic Psychology is delivered through lectures and independent extracurricular projects. The lectures follow a traditional format, incorporating group work, interactive teaching methods, and multimedia tools. Seminars facilitate discussions, where scientific articles are analyzed and discussed. Practical classes involve working with testing methodologies and conducting laboratory experiments. The course lasts one semester, and student assessment includes participation during classes and the evaluation of independent work. The final grade comprises scores from individual activities and written assignments, and it is awarded after successful completion of a written exam.

## **GRAMMAR, SPEAKING AND WRITING**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** VI

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Gergana Padareva, Ph.D., Department of Psychology

E-mail: [gerypadareva@swu.bg](mailto:gerypadareva@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The course considers the current spelling, punctuation and grammar rules in contemporary Bulgarian written speech, and also addresses issues related to correct and precise oral presentation. It deals with rules for citation, referencing, formatting of written text and oral speech, ethics and etiquette in academic communication.

**Content of the course:**

The course develops students' ability to successfully and effectively express themselves in written and oral form, and to communicate correctly in an academic environment. It improves students' ability to handle the rules and norms the modern Bulgarian language.

**Teaching and assessment method:**

The assessment of the course is formed at the end of the semester taking into account the following indicators: 1) oral presentation on a given topic and 2) test.

## **PSYCHOLINGUISTIC**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** VI

**Methodological guidance:**

**Department of Psychology,**

**Hours:** 2 lectures

**Type of exam:** written

Faculty of Philosophy

**Lecturer: Assoc. Prof. Bilyana Yordanova, PhD, Department of Psychology**

E-mail: [b\\_iordanova@swu.bg](mailto:b_iordanova@swu.bg)

**Annotation:**

This lecture course examines the mechanisms underlying speech production by the speaker and speech perception by the listener. It explores the interconnected nature of thought processes, the relationship between language and the brain, and the patterns observed in language acquisition. The course also emphasizes essential qualities of speech, including intelligibility, flexibility, conventional expressions, and pathological characteristics.

**Content of the course:**

Emphasis is placed on the practical application of the theoretical concepts discussed, particularly in understanding the mechanisms of speech influence in advertising, propaganda, and mass media activities. The course also covers methods for improving the clarity of texts in textbooks, brochures, and newspapers; examines the psycholinguistic characteristics of speech in forensic and judicial contexts; addresses diagnosis and treatment of various forms of aphasia; and considers aspects of intercultural communication.

**Teaching and assessment method:**

Student performance in various academic disciplines is evaluated according to a credit transfer and accumulation system. The final grade for each course is determined at the end of the term based on the grade received for a written exam on a topic covered in the lecture course, as well as the grade for the student's independent (out-of-class) work.

## **PERSONALITY AND DEPRESSION**

**ECTS credits: 3**

**Assessment method:** exam

**Semester:** VI

**Methodical guide:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer: Chief. Assis. Prof. Tsvetelina Hadjieva, Ph.D.,** Department of Psychology

Email: [cveti\\_hadjieva@swu.bg](mailto:cveti_hadjieva@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation**

The content of the course examines various methodological issues in the field of personality psychology - the definition of the field of personality psychology, its genesis and interrelationships with other psychological disciplines, as well as the general context of its positioning in the humanities and health sciences. Particular attention is paid to the methodology in personality-psychological measurement and assessment. The main paradigms and the models of personality based on them are examined primarily in the perspective of theoretical frameworks that allow for competing interpretations and the implications that they have in understanding psychological reality.

**Content of the course:**

Classes provide for the individual preparation of students on certain topics. Independent work in the preparation of presentations is stimulated - from the selection of sources on the topic to the way in which it should be presented. More practically-oriented forms of work are also planned - acquaintance with some popular methods of personality research, referencing and discussion of classical research, as well as conducting illustrative mini-research assignments within the framework of seminar groups.

**Teaching and assessment method:**



The assessment of the results achieved by students in the process of learning in various academic disciplines is carried out in accordance with the system of transfer and accumulation of credits. The final assessment in each academic discipline is formed at the end of the course of study based on the assessment received on a written answer to a question on a topic studied in the lecture course, and the assessment of the student's independent (out-of-class) work.

## ENGLISH

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** VI

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assist. Prof. Bogdan Filatov, Department of German and Romance Studies

E-mail: [bogdanf@swu.bg](mailto:bogdanf@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

### Annotation

The course focuses on updating basic communication skills in accordance with the rules of the English language. At the end of the training, students should have an active set of words and phrases corresponding to language skills for levels A1 and A2, according to the Common European Framework of Reference for Languages. They should be able to read, listen and understand texts in English and master specialized terminology from the field of psychology, as well as create texts for different purposes and be able to express themselves in this language so that they are understood by other speakers.

The aim of the English course is to help students acquire knowledge of grammatical rules, basic lexical knowledge, to develop receptive listening skills and productive speaking skills, as well as writing texts using terminology from the field of psychology.

### Content of the course:

1. "You and Me" – the verb "to be", personal and possessive pronouns, the verbs have, like, go, live, Possessive 's – 4 hours
2. "Good Job" – Present Simple Tense; Questions and negations – 4 hours
3. "Work Hard, Play Hard" – Present Simple Tense. Adverbs of frequency; Reading and translating texts from the field of psychology - 4 hours
4. "Somewhere To Live" – the expression there is; use of a/some/any/this/that/these/those – 4 hours
5. "Super Me" – the verb "can"; Past Simple Tense. Past forms of the verb "to be". Reading and translating texts from the field of psychology – 4 hours
6. "Life's Ups and Downs" – Past Simple Tense – regular and irregular verbs – 4 hours
7. Present Continuous Tense. Reading comprehension activities. Listening comprehension activities. Speaking activities. Writing activities – 6 hours

Exercises are conducted throughout the course. Students work on the textbook, as well as they do additional exercises such as Reading comprehension, Listening comprehension, Speaking and Writing activities.

### Teaching and assessment method:

The assessment of the knowledge of students in the "Psychology" major is complex and objective. The assessment of the results achieved in the process of student education is in accordance with the requirements of Regulation No. 21/ 30.09.2004, published in the State Gazette, issue 89 of 30.09.2004, on the implementation of the system of accumulation and transfer of credits.



The main form of verification and assessment of student knowledge is the written one. The knowledge and skills of students are assessed according to the six-point system, which includes: Excellent 6, Very good 5, Good 4, Average 3, Weak 2. During the semester, periodic control is carried out by conducting tests.

## **PSYCHOLOGY OF ABNORMAL DEVELOPMENT**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** VII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer: Assistant Prof. Dr. Blagovesta Dafkova,** Department of Psychology

Email: [bl.dafkova@swu.bg](mailto:bl.dafkova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

### **Annotation:**

"Psychology of Abnormal Development" is an elective course intended for undergraduate students in Psychology, taught over one semester. The course is structured into three main modules:

- 1) Developmental disorders – definitions, classification, and clinical characteristics of different types of abnormal development;
- 2) Approaches and methods for psychological assessment across mental domains;
- 3) Specifics of psychological evaluation in various developmental anomalies.

### **Content of the course:**

Students who complete the "Psychology of Abnormal Development" course will:

- Deepen their knowledge of the etiology, pathogenesis, and clinical manifestations of various developmental anomalies;
- Understand diagnostic and differential diagnostic markers;
- Acquire competencies for psychological/neuropsychological assessment of developmental disorders;
- Be able to write evaluation reports for children and adolescents with developmental anomalies;
- Develop skills to define appropriate therapeutic strategies and techniques for different categories of abnormal development.

### **Teaching and assessment method:**

The following are assessed:

- Quality and depth of written coursework;
- Ability to present and defend course papers and their theses;
- Demonstration of knowledge, skills, and competence;
- Use of a creative approach in solving case studies;
- Ability to work independently during out-of-class activities;

Final grade: Students receive a grade on a six-point scale. To be admitted to the semester exam, students must earn a minimum of 65 points through ongoing assessment. Otherwise, they must submit additional independent work to reach the required minimum. Exemption from the final exam: Not applicable.

## **SOCIAL PSYCHIATRY**

**ECTS credits:** 3

**Hours:** 2 lectures

**Assessment method:** exam

**Type of exam:** written

**Semester:** VII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assist. Prof. Desislava Drenska, M.D., Department of Psychology

E-mail: [ddrenska@swu.bg](mailto:ddrenska@swu.bg)

**Annotation:**

The academic course in Social Psychiatry provides specialized training in the broad spectrum of issues related to the prevalence, cultural and socio-demographic characteristics of mental disorders. It acquaints students with contemporary concerns regarding deontological and legal norms in relation to human rights. The social dimension of mental disorders is a relevant, engaging and interdisciplinary subject encompassing numerous existential and community-related aspects. The influence of social factors on mental health is a phenomenon marked by distinctive characteristics across different age groups. For this reason the course is included as an optional within the Bachelor's degree curriculum.

The primary aim is to review and analyze contemporary societal issues from a socio-psychological perspective, examining the core principles of social psychiatry (or social medicine), and the role of community-based socio-rehabilitation and readaptation. Key focal points include:

- Psychosocial stress as a leading, modifiable risk factor
- The potential social determinants of mental disorders and illnesses
- An existence of social, socio-legal, and medico-legal dimensions in psychiatric care in both inpatient and outpatient settings
- Prevention and social reintegration of deviant and delinquent behavior

**Content of the course:**

The Social Psychiatry course is aligned with a psychologically oriented academic framework and covers several major topics, including: social integration and alienation in psychotic and non-psychotic disorders; suicidal risk and the social characteristics of high-risk individuals; public stigma surrounding mental illness; psychosocial integration and rehabilitation among others.

**Teaching and assessment method:**

Student achievement is assessed in accordance with the European Credit Transfer and Accumulation System (ECTS). The final grade is awarded upon completion of the course, based on a written examination addressing topics covered in the lecture series and the evaluation of the student's independent (extracurricular) academic work.

**SOCIO-PSYCHOLOGICAL TRAINING**

**ECTS credits:** 3

**Hours:** 2 lectures

**Assessment form:** exam

**Type of exam:** written

**Semester:** VII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assist. Prof. Iva Koprinkova-Ilieva, PhD, Department of Psychology

E-mail: [ivakoprinkova@swu.bg](mailto:ivakoprinkova@swu.bg)

**Annotation:**

Through the lecture course, students have the opportunity to rediscover their life experiences and knowledge about the nature of the group and the interactions that occur within it. By exploring current topics, students come to understand the significant role and importance of psychological processes, qualities, and characteristics of each party within the group, as well as the value of psychological skills that shape interpersonal relationships among group members.

In order for students to acquire the necessary knowledge and begin developing practical skills in group facilitation, counseling, and group training, they are introduced to the most commonly used techniques in the process of group counseling for problem-solving. Through the group process and by applying their professional knowledge and skills, students learn how to support individuals in overcoming psychological and behavioral maladjustments, and in enhancing their personal resources and coping abilities.

The discipline prepares students both theoretically and practically to support individuals in dealing with personally significant problems, particularly when stressors exceed the individual's internal coping resources, all within the context of group interaction.

#### **Content of the course:**

During the course, students explore the following thematic areas:

- 1.Essence, principles, and functions of Social-Psychological Training;
- 2.Goals, tasks, and characteristics of Social-Psychological Training;
- 3.Dynamics of the group process and the role of the facilitator in Social-Psychological Training;
- 4.Main methods and techniques used in Social-Psychological Training.

By the end of the course, students will have acquired fundamental theoretical knowledge for leading group processes, developed skills in active listening and observation of group dynamics, and cultivated habits for applying this experience in their future professional practice.

#### **Teaching and assessment method:**

Assessment of the results achieved in the training process is consistent with the system for accumulation and transfer of credits. The ongoing control for admission to the final exam includes attendance at classes of at least two thirds of the lectures, participation in discussions and role-playing games (classroom work), preparation and presentation of coursework - written assignments (in-class and extracurricular activities). Students who do not meet the specific requirements must take a remedial exam directly and develop more questions on the exam. Additional assignments may be given during the semester to allow students to participate in the regular exam session. The exam is written and includes questions from the syllabus. The final grade in the course is based on the sum of the continuous assessment and the final exam grade.

## **POLITICAL PSYCHOLOGY**

**ECTS credits:** 3

**Assesment method:** exam

**Semester:** VII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assist. Prof. Iva Dimitrova, Ph.D., Department of Psychology

**Email:** [idimitrova@swu.bg](mailto:idimitrova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The main academic and research objective of the course is to trace the genesis of the formation of principles, political practices, and the legitimacy of democracy throughout the centuries. The course analyzes the political sociology of modern societies. A key focus is placed on the development and functioning of Bulgarian modern democracy during the years of the country's sovereign existence. It also examines the efforts related to the emergence of Bulgarian civil society.

**Content of the course:**

The lecture course explores and debates national doctrines in the construction of the foundations of modern democracy. It analyzes the way in which the modern principles of governance become established in society. A fundamental element of the course is the country's constitution in relation to the formation and functioning of political systems.

**Teaching and assessment method:**

The course is conducted through lectures, case studies, and discussions, using multimedia tools and practical tasks aimed at applying real-world knowledge. Emphasis is placed on students' active participation and the application of knowledge in practical contexts. Assessment of learning outcomes is carried out according to the European Credit Transfer and Accumulation System (ECTS). It includes continuous assessment comprising participation, practical assignments, and tests, as well as evaluation of independent (out-of-class) student work. The final grade is formed at the end of the course based on the results from a written exam on the lecture content and the ongoing assessment. This comprehensive evaluation approach aims to measure both theoretical knowledge and analytical thinking, as well as the ability to apply learned material to real-life situations.

## **PSYCHOLOGY OF EMPLOYMENT AND UNEMPLOYMENT**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** VII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief. Asist. Prof. Nikolay Ivantchev, Ph.D., Department of Psychology

E-mail: [nikyart@swu.bg](mailto:nikyart@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The Psychology of Employment and Unemployment course considers work as an activity inherent only to man, which is purposeful and conscious. This is an activity through which material and spiritual products are produced that satisfy certain needs. Employment is defined as the basis for social production, as an indisputable factor of social integrity and social solidarity, as a process of cultural and civilized change. The social dimensions are related to the fact that working for people is not only a way to earn income but is also a determinant of social identity and social status. The social significance of employment turns it into an indicator of society's attitude towards man and of man towards society. The nature of this dependence assigns a priority place to employment in the economic activity of society.

**Content of the course:**

The course in Psychology of Employment and Unemployment includes a theoretical and methodological basis for studying the psychological aspects of employment and provides scientific knowledge and forms practical skills of students for classical and contemporary concepts in the psychology of employment, labor processes and relations and introduces students to psychological approaches and methods for effective, efficient and ethical solution

of problems and challenges in the organization of labor and the psychological and economic consequences of unemployment for the individual and the entire society.

**Teaching and assessment method:**

The assessment of the results achieved by students in the process of learning in the various academic disciplines is carried out in accordance with the system for transfer and accumulation of credits. The final grade for each academic discipline is formed at the end of the course of study based on the grade received on a written answer to a question on a topic studied in the lecture course, and the grade from the student's independent (out-of-class) work.

## **AESTHETICS**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** VII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief Assistant Prof. Nina Mireva-Ilieva, Ph.D., Department "Philosophical and Political Sciences"

E-mail: [ninail@swu.bg](mailto:ninail@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The course in Aesthetics corresponds to the content of the discipline Philosophy. On the one hand, it lays the theoretical foundation of student knowledge in terms of its classical subject orientation – the problem of beauty, possible approaches to its appearance, phenomenology of beauty. On the other hand, based on its kinship with the world of art, the course in aesthetics is fertile ground for making sense of acquired professional knowledge and skills in a significant sphere of public life – artistry, with its endless forms of manifestation.

**Content of the course:**

Acquaintance with key ideas in the history of aesthetics and outline the leading lines in the aesthetics of the 20th century. Getting to know the main aesthetic categories and some of the main problems of the philosophy of art.

**Teaching and assessment method:**

Training in the course is carried out through lectures on topics from the curriculum, as well as through supervised extracurricular work. The lecture course is traditional, but also includes interactive methods and multimedia. The seminars are held on a broader methodological basis – talks, discussions, debate, discussion, associative method, discussion of works of art, independent and collective work on the educational material. In the semester, two tests are conducted on the main concepts derived from the content of the curriculum topics. Students also develop written works during the training in the course. The final grade in the course includes the marks on both the tests and the written works and is formed after a written exam.

## **ENGLISH**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** VII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assistant Bogdan Filatov, Department of German and Romance Studies

**Hours:** 2 lectures

**Type of exam:** written

E-mail: [bogdanf@swu.bg](mailto:bogdanf@swu.bg)

### **Annotation**

The course focuses on updating basic communication skills in accordance with the rules of the English language. At the end of the training, students should have an active set of words and phrases corresponding to language skills for levels A1 and A2, according to the Common European Framework of Reference for Languages. They should be able to read, listen and understand texts in English and master specialized terminology from the field of psychology, as well as create texts for different purposes and be able to express themselves in this language so that they are understood by other speakers.

The aim of the English course is to help students acquire knowledge of grammatical rules, basic lexical knowledge, develop receptive listening skills and productive speaking skills, as well as writing texts using terminology from the field of psychology.

### **Content of the course:**

1. "You and Me" – the verb "to be", personal and possessive pronouns, the verbs have, like, go, live, Possessive 's – 4 hours
2. "Good Job" – Present Simple Tense; Questions and negations – 4 hours
3. "Work Hard, Play Hard" – Present Simple Tense. Adverbs of frequency; Reading and translating texts from the field of psychology - 4 hours
4. "Somewhere To Live" – the expression there is; use of a/some/any/this/that/these/those – 4 hours
5. "Super Me" – the verb "can"; Past Simple Tense. Past forms of the verb "to be". Reading and translating texts from the field of psychology – 4 hours
6. "Life's Ups and Downs" – Past Simple Tense – regular and irregular verbs – 4 hours
7. Present Continuous Tense. Reading comprehension activities. Listening comprehension activities. Speaking activities. Writing activities – 6 hours

Exercises are conducted throughout the course. Students work on the textbook, as well as they do additional exercises such as Reading comprehension, Listening comprehension, Speaking and Writing activities.

### **Teaching and assessment method:**

The assessment of the knowledge of students in the "Psychology" major is complex and objective. The assessment of the results achieved in the process of student education is in accordance with the requirements of Regulation No. 21/ 30.09.2004, published in the State Gazette, issue 89 of 30.09.2004, on the implementation of the system of accumulation and transfer of credits.

The main form of verification and assessment of student knowledge is the written one. The knowledge and skills of students are assessed according to the six-point system, which includes: Excellent 6, Very good 5, Good 4, Average 3, Weak 2.

During the semester, periodic control is carried out by conducting tests.

## **NEUROPSYCHOLOGY**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** VIII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assistant Prof. Dr. Blagovesta Dafkova, Department of Psychology

Email: [bl.dafkova@swu.bg](mailto:bl.dafkova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written



**Annotation:**

The "Neuropsychology" course is studied in the eighth semester as an Elective courses in the undergraduate Psychology curriculum. It covers overlapping fields between multidisciplinary Psychology and various medical specialties, focusing on both classical and modern aspects of neurocognitive analysis and functioning. Neuropsychology explores the relationships between brain structures and processes in both normative and pathological states: attention, memory, sensory processing, motor planning and execution, executive functions, linguistic, emotional, and behavioral control.

**Content of the course:**

This part of the Neuroscience course includes the following main topics:

- Attention – definition, classification, and types of disorders;
- Memory – definition, classification, and types of disorders;
- Gnosis and agnosias;
- Praxis and apraxias;
- Language system and types of disorders;
- Executive functions – definition and levels of impairment;
- Neuropsychological assessment – stages and age differentiation;
- Clinical characteristics and therapeutic approaches in cases of abnormal cognitive

functioning;

**Teaching and assessment method:**

Student assessment is conducted in accordance with Ordinance No. 21/30.09.2004 on the implementation of the credit transfer and accumulation system. Semester certification is obtained under the regulations of South-West University "Neofit Rilski."

**Assessment criteria:**

- Quality and depth of written coursework;
- Demonstration of knowledge, skills, and competence;
- Use of a creative approach in solving case studies;
- Ability to work independently during out-of-class activities.

## ANTHROPOLOGY OF RELIGION

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** VIII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assoc. Prof. Mario Marinov, Ph.D., Department of Sociology

E-mail: [mario\\_marinov@swu.bg](mailto:mario_marinov@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

What are the changes and transformations in the sphere of religion in terms of precisely defining sociological problem areas? Which sociological frameworks are of particular importance in constructing the discipline? What is the evolution of the major world religions from a sociological perspective? Through the presentation of data from the European Social Survey (ESS), as well as the use of research methods, students acquire skills and knowledge for sociological analysis and comparison. The course presents literature that fosters an adequate perspective and sensitivity toward the subject matter.

**Content of the course:**



The lectures outline and problematize key categories, concepts, and principles that may support orientation within the so-called religious dilemmas of modernity. The course adopts a dynamic rather than fixed definition of religion in contemporary societies.

**Teaching and assessment method:**

The final grade in *Anthropology of Religion* is formed by taking into account the results of ongoing assessment and the grade from the written exam in a 6:4 ratio.

## **PSYCHOPROPHYLAXIS AND PSYCHOCORRECTION**

**ECTS credits:** 3

**Assessment method:** exam

**Semester:** VIII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Chief Assis. Prof. Emelina Zaimova-Tsaneva, Ph.D., Department of Psychology

E-mail: [emelina\\_z@swu.bg](mailto:emelina_z@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The course provides knowledge and practical skills for prevention (psychoprophylaxis) and intervention (psychocorrection) in mental, behavioral, and emotional disorders. The principles, methods, and stages of early diagnosis, prevention, and targeted psychological intervention are studied, emphasizing working with children, adolescents, and adults at risk. Students are prepared to design and implement individual and group psychocorrection programs, as well as to develop strategies for increasing mental health and resilience.

**Content of the course:**

During their studies, students acquire knowledge and competencies for applying methods and techniques for assessment and psychoprognostic activity, as well as psychoprophylaxis in case of disturbances in a person's mental development and behavior. Models and approaches in psychoprophylaxis, as well as principles, stages, and goals of the psychocorrection process, are examined. Attention is paid to psychological assessment, early intervention in risk groups, and the methods and techniques for individual and group psychocorrection work.

**Teaching and assessment method:**

The assessment of the results achieved by students in the process of learning in the various academic disciplines is carried out by the system of transfer and accumulation of credits. The final grade in the academic discipline is formed at the end of the course of study based on the grade obtained from a written exam based on the topics studied in the lecture course, the grade from the student's independent (out-of-class) work and the grade from ongoing control.

## **PSYCHOTHERAPY**

**ECTS credits:** 3

**Assesment method:** exam

**Semester:** VIII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assist. Prof. Iva Koprinkova-Ilieva, Ph.D., Department of Psychology

E-mail: [ivakoprinkova@swu.bg](mailto:ivakoprinkova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

**Annotation:**

The one-semester course “*Psychotherapy*” introduces students to real therapeutic sessions, contemporary presentations, and in-class discussions through which they will improve their skills for future psychotherapeutic practice. The course emphasizes:

- a) in-depth exploration of various approaches to psychotherapy and behavior change;
- b) enhancing the ability to understand both the content (what is revealed and done) and the process (what occurs at a conceptual and hidden level) of psychotherapy;
- c) the therapist's personality as a factor determining the outcome of therapy – the role of their personal characteristics and values;
- d) the therapeutic process – goals of therapy, functions and roles of the therapist, the client's experiences in therapy, and the therapist-client relationship.

Students will become familiar with the most modern, empirically supported therapies, as well as key issues related to transference, resistance, and working with the “difficult patient.” The course places particular emphasis on the psychotherapeutic factors influencing therapeutic outcomes. Assignments cover empirical, methodological, and practical aspects of psychotherapy, but the core goal of the course is to develop case conceptualization skills.

**Content of the course:**

Through this course, students will learn the basic steps in the coping process by acquiring techniques for: listening to the client's request and understanding the underlying issue; generating alternatives for solving the problem; providing support and assistance during the coping process to help restore adaptive responses; and long-term counseling that enables individuals to expand their effective personal coping strategies – serving as a form of relapse prevention in practice.

Thematic areas include:

1. Understanding the distinction between content, process, and outcome in psychotherapy.
2. Core skills in active listening and empathic responding during client interactions.
3. Identifying the client's response to therapy in order to adjust the therapeutic approach and more effectively address symptoms.
4. Ability to adjust therapy “on the go” in the face of resistance.
5. A guiding conceptual framework for therapy in which intervention adjustments function as essential elements of a flexible treatment approach.
6. Introduction to various psychotherapeutic paradigms.
7. Understanding the influence of the therapist's personality on the outcome of therapy.

**Teaching and assessment method:**

The assessment of the results achieved in the training process is consistent with the system for accumulation and transfer of credits. The continuous assessment, required for admission to the final exam, includes attendance at least two-thirds of the lectures, participation in discussions and role-playing exercises (in-class activities), as well as the completion of practical tasks such as case analyses, preparation and presentation of coursework – written assignments (in-class and extracurricular activities). Students who do not meet the specific requirements must take a remedial exam directly and develop more questions on the exam. Additional assignments may be given during the semester to allow students to participate in the regular exam session. The exam is written and includes questions from the syllabus. The final grade in the course is based on the sum of the continuous assessment and the final exam grade.

## CHILDHOOD COUNCELING

**ECTS credits:** 3

**Assesment method:** exam

**Semester:** VIII

**Methodological guidance:**

**Department of Psychology,**

Faculty of Philosophy

**Lecturer:** Assistant Prof. Dr. Blagovesta Dafkova, Department of Psychology

Email: [bl.dafkova@swu.bg](mailto:bl.dafkova@swu.bg)

**Hours:** 2 lectures

**Type of exam:** written

### **Annotation:**

The course “*Childhood Counseling*” is an Elective courses intended for students enrolled in a bachelor's program in Psychology and is taught over one semester. The discipline focuses on child and adolescent counseling as a form of psychotherapeutic counseling that addresses a specific age group and, considering its characteristics, defines the framework within which sessions are conducted and techniques are applied. The educational program offers both theoretical preparation and the acquisition of essential practical skills for psychological work with children, adolescents, and their families. Training within the program enhances the theoretical and practical competencies of psychologists working with child development issues and provides support and guidance to children and families.

### **Content of the course:**

Within this context, psychology students will become familiar with:

- Normative crises and early signs of disturbed child development
- Diagnostic methods for identifying specific issues
- Clarifying the counseling situation when working with children and adolescents
- Counseling techniques for parents/teachers
- Skills for psychological counseling for cognitive, emotional, and behavioral issues

in children and teenagers

### **Teaching and assessment method:**

The ongoing assessment is based on the sum of grades from in-class participation and out-of-class activities throughout the semester. Students are admitted to the final exam if they:

- Have attended at least two-thirds of the lectures
- Have taken a test or midterm (with a grade above “Fail”)
- Have submitted a written paper (sample topics are included at the end of the syllabus)

Those who do not meet these requirements:

- Proceed directly to a retake exam
- Answer more questions during the exam
- Or are given additional assignments during the semester to qualify for the regular exam session

The exam is written and includes two questions from the syllabus. The grade is the arithmetic average of the answers to the two questions. The final grade is a combination of the ongoing assessment during the semester and the final exam result.

## PSYCHOLOGY OF ADDICTION AND ADDICTIVE BEHAVIOUR

**ECTS credits:** 3

**Assesment method:** exam

**Semester:** VIII

**Methodical guide:**

**Hours:** 2 lectures

**Type of exam:** written

**Department of Psychology,**

Faculty of Philosophy

**Lecturer: Chief. Assis. Prof. Tsvetelina Hadjieva, Ph.D.,** Department of PsychologyEmail: [cveti\\_hadjieva@swu.bg](mailto:cveti_hadjieva@swu.bg)**Annotation:**

The Psychology of Addictions and Addictive Behaviors course introduces issues related to the etiology, treatment, and prevention of addictive behaviors. A multidimensional approach is emphasized that includes biological, psychological, and social factors. Topics covered include alcohol, nicotine, and other drug addictions, as well as pathological gambling, eating disorders, and compulsive sexual behaviors. Throughout the course, students will be encouraged to generate new conceptualizations of addictions in contemporary society.

**Content of the course:**

This course provides a comprehensive overview of psychological theories and interventions for addressing addictive behaviors. Emphasis is placed on clinical processes. Prominent models for conceptualizing addictive behaviors are presented, along with clinical treatments based on these models. Content modules include models and theories of addictive behavior, psychological processes and mechanisms of addiction, individual and health differences in addiction, and models for prevention and treatment. Specific topics include: understanding the psychological dynamics of addiction, stages of change, screening and diagnosing addictive behavior, brief psychological interventions, empirically supported treatments, relapse prevention, harm reduction, addressing common comorbid disorders, and community services.

**Teaching and assessment method:**

The training in the elective course Psychology of Addictions and Addictive Behaviors is carried out through lectures and the assignment of independent extracurricular projects. The lecture course is traditional and includes group work, the use of interactive teaching methods, and multimedia. The course is one-semester in length and for admission to the exam, individual activity during classes and the results of independent work are assessed. The final grade for the course includes the grades from both independent work and written papers and is formed after a written exam is passed.

**ENGLISH****ECTS credits:** 3**Assessment method:** exam**Semester:** VIII**Methodological guidance:****Department of Psychology,**

Faculty of Philosophy

**Lecturer: Assistant Bogdan Filatov,** Department of German and Romance StudiesE-mail: [bogdanf@swu.bg](mailto:bogdanf@swu.bg)**Hours:** 2 lectures**Type of exam:** written**Annotation**

The course focuses on updating basic communication skills in accordance with the rules of the English language. At the end of the training, students should have an active set of words and phrases corresponding to language skills for levels A1 and A2, according to the Common European Framework of Reference for Languages. They should be able to read, listen and understand texts in English and master specialized terminology from the field of psychology, as well as create texts for different purposes and be able to express themselves in this language so that they are understood by other speakers.

The aim of the English course is to help students acquire knowledge of grammatical rules, basic lexical knowledge, develop receptive listening skills and productive speaking skills, as well as writing texts using terminology from the field of psychology.

**Content of the course:**

1. “You and Me” – the verb “to be”, personal and possessive pronouns, the verbs have, like, go, live, Possessive ‘s – 4 hours
2. “Good Job” – Present Simple Tense; Questions and negations – 4 hours
3. “Work Hard, Play Hard” – Present Simple Tense. Adverbs of frequency; Reading and translating texts from the field of psychology - 4 hours
4. “Somewhere To Live” – the expression there is; use of a/some/any/this/that/these/those – 4 hours
5. “Super Me” – the verb “can”; Past Simple Tense. Past forms of the verb “to be”. Reading and translating texts from the field of psychology – 4 hours
6. “Life’s Ups and Downs” – Past Simple Tense – regular and irregular verbs – 4 hours
7. Present Continuous Tense. Reading comprehension activities. Listening comprehension activities. Speaking activities. Writing activities – 6 hours

Exercises are conducted throughout the course. Students work on the textbook, as well as they do additional exercises such as Reading comprehension, Listening comprehension, Speaking and Writing activities.

**Teaching and assessment method:**

The assessment of the knowledge of students in the “Psychology” major is complex and objective. The assessment of the results achieved in the process of student education is in accordance with the requirements of Regulation No. 21/ 30.09.2004, published in the State Gazette, issue 89 of 30.09.2004, on the implementation of the system of accumulation and transfer of credits.

The main form of verification and assessment of student knowledge is the written one. The knowledge and skills of students are assessed according to the six-point system, which includes: Excellent 6, Very good 5, Good 4, Average 3, Weak 2. During the semester, periodic control is carried out by conducting tests.