

PRE-COURSE TIMETABLE 1 st YEAR STUDENTS 2023/2024

September 2023

All lectures and Polish classes will be held online.

MONDAY Sept. 11	TUESDAY Sept. 12	WEDNESDAY Sept. 13	THURSDAY Sept. 14	FRIDAY Sept. 15
Physics 8:00 – 9:30	Chemistry 8:00 – 9:30	Physics 8:00 – 9:30	Physics 8:00 – 9:30	Polish gr.2 8:00 – 9:30
Break 9:30 – 9:45	Break 9:30 – 9:45	Break 9:30 – 9:45	Break 9:30 – 9:45	Break 9:30 – 9:45
Chemistry 9:45 – 11:15	Physics 9:45– 11:15	Chemistry 9:45 – 11:15	Chemistry 9:45 – 11:15	Polish gr 3 9:45 – 11:15
Lunch break 11:15 – 11.45	Lunch break 11:15 – 11.45	Lunch break 11:15 – 11.45	Lunch break 11:15 – 11.45	Lunch break 11:15 – 11.45
Biology 11:45 – 13:15	Biology 11:45 – 13:15	Polish gr.3 11:45 – 13:15	Polish gr.3 11:45 – 13:15	Physics 11:45 – 13:15
Break 13:15 – 13:30	Break 13:15 – 13:30	Break 13:15 – 13:30	Break 13:15 – 13:30	Break 13:15 – 13:30
Polish gr 1 13.30 – 15:00	Polish gr 2 13.30 – 15:00	Polish gr.1 13.30 – 15:00	Polish gr.1 13.30 – 15:00	Polish gr 4 13.30 – 15:00
Break 15.00-15.15	Break 15.00-15.15	Break 15.00-15.15	Break 15.00-15.15	Break 15.00-15.15
Polish gr 4 15.15-16.45	Polish gr.4 15.15-16.45	Polish gr.2 15.15-16.45	Polish gr.4 15.15-16.45	Biology 15.15-16.45 , after lecture meeting 1: Studying in Poland: culture shock

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MONDAY Sept. 18	TUESDAY Sept. 19	WEDNESDAY Sept. 20	THURSDAY Sept. 21	FRIDAY Sept. 22
Polish gr.1 8:00 – 9:30	Polish gr.1 8:00 – 9:30	Polish gr.3 8:00 – 9:30	Polish gr.4 8:00 – 9:30	Polish gr.3 8:00 – 9:30
Break 9:30 – 9:45	Break 9:30 – 9:45	Break 9:30 – 9:45	Break 9:30 – 9:45	Break 9:30 – 9:45
Physics 9:45-11:15	Polish gr.2 9:45 – 11:15	Chemistry 9:45 – 11:15	Chemistry 9:45 – 11:15	Chemistry 9:45 – 11:15
Lunch break 11:15 – 11:45	Lunch break 11:15 – 11:45	Lunch break 11:15 – 11:45	Lunch break 11:15 – 11:45	Lunch break 11:15 – 11:45
Chemistry 11:45 – 13:15	Chemistry 11:45 – 13:15	Physics 11:45 – 13:15	Polish gr.2 11:45 – 13:15	Biology 11:45-13:15
Break 13:15 – 13:30	Break 13:15 – 13:30	Break 13:15 – 13:30	Break 13:15 – 13:30	Break 13:15 – 13:30
Polish gr.2 13.30 – 15:00	Polish gr.4 13.30 – 15:00	Physics 13.30 – 15:00	Physics 13.30 – 15:00	Physics 13.30 – 15:00
Break 15.00-15.15	Break 15.00-15.15	Break 15.00-15.15	Break 15.00-15.15	Break 15.00-15.15
Polish gr.3 15.15-16.45	Biology 15.15-16.45	Polish gr.1 15.15-16.45	Biology 15.15-16.45, after lecture meeting 2 : Adjusting to university life	Polish gr 4 15.15-16.45

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MONDAY Sept. 25	TUESDAY Sept. 26	WEDNESDAY Sept. 27	THURSDAY Sept. 28	FRIDAY Sept. 29
Polish gr.1 8:00 – 9:30	Polish gr.3 8:00 – 9:30	Polish gr.2 8:00 – 9:30	Polish gr.1 8:00 – 9:30	Chemistry 8:00 – 9:30
Break 9:30 – 9:45	Break 9:30 – 9:45	Break 9:30 – 9:45	Break 9:30 – 9:45	Break 9:30 – 9:45
Physics 9:45 – 11:15	Polish gr 1 9:45 – 11:15	Chemistry 9:45 – 11:15	Polish gr.3 9:45 – 11:15	Chemistry 9:45 – 11:15
Lunch break 11:15 – 11.45	Lunch break 11:15 – 11.45	Lunch break 11:15 – 11.45	Lunch break 11:15 – 11.45	Lunch break 11:15 – 11.45
Chemistry 11:45 – 13:15	Chemistry 11:45 – 13:15	Chemistry 11:45 – 13:15	Polish gr.4 11:45 – 13:15	Physics 11:45 – 13:15
Break 13:15 – 13:30	Break 13:15 – 13:30	Break 13:15 – 13:30	Break 13:15 – 13:30	Break 13:15 – 13:30
Chemistry 13.30 – 15:00	Physics 13.30 – 15:00	Physics 13.30 – 15:00	Polish gr.2 13.30 – 15:00	Biology 13.30-15.00
Break 15.00-15.15	Break 15.00-15.15	Break 15.00-15.15	Break 15.00-15.15	Break 15.00-15.15
Polish gr.2 15.15-16.45	Biology 15.15-16.45 , after lecture meeting 3 : Planning your work	Polish gr.3 15.15-16.45	Physics 15.15-16.45	Polish gr 4 15.15-16.45

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15 September, 2023 at 16.45

Meeting 1. **Studying in Poland: culture shock**

When you study abroad, your daily routine, the culture and attitudes and reactions of people around you are no longer familiar. The process of recognizing, understanding and adapting to these changes is called culture shock.

In our home environment much of our behavior, like gestures, tone of voice, what we expect to happen in certain situations and how we interact, rely on collectively understood cultural cues. However, we don't actively pay attention to these or analyse them - they're simply what we are used to, the unspoken norm. In a new country, we become more aware of these cultural subtleties because they *are different from what we are used to*.

You may not literally be shocked, but this feeling of disorientation and processing new ways of life, attitudes and cultural norms is by definition **culture shock**.

The purpose of this meeting is to exchange information about these cultural differences, how we interpret them and our reactions to them. Having some insight into why these differences in attitudes and behavior exist may help to put them in perspective and to realize that they are not necessarily a reaction to us personally. This may help to diffuse many situations in which we feel uncomfortable.

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21 September, 2023 at 16.45

Meeting 2.

Adjusting to university life

Going to university, for many students, is a completely new experience. It may turn out to be very different from what you expected, especially if you are studying in a foreign country. You may have to make lots of adjustments: the hours for classes and lectures may be different, the workload may be much higher and there may be more tests than you have been used to in the past. Teachers may treat you differently and the expectations of the university authorities may seem unusual. The aim of this session is to allow students to raise any issues that they may have concerning studying at the university in order to get a better understanding of situations that may be confusing to them.

26 September 2023 at 16.45

Meeting 3. **Planning your work**

Although it may seem very obvious to all of us that having a clear work plan is the basis for successful studying, we don't always follow this advice. We can't seem to get organized, leave things until the last minute and often get by in a fairly chaotic way. This leads to stress and worry – we may find that we are unable to concentrate, we feel tense and are unable to sleep.

This session will be devoted to finding ways of helping to cope with such problems.