



A Matter of Life and Verse: Creative Writing in Professional Burnout Prevention

1. IMPRINT	
Academic Year	2021/2022
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline <i>(in accord with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>	Medical Sciences
Study Profile <i>(general academic / practical)</i>	General academic
Level of studies <i>(1st level /2nd level/ uniform MSc)</i>	Uniform MSs
Form of studies	Full time studies
Type of module / course <i>(obligatory / non-compulsory)</i>	Non-compulsory
Form of verification of learning outcomes <i>(exam / completion)</i>	Credit
Educational Unit / Educational Units <i>(and address / addresses of unit / units)</i>	Department of Medical Psychology & Medical Communication ul. Litewska 14/16, 00-575 Warszawa Tel. +48 22 116 92 11 zpikm@wum.edu.pl

Head of Educational Unit / Heads of Educational Units	Professor Krzysztof Owczarek, MA, PhD
Course coordinator (title, First Name, Last Name, contact)	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Person responsible for syllabus (First name, Last Name and contact for the person to whom any objections concerning syllabus should be reported)	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Teachers	Elżbieta Łazarewicz-Wyrzykowska, MA, PhD ela.lazarewicz.wyrzykowska@gmail.com

2. BASIC INFORMATION			
Year and semester of studies	I-VI, 2 nd semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)		-	-
Seminar (S)		30	1.5
Discussions (D)		-	-
e-learning (e-L)		-	-
Practical classes (PC)		-	-
Work placement (WP)		-	-
Unassisted student's work			
Preparation for classes and completions		15	0.5

3. COURSE OBJECTIVES	
O1	to identify various types of experiences, clinical and personal, connected with medical studies and profession, and ways of recording and communicating them through creative writing.
O2	to develop active and creative reading skills.
O3	to provide an insight into the process of creative writing, with its particular dynamic and requirements.
O4	to build up an understanding of the role of writing in processing challenging experiences, and in burnout prevention

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING (concerns fields of study regulated by the Regulation of Minister of Science and Higher Education from 26 of July 2019; does not apply to other fields of study)

Code and number of effect of learning in accordance with standards of learning <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>	Effects in time
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Knowledge – Graduate* knows and understands:

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Skills– Graduate* is able to:

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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects of learning i time
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Knowledge – Graduate knows and understands:

K1	the dynamic of creative process, especially with regard to creative writing; its challenges and obstacles.
K2	the importance of selecting a suitable genre and type of language for particular experiences to be recorded and efficiently communicated.
K3	the role of recording and sharing professional and personal experience through writing in professional and personal burnout prevention.

Skills– Graduate is able to:

S1	select the right literary form for expressing and communicating given content.
S2	manage their own creative writing process.
S3	share their written work with others.
S4	give and receive feedback.

Social Competencies – Graduate is ready for:

SC1	-
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6. CLASSES		
Form of class	Class contents	Effects of Learning
S	S1-S2 – Seminar 1 and 2- Creative writing as a medium through which different kinds of life experience can be recorded, processed and shared with others. Reflection on the role of medical background in personal identity and on medical professionals' particular cognitive and moral perspective on human nature and human condition. Introduction to active reading ('close reading' method) and creative reading. Introduction to creative process and creative writing process. Giving and receiving feedback on creative written work.	K1, K2, K3, S1
S/D/PC	S3-S10 - Reading and interpreting texts using 'close reading' method. Writing exercises. Exercises in giving and receiving feedback.	S1, S2, S3, S4

7. LITERATURE
Obligatory
PDF materials provided by the teacher during the course
Supplementary
Clanchy, Kate. (2020) <i>How to Grow Your Own Poem</i> , Picador. Csikszentmihalyi, M. (1996) <i>Creativity: the Psychology of Discovery and Invention</i> . Harper. Sacks, Oliver (1985), <i>The Man Who Mistook His Wife for a Hat and Other Clinical Tales</i> , Summit Books. Scruton, Roger (2019), <i>On Human Nature</i> , Princeton University Press. The above textbooks are available for short rental from the teacher (single copies).

8. VERIFYING THE EFFECT OF LEARNING		
Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
K1-3, S1-4	Active participation in all discussions and exercises during classes	Minimal acceptable level of performance
K1-3, S1-4	Contribution to the final project prepared by the whole group	Minimal acceptable level of performance

9. ADDITIONAL INFORMATION <i>(information essential for the course instructor that are not included in the other part of the course syllabus e.g. if the course is related to scientific research, detailed description of, information about the Science Club)</i>
<p>This course consists of ten sessions on Wednesdays, 17:30-19:30 2nd, 9th, 16th, 23th, 30th of March 6th, 13th and 27th of April 4th, 11th of May</p> <p>There will be two types of classes</p> <p>1. Seminar (first two sessions), during which we will</p> <ul style="list-style-type: none"> - talk about the importance of recording our experiences and sharing them with others for our wellbeing, and look at creative writing, and especially poetry, as a fun and imaginative way of doing this, in conversation with other people (i.e., other authors).

- reflect on the specific perspective doctors may have on what it means to be human, and on the role of medical background in personal identity.
- talk about a method of engaging with literary texts called 'close reading' or 'active reading'.
- talk about the dynamic of creative process.
- discuss our personal goals for this course and a final project towards which we will be working as a group.
- discuss best practices in giving and receiving feedback on our creative work.
- have a go at writing a short text.

2. Writing workshops (subsequent eight sessions)

During each of workshop sessions we will read together a short poem, discuss it and respond to it by writing our own poems. Depending on student's needs, some sessions may be dedicated exclusively to discussing their written work. Occasionally, there will be short reading assignments between sessions.

All sessions will take place at ul. Litewska 14 room -103 (level "-1").

If face to face teaching becomes impossible, all sessions will be held on Zoom. Students will be notified of the form of teaching before the start of the course.

Attendance: 90% attendance is required. Students are expected to come to the class on time, participate actively and contribute to the final project prepared by the whole group.

To provide good learning environment for everyone, students are requested to turn off any electronic devices that might disturb the class.

Contact information to the coordinator of all ED courses run by the Department of Medical Psychology and Medical Communication:

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The Department of Medical Psychology and Medical Communication runs the Psychological Students Science Club "Psyche" (in English) (contact information: magdalena.lazarewicz@wum.edu.pl).