

SPECIALTY PSYCHOLOGY

Doctoral program in PEDAGOGICAL AND AGE PSYCHOLOGY

Educational and scientific degree: DOCTOR

Professional qualification: RESEARCHER

Duration of study: 3/4 years

Form of education: full-time, part-time, self-study mode

QUALIFYING CHARACTERISTICS

1. GENERAL PRESENTATION OF THE DOCTORAL PROGRAM

Doctoral students in "Pedagogical and Age Psychology" can carry out psycho-diagnostic and experimental research in different age groups at different educational levels. They acquire skills in the interpretation of data from empirical research, as well as in the application of appropriate methods of psychological diagnosis, forecasting and counseling. In the process of their scientific research and pedagogical activities, doctoral students benefit from achievements in the world practice of pedagogical and age psychology.

The training lasts up to 3 years in full-time and self-study mode of training and up to 4 years in part-time mode. In all forms it ends with the defense of a doctoral thesis. The educational and scientific degree "Doctor" in Pedagogical and Age Psychology is acquired after fulfilling the obligations under Art. 46, paragraph 2 of the Higher Education Act, Art. 9, paragraph 2 of the LDASRB, section II of the RIRLDASRB and according to the Conditions and procedure for acquisition of the educational and scientific degree "doctor" from the Internal rules for the development of the academic staff of the South-West University "Neofit Rilski".

2. OBJECTIVES OF THE DOCTORAL PROGRAM

The aim of the offered training is to provide highly qualified specialists, for the needs of the academic and non-academic environment, who have acquired specialized theoretical and practical training in relation to the conceptual frameworks for the mental development of man. In this regard, doctoral students are expected to deepen their knowledge related to the directions and schools in the theories of personality, emotions, temperament and character, at different ages, through the study and referencing of the literature necessary for the construction of the dissertation work.

The essence of the presented program is the expansion of awareness regarding the work and deficits of mental processes in different age groups. This goal can be decomposed into the following more specific sub-goals as: understanding the interaction of cognitive, emotional and conative processes, as a mental basis for personality formation; expanding knowledge about the qualities of character and personality, as a basis for building personal awareness. It is important to understand the mechanisms for the formation of the qualities and characteristics of the personality at different ages through the interaction with the family, friendship, professional and social environment.

Through this doctoral program, the knowledge about the psychological - pedagogical interaction between teachers and students, about the stages of psycho - social development of

the person, about the age stages and crisis periods in the development of the ego and the personality, about building skills and stimulating motivation as well as in children and adolescents, as well as in adults in old age. The enrichment of the research culture and competence in the field of pedagogical and age psychology prepares doctoral students for their future professional realization.

3. GENERAL QUALIFICATION AND SPECIALIZATION OF THE PROGRAM

The program examines in detail the specific problems in psychology, through two of its fields - pedagogical and age psychology. This combination is necessary because of the great importance of these parts of psychological knowledge for the professional competence of psychologists. Age and pedagogical psychology are very closely linked in the program, which gives doctoral students the opportunity to enrich their knowledge about the different age periods related to the peculiarities of the development and formation of the personality, by associating with the pedagogical side, namely the assimilation of knowledge, skills and experience, and their transformation into sustainable properties of the psyche and personality.

Doctoral students have the opportunity to get acquainted with practical and applied innovations in the field of age and pedagogical psychology, through the application of scientific methods, concepts, theories. In this sense, doctoral students also engage in active participation in theoretical or practical training in one or more disciplines fixed in their individual study plan. They learn to really apply a group and individual approach when they study students, parents and teachers with psychological tests and questionnaires. Every innovation in the pedagogical process is checked through the methodological apparatus of psychology.

Their curricular duties also include tasks to carry out scientific, educational and administrative activities, as well as their participation in research teams for the development of projects, supporting materials, plans and programs, giving them the opportunity to exercise their knowledge and develop their skills related to the organization of research, teaching and related activities in higher and secondary schools.

Doctoral students are trained in conducting scientific research aimed at improving or developing concepts, theories or practical methods in the field of age and pedagogical psychology. They enrich their knowledge to conduct research, prepare textbooks and teaching aids.

4. KNOWLEDGE, SKILLS AND COMPETENCES ACQUIRED ACCORDING TO THE NATIONAL QUALIFICATION FRAMEWORK

4.1 Knowledge (theoretical and/or factual)

- Possesses and uses specialized and systematized knowledge to perform a critical analysis of the psychological -pedagogical interaction between teachers and students.
- To knows the methods of scientific research in the field of pedagogical and age psychology.
- Possesses knowledge and carries out original research related to personal qualities, cognitive processes, emotions, temperament and character at different ages.

4.2. Skills (cognitive and/or practical)

- To has the skills to solve complex problems through psychological methods and tools in the study of the mechanisms forming qualities and characteristics of the personality in different age groups.
- By using scientific methods, concepts and theories, builds skills to solve and overcome critical problems in the field of age and pedagogical psychology.

- To masters methods and techniques of practical-applied innovations for predicting changes related to the peculiarities of the development and formation of the personality, connecting them with the pedagogical side, namely the assimilation of knowledge, skills and experience, and their transformation into sustainable properties of the psyche.
- Develops skills in writing and presenting scientific and technical documents (scientific articles, summaries, reports, figures, graphs, etc.) by communicating through different media to different audiences in carrying out scientific, educational and administrative activities, as well as participating in scientific research project development teams, supporting materials in the field of pedagogical and age psychology.
- Possesses skills such as endurance, enterprise, firmness, exactingness, adaptability and intellectual flexibility.

4.3. Independence and responsibility

- Creates and interprets new knowledge through own research or referenced scientific literature.
- Demonstrates skills in expanding the scope of the previously known scientific field by increasing awareness regarding the work and deficits of mental processes in different age groups.
- Has the ability to self-assess the achievements of his research work.
- Possesses the ability to compose, design, implement and adapt a modern research process with scientific soundness.

4.4. Competence to learn

- Demonstrates the capacity to systematically acquire, understand and expand their knowledge of the latest scientific advances in theory and professional practice in the field of pedagogical and age psychology.

4.5. Communicative and social competences

- It represents qualities and skills that require high personal responsibility, independence and initiative in complex circumstances, as a basis for increasing personal capacity.
- Demonstrates developed abilities to conceptualize and generate new knowledge, to apply new achievements in building professional resilience in the field of psychology.
- Fully communicates in some of the most common European languages

4.6. Professional competences

- Understands in detail scientific research techniques applied for scientific and practical purposes in institutions such as centers for psycho-social rehabilitation of children, children's pedagogical rooms and others.
- Makes informed judgments about complex issues in educational and age psychology by understanding the interaction of cognitive, emotional and conative processes as the mental basis for personality formation.
- Has the ability to continue research in the relevant scientific field at increasingly complex levels, contributing to the expansion of knowledge about mental processes in different age groups.

5. AREAS OF PROFESSIONAL REALIZATION

Successful graduates of the doctoral program in Educational and Age Psychology possess more extensive and in-depth psychological knowledge than bachelors and masters. This provides them with an opportunity for competitive and wider professional exposure.

Possible spheres of professional realization are the various levels of the educational system - primary schools, secondary general education schools, vocational high schools and related institutions such as centers for psycho-social rehabilitation of children, children's pedagogical rooms and others. The acquired professional competence also gives them the opportunity for development in the academic field, in scientific and research organizations, specialized laboratories, as well as in the social system offering services related to the prevention and care of mental health.

CURRICULUM STRUCTURE

no	NAME OF THE ACTIVITIES	Form of preparation and implementation			Form of recognition
		CREDITS	CHORARIUM	lectures, seminars, laboratory exercises, self-study, consultations, participation, other	exam, current assessment, interview, certificate, report, certification, other
I. EDUCATIONAL ACTIVITY					
1.	Pedagogical and age psychology	2	60	30, 30	Exam
2.	Methodology and methods of scientific research	2	60	30, 30	Exam
3.	Project preparation and management	2	60	30, 30	Exam
4.	English	1	30	15, 15	Exam
5.	Elective discipline first group	1.5	45	30, 15	Exam
6.	Elective discipline second group	1.5	45	30,15	Exam
	TOTAL:	10	300		
II. RESEARCH ACTIVITY					
1.	Preparatory and accompanying activities for the dissertation (research and referencing of literature)	20	600	560 hours of study , 40 hours of consultation with a supervisor	Interview
2.	Presentation of concept and research toolkit	9	270	250 hours of study , 20 hours of consultation with a supervisor	Interview
3.	Implementation of empirical research on the dissertation work	20	600	580 hours of study , 20 hours of consultation with a supervisor	Interview, certification by supervisor
4.	Participation in a scientific forum (doctoral session, doctoral school, round table, conference, congress)	10	300	290 hours of study , 10 hours of consultation with a supervisor	Certificate, Official Note
5.	Publications (articles, studies) in Bulgarian / foreign publications	15	450	440 hours of study , 10 hours of consultation with a supervisor	Certificate, Copy of publication

6.	Reports in Bulgarian / international conferences and congresses	15	450	440 hours of study , 10 hours of consultation with a supervisor	Certificate, Copy of publication
7.	Writing a separate part of the dissertation work	25	700	650 hours of study , 50 hours of consultation with a supervisor	Interview, minutes of the CC
8.	Presentation of the dissertation before the supervisor and departmental council	30	900	880 hours of study , 20 hours of consultation with a supervisor	Discussion, minutes of the CC
TOTAL:		144	4320		
III. PEDAGOGICAL ACTIVITY					
1.	Conducting seminars, practical or laboratory activities	10	300	Independent preparation, consultations	Transcript, certified by the head of the department
2.	Assessment/supervision of coursework (<i>consulting students, observations and supervision, checking of written works</i>)	5	150	Independent preparation, consultations	Certification from academic supervisor
3.	Preparation of thesis review	5	150	Independent preparation, consultations	Certification from academic supervisor
TOTAL:		20	600		
IV. OTHERS					
1.	Participation in department meetings; in the work of departmental, faculty and university committees and other academic activities , as part of a research project	2	60	Participation	Department Council Minutes
2.	Assistance as custodians during exams (semester, state, etc.)	2	60	Participation	Official note from the head of the department
3.	Participation in organizational and administrative activities	2	60	Participation	Official note from the head of the department
TOTAL:		6	180		
TOTAL (for the entire duration of the training) :		180	5400		
ELECTIVE DISCIPLINES FIRST GROUP					
1.	Personality psychology	1.5	45	30, 15	Interview
2.	Social Psychology	1.5	45	30, 15	Interview
3.	Differential psychology	1.5	45	30, 15	Interview
ELECTIVE DISCIPLINES SECOND GROUP					
1.	Psychology of abnormal development	1.5	45	30, 15	Interview
2.	Psychology of stress	1.5	45	30, 15	Interview
3.	Sports psychology	1.5	45	30, 15	Interview

ANNOTATIONS OF COURSES

COMPULSORY COURSES

PEDAGOGICAL AND AGE PSYCHOLOGY

ECTS credits: 2

Assessment: exam

Methodical guide:

Department of Psychology

Faculty of Philosophy

Lecturer: Assoc. Prof. Teodor Gergov, Ph.D., Department of Psychology

Email: teodor@swu.bg

Hours: 30 lectures + 30 seminars

Type of exam: written

Annotation:

Pedagogical and age psychology occupy a significant place in the overall preparation of doctoral students from the doctoral program of the same name. The course on "Pedagogical and age psychology" takes into account the need to consider mental processes, states, properties and their age specifics from different scientific positions. This creates an opportunity for the formation of broader ideas about the nature of mental phenomena. Essential regularities of the psychological conditions for the harmonious formation of the students' personality are revealed.

The psychological specifics of training are mastered, the observance of which increases the effect of the educational process and ensures its smooth progress. The development of the psyche is analyzed, tracking the dynamics of mental phenomena in terms of age. The optimal interactions and good practices between the individual entities in the school system are indicated, which contribute to the presence of positive results and a positive psychological climate .

Content of the course:

In terms of content, the course in "Pedagogical and Age Psychology" is oriented towards getting to know the current issues facing the discipline. Information is provided on the psychological mechanisms of learning socio-historical experience by learners and, on this basis, the regularities of their personality formation. It contains information on the formation of qualities of thinking, will, emotions, and character, as well as on the construction of a positive, prosocial attitude and behavior. Attention is paid to the problems of self-awareness, self-regulation, self-evaluation, self-development, reflection and self-concept of students. Questions about the formation of the psyche during the individual age periods and the peculiarities of the personality are considered. The ideological grounds for age periodization are presented.

Teaching and assessment method:

The program envisages preparation of the doctoral student on all the mentioned topics within 60 hours of lectures and seminar exercises. Independent work is developed and an exam is held on the topics in the outline.

METHODS AND METHODOLOGY OF SCIENTIFIC RESEARCH

ECTS credits: 2

Assessment: exam

Methodical guide:

Hours: 30 lectures + 30 seminars

Type of exam: written

Department of Psychology

Faculty of Philosophy

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

Email: avka@swu.bg

Annotation:

The course “Methodology and methods of scientific research” is studied during the second semester as a compulsory subject of the PhD curriculum of Educational and Developmental Psychology. The workload is 30 academic hours lectures, 30 hours extra-curriculum activity and 2 credits.

Content of the course:

The course in “Methodology and methods of scientific research” includes the following modules of content: 1) aim, objectives, hypotheses, research questions; 2) research organization, procedure, ethical issues; 3) sample; 4) data collection methods, instruments; 5) experimental designs; 6) data analysis methods.

The goals of the course “Methodology and methods of scientific research” are: doctoral students to improve their skills in organizing and conducting scientific research in the field of Educational and Developmental Psychology; doctoral students to know and apply the methods of collecting, processing, analyzing, visualizing and interpreting data in accordance with the objectives and research questions; PhD students to have skills in data entry into statistical software and statistical analysis of data using statistical software for hypothesis testing; PhD students to have skills in preparing a research report and presentation of scientific research.

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

The PhD students’ extra-curriculum activity represents preparation and presentation of scientific research; conducting psychological studies; testing; summarizing of articles and book chapters; essays on the topic of PhD thesis; analysis of cases.

Teaching and assessment method:

Assessment of the PhD 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 course content, as well as on the basis of the assessment of the PhD 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.

ELECTIVE COURSES

PERSONALITY PSYCHOLOGY

ECTS credits: 1.5

Assessment: exam

Methodical guide:

Department of Psychology

Faculty of Philosophy

Lecturer: Assoc. Prof. Bilyana Yordanova, Ph.D., Department of Psychology

Email: b_iordanova@swu.bg

Hours: 30 lectures + 15 seminars

Type of exam: written

Annotation:

The Psychology of Personality course presents the main paradigms and the personality models based on them primarily in the perspective of theoretical frameworks allowing for competing interpretations and the implications they have for understanding psychological reality. The lecture material also enables the individual preparation of doctoral students on certain topics. Independent work in the preparation of presentations is encouraged - from the selection of sources on the topic to the way in which it will be presented. Practically-oriented forms of work are also foreseen - didactic familiarization with some popular methods of personality research, referencing and discussion of classic studies, as well as conducting illustrative mini-research assignments within the seminar and practical groups.

Content of the course:

The course includes basic concepts and theories in personality psychology. Personality dispositions, emotions, temperament, character, motivation, self-concept, stress and stressful conditions. Basic constructs from personality psychology are commented on: basic directions in personality psychology, self-image and self-esteem, attitudes, values, abilities, needs, emotional regulation, the role of heredity and the environment in personality formation, mental health and personality pathology, personality and health, social constructivism of norm and pathology. Personality is presented as a set of factors that determine each individual and representative of society, where thinking, feelings and ways of behaving make each person unique.

Teaching and assessment method:

The program envisages preparation of the doctoral student on all the mentioned topics within 45 hours of lectures and seminar exercises. Independent work is developed and an exam is held on the topics in the outline.

SOCIAL PSYCHOLOGY**ECTS credits: 1.5****Assessment:** exam**Methodical guide:****Department of Psychology**

Faculty of Philosophy

Lecturer: Assoc. Prof. Natasha Angelova, Ph.D., Department of PsychologyEmail: natasha_v@swu.bg**Hours:** 30 lectures + 15 seminars**Type of exam:** written**Annotation:**

The "Social Psychology" course includes two substantive modules: 1) The process of socialization and social-psychological theories of personality; 2) Small social groups – social influence and interpersonal communication. Each of the modules offers a comprehensive overview of the theories and studies that have a significant contribution to the development of the relevant scientific issues. The main theoretical and research paradigms for understanding the diverse forms of social behavior are presented. Special attention is paid to the methodology of psychological research and to socio-psychological knowledge.

Content of the course:

Subject area of social psychology. Social-psychological issues in personality research. General characteristics and classification of small groups. Phenomena. Reference groups. Sociometry. The leader in informal and formal communication. Methods of diagnosis and measurement. Phenomenology of the collective. A team. Leadership and team roles. Interaction in unstructured situations: suggestion, propaganda, imitation, fashion, contagion,

panic. Public opinion and public sentiment. Majority, minority, coalitions. Intergroup conflicts. Communication, aggression, conflicts and prosocial behavior.

Teaching and assessment method:

The program envisages preparation of the doctoral student on all the mentioned topics within 45 hours of lectures and seminar exercises. Independent work is developed and an exam is held on the topics in the outline.

DIFFERENTIAL PSYCHOLOGY

ECTS credits: 1.5

Assessment: exam

Methodical guide:

Department of Psychology

Faculty of Philosophy

Lecturer: Assoc. Prof. Bilyana Yordanova, Ph.D., Department of Psychology

Email: b_iordanova@swu.bg

Hours: 30 lectures + 15 seminars

Type of exam: written

Annotation:

The Differential Psychology course provides a scholarly perspective that connects psychological theory to the use of assessments of individual differences in real-world situations and presents the most important and emerging literature on personality, intellectual ability, cognitive style, and other individual differences such as creativity, emotional intelligence, professional interests, economic behavior. Particular attention is paid to the differences in mental status between large groups of people - differences between the sexes and the most diverse social groups in society.

Content of the course:

The course includes basic concepts and theories in the field of individual differences. Methodological and theoretical approaches in the field of differential psychology (the study of individual differences) are provided. The impact of these methods and theories are discussed in relation to illustrative examples and real-world scenarios. The course introduces doctoral students to individual differences in the abilities of the individual; explains his personality depending on heredity and the influences of his environment (upbringing, culture), hereditary characteristics (biological and genetic) and mental characteristics (intellect, abilities, character).

Teaching and assessment method:

The program envisages preparation of the doctoral student on all the mentioned topics within 45 hours of lectures and seminar exercises. Independent work is developed and an exam is held on the topics in the outline.

PSYCHOLOGY OF ABNORMAL DEVELOPMENT

ECTS credits: 1.5

Assessment: exam

Methodical guide:

Department of Psychology

Faculty of Philosophy

Lecturer: Assoc. Prof. Natasha Angelova, PhD, Department of Psychology

Email: natasha_v@swu.bg

Hours: 30 lectures + 15 seminars

Type of exam: written

Annotation:

The fundamental goals of the course are aimed at familiarizing doctoral students with modern diagnostic tools for identifying disorders in individual development and with classical therapeutic approaches to overcome them. Doctoral students will acquire in-depth theoretical knowledge of the etiology and clinical picture of the main developmental disorders, as well as practical skills for counseling activities with parents of children with developmental disorders.

Content of the course:

Topics include basic and advanced knowledge in modern terminology, definitions and classifications for the category of children and students with developmental disabilities. The neurobiological and medical bases of the various types of disorders and disorders are discussed, as well as the theoretical and practical methods of screening and diagnosis and the principles of the consultation process oriented towards the target groups (parents and teachers) in relation to the difficulties expressed in various degrees of severity in sensory, language, behavioral and social skills in children and students. Age-specific therapeutic approaches in the context of classic and innovative interventions and strategies are also presented.

Teaching and assessment method:

The program envisages preparation of the doctoral student on all the mentioned topics within 45 hours of lectures and seminar exercises. Independent work is developed and an exam is held on the topics in the outline.

PSYCHOLOGY OF STRESS

ECTS credits: 1.5**Hours: 30 lectures + 15 seminars****Assessment: exam****Type of exam: written****Methodical guide:****Department of Psychology**

Faculty of Philosophy

Lecturer: Assoc. Prof. Stoil Mavrodiev, D.Sc., Department of PsychologyEmail: stoil_m@swu.bg**Annotation:**

To understand what stress is, one must understand the causes of its occurrence. By definition, the cause of stress can be almost any situation in which a person experiences strong emotional excitement. It should be borne in mind that stress can be caused not only by negative events, but also by positive emotions - marriage, birth of a child, promotion in the office. Stress can also arise as a result of more serious situations - workplace conflict, layoffs, divorce, death, addictions, physical and emotional harassment.

Content of the course:

An Introduction to the Psychology of Stress. Contemporary theories of mental stress. Contemporary theories of mental stress. Coping with stress - models. Stress research methods. Individual differences and the experience of stress. Individual differences and the experience of stress. Stress management techniques at the individual level. Social environment and stress. Social support. Stress and anxiety disorders. Psychological counseling in critical incidents, disasters and accidents. Organizational and workplace stress management.

Teaching and assessment method:

The program envisages preparation of the doctoral student on all the mentioned topics within 45 hours of lectures and seminar exercises. Independent work is developed and an exam is held on the topics in the outline.

SPORT PSYCHOLOGY

ECTS credits: 1.5

Assessment: exam

Methodical guide:

Department of Psychology

Faculty of Philosophy

Lecturer: Assoc. Prof. Teodor Gergov, Ph.D., Department of Psychology

Email: teodor@swu.bg

Hours: 30 lectures + 15 seminars

Type of exam: written

Annotation:

The course on "Sports Psychology" includes a detailed presentation of the psychological structure of sports activity and the age-specific features of physical culture. The study discipline "Sports Psychology" is a science that draws knowledge from the fields of kinesiology and psychology. It includes the study of how psychological factors affect performance and how participation in sport and exercise affects psychological and physical factors. In addition to instruction and training in psychological skills to improve performance, applied sport psychology may include working with athletes, coaches, and parents regarding injury and rehabilitation, communication, team building, and career transitions. Sports psychology over the years of its development has been established both in the scientific and the practical field, and today it is called to support individuals, groups and organizations, all engaged in sports and physical activity, to increase their effectiveness, to raise the social role of sports and to contribute to the social well-being of society.

Content of the course:

The subject area and basic concepts in sports psychology; Nature and features of sports psychology - conditions for its application and use. Historical views on sport and sports activity. The general and the specific in the psychological characteristics of sports activity. Causes, nature and specificity of the phenomenological manifestations and prognosis of the various forms of sports activity. Basic knowledge about the technology of conducting psychological diagnosis of sports activity. Specialized competencies regarding the application of various psychological approaches to sport.

Teaching and assessment method:

The program envisages preparation of the doctoral student on all the mentioned topics within 45 hours of lectures and seminar exercises. Independent work is developed and an exam is held on the topics in the outline.