



All Work and No Play? Creativity in Doctors' Professional and Personal Development

1. IMPRINT

Academic Year	2025/2026
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Studium Psychologii Zdrowia [Department of Health Psychology] 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 Dorota Włodarczyk, MA, PhD
Course coordinator	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Person responsible for syllabus	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	Years 1-, Semesters 1 and 2 (winter and summer)	Number of ECTS credits	2.00
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FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30	1.5
Classes (C)		
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 broaden students' understanding of creativity in its relation to personal wellbeing, learning, professional development and innovation in the medical field.
O2	To develop students' understanding of creative process.
O3	To help students build up ideas and strategies for individual and team creativity, in academic, professional and personal contexts.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING	
Code and number of the effect of learning in accordance with standards of learning	Effects in the field of:
Knowledge – Graduate* knows and understands:	
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Skills– Graduate* is able to:	
D.U7	develop and improve self-awareness, self-reflection and self-care, and reflect with others on their own way of communicating and behaving

* 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 <i>(non-compulsory)</i>	
Number of effect of learning	Effects in the fields of:
Knowledge – Graduate knows and understands:	
K1	the notion of creativity and its connection with wellbeing, learning and work, as well as psychological and neurological basis of these connections.
K2	connection between creativity, play and innovation.
K3	dynamic of creative process, its challenges and obstacles.
K4	the place of creativity in burnout prevention.
K5	the notion of 'flow'.
Skills– Graduate is able to:	
S1	reflect on own experience of creative process and 'serious play', in individual and group settings.
S2	apply the experience and principles of creative process in the context of academic skills.
S3	start and resume creative process in individual and group work.
S4	address challenges and obstacles in creative process.
S5	identify creative and 'serious play' techniques suitable for one's own needs and in team dynamic.
Social Competencies – Graduate is ready for:	
SC1	

6. CLASSES		
Form of class	Class contents	Effects of Learning
S	S1 – Seminar 1 (seminar and discussion) - Introduction to creativity and its relation to play, learning and work. Psychological and neurological basis of this relation. Understanding the connection between creativity, play and innovation. The role of creativity in professional and personal burnout prevention. Experience of various creative / artistic techniques. Development of the ability to find the technique most suitable for individual needs.	D.U7, K1, K2, K4, S1, S3, S4
S	S2 – Seminar 2 - Understanding creative process, challenges and obstacles it can encounter (M. Csikszentmihalyi's model). Identifying ways of coping with such obstacles. Creativity in a team – theory and practice. Reflection on the experience of	D.U7, K3, K4, K5, S1, S2, S3, S4

	individual and team 'serious play' and creativity. Application of the experience of own artistic creative process in the context of academic skills (writing, presenting).	
S	S3-S4 – Seminar 3- 4 - Students' presentations of their projects and feedback from teacher and fellow students.	D.U7, S1, S2, S4

7. LITERATURE

Obligatory

'Reshaping a Brain through Play An Interview with Ruth Codier Resch' in AJP, vol. 3 (3), 2011, 273-281.
<https://www.museumofplay.org/journalofplay/issues/volume-3-number-3/>

Supplementary

1. Csikszentmihalyi, M. (1996) Creativity: the Psychology of Discovery and Invention. Harper.
 2. Kaufman, J.C. and R.J. Sternberg (2019), The Cambridge Handbook of Creativity. 2nd edition. CUP.
 3. Robinson, K. (2011) Out of Our Minds: The Power of Being Creative. Wiley.
- 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
D.U7, K1-K5, S1-S3	Active participation in all discussions and exercises during classes	Minimal acceptable level of performance
S1, S2, S4	Presentation on either (a) own experience of creative process, or (b) suggestions of applying the knowledge and understanding of creative process for burnout prevention in the academic or professional context, or c. simple creative activity.	Minimal acceptable level of performance

9. ADDITIONAL INFORMATION

It is a weekend course that takes place on:

Weekend 1, 28th February – 1st March 2026

- Session 1: Saturday, 28th February 10am-4pm
- Session 2: Sunday, 1st March 10am-4pm

Weekend 2, 14th – 15th March 2026

- Session 3: Saturday, 14th March 10am-3:15pm
- Session 4: Sunday, 15th March 10am-3:15pm

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

Attendance: 90% attendance is required. Partial absence (max. 3h teaching hours = 135min) has to be credited with additional task. Students are expected to come to the class on time and participate actively.

Assignment: presentation, oral or practical 10 minutes, or 5-7 slides, on a topic chosen from a list presented by the teacher at the first session.

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

Maximum 22 students are accepted to the course.

Contact information to the coordinator of all ED courses run by the Department of Health Psychology:

Magdalena Łazarewicz, MA, PhD

magdalena.lazarewicz@wum.edu.pl

The Department of Health Psychology runs the Psychological Students Science Club “Psyche” (in English) (contact information: magdalena.lazarewicz@wum.edu.pl).

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers