

# **Social Work**

## **Programme Description, 2025–2026**

Level and Mode of Study: First-cycle (Bachelor's) and second-cycle (Master's) studies. Full-time and part-time studies

### **1. Social Work – First-Cycle Studies**

Students enrolled in the first-cycle Social Work programme are thoroughly prepared to assume the responsibilities of a professional social worker. This preparation is achieved through active collaboration with a wide range of institutions, including social welfare centres, county family support centres, crisis intervention centres, specialist counselling and intervention facilities, residential care homes, community self-help centres, occupational therapy workshops, shelters for homeless individuals, social integration centres and clubs, associations and foundations, labour offices, regional development agencies, educational and care facilities, preventive and sociotherapeutic day-care centres, and specialist counselling centres.

An essential component of education in the Social Work programme is the conduct of scientific research and its effective application in professional practice. Students engage in research addressing key social issues, including poverty, social exclusion, unemployment, homelessness, social pathologies, family dysfunction, professional burnout among social service workers, and supervision within the field of social assistance.

### **2. Social Work – Second-Cycle Studies**

Students in the second-cycle Social Work programme deepen their understanding of the principles guiding the design and implementation of interventions aimed at resolving complex social issues. Through the study of social programmes and projects, they acquire comprehensive knowledge of societal transformation processes and develop the capacity to critically examine the causes and dynamics of significant social phenomena. These include cultural, political, legal, and economic factors that influence the practice and evolution of social work.

## **3. Specializations**

### **3.1 First-Cycle Specializations**

#### **Health Promotion and Education**

This specialization equips students with the competencies required to work with individuals affected by a range of illnesses and disabilities. They acquire both methodological and substantive skills essential for conducting research and implementing initiatives in health education and health promotion. In addition, students refine their interpersonal communication abilities, enabling them to work effectively with people experiencing health challenges or disabilities. They also learn how to foster knowledge, attitudes, and habits that support personal and family health care, and acquire the capacity to contribute to the creation of healthy environments through the design and implementation of health promotion programmes.

Health promotion, together with prevention, treatment, and rehabilitation, forms one of the four foundational pillars of modern medicine. As a result, health educators and specialists in health promotion play an increasingly significant role in society. Their responsibilities include disseminating information about healthy lifestyles, monitoring factors that influence health, and shaping conditions that support the well-being and proper functioning of individuals and families.

#### **Working with Individuals and Families in Crisis**

This specialization addresses the increasing need for professional support for individuals facing crisis situations. It is designed for students who wish to pursue careers in assisting children, adolescents, and adults facing difficult life experiences such as anxiety, marital conflict, domestic violence, addiction, disability, or terminal illness.

Students acquire skills in crisis management, including the ability to respond to emotional reactions and behaviours of clients receiving social assistance. They learn to identify crisis situations, assess their severity, and develop appropriate intervention strategies. The knowledge acquired enables graduates to strengthen their communication skills, facilitate dialogue between conflicting parties, and support the development of harmonious relationships within families receiving social assistance. In addition, students gain methodological and substantive competencies necessary for conducting research in the field of social work with individuals and families in crisis.

### **3.2 Second-Cycle Specializations**

#### **Social Services Management**

This specialization provides students with the skills necessary to assess the demand for social services at the level of individuals, families, and local communities. It also prepares them to design, implement, and monitor comprehensive packages of social support. Graduates are equipped to work effectively across these levels, tailoring assistance based on a thorough diagnosis of needs, available resources, and the legal entitlements of social service clients.

In addition, students develop competencies in alternative dispute resolution, community engagement and organization, planning processes of deinstitutionalization, and conducting fundraising activities within non-governmental organizations (NGOs). They also acquire methodological and substantive skills essential for conducting research in the field of social services management.

### **Mental Health Support Manager**

This specialization prepares students to offer psychological support and crisis intervention to individuals receiving social assistance. It addresses complex issues such as depression, anxiety, self-harm, and suicidal ideation. Graduates gain a solid understanding of the legal framework surrounding psychological support, as well as therapeutic methods, techniques, and strategies employed by mental health support professionals.

Students also become familiar with the fundamentals of addiction therapy and the specific nature of specialized care services provided in clients' homes. Upon completing this specialization, graduates of the Social Work programme are eligible to pursue further education in psychotherapy, in accordance with the Regulation of the Minister of Health (Journal of Laws of June 23, 2023, item 1187.)

## **4. Graduate Profile**

### **4.1 Graduate Profile: First-Cycle Social Work Programme**

Graduates of the first-cycle Social Work programme are expected to possess a solid foundation of knowledge in the field, including theoretical frameworks, key concepts, and methodological approaches. This knowledge enables a clear understanding of the distinctive nature of social work and its interdisciplinary connections.

They should demonstrate the ability to collaborate effectively within teams, build empathetic interpersonal relationships, and encourage beneficiaries of social assistance to actively participate in resolving life challenges. A strong sense of responsibility for safeguarding the rights and well-being of beneficiaries, along with adherence to ethical standards, is essential.

The programme aims to prepare graduates to interpret and explain social phenomena, processes, and transformations that affect individuals, families, and local communities. These dynamics often present challenges that require thoughtful and informed responses within the scope of social work. Graduates should be capable of planning, implementing, and evaluating strategies that address both current and emerging issues which may disrupt the proper functioning of individuals and groups, and potentially lead to social exclusion or marginalization.

Graduates meet the qualifications required to work as social workers in accordance with the Social Assistance Act of March 12, 2004 (Journal of Laws No. 64, 2004, item 593, as amended). They are also eligible to take on roles such as family assistants, foster care coordinators, and caregivers in residential care facilities. Their academic preparation enables them to pursue further education in second-cycle programmes, postgraduate studies, and professional specialization courses in areas including family assistance, social assistance management, social economy, mediation, and negotiation.

In addition, graduates are equipped to independently carry out preventive activities in educational institutions and support centres that provide care, intervention, and assistance. They are expected to demonstrate maturity, a strong sense of responsibility, and psychological resilience when confronted with difficult or crisis situations affecting individuals, families, and communities. These circumstances may expose social workers to occupational stress and increase the risk of professional burnout, making emotional strength and ethical commitment essential qualities in their professional practice.

## **4.2 Graduate Profile: Second-Cycle Social Work Programme**

Graduates of the second-cycle Social Work programme possess advanced knowledge of research methods, techniques, and analytical tools. They are capable of independently designing and conducting social research, and they apply normative frameworks along with legal, professional, and ethical standards to address complex tasks within the field of social work.

They are prepared to set priorities and coordinate team-based initiatives aimed at solving problems affecting individuals, families, groups, and communities. Graduates are equipped to assume leadership roles and actively contribute to the work of organizations and institutions engaged in social projects. They understand the dynamics of group interaction and the functioning of organizational structures.

Their qualifications meet the requirements for employment as social workers under the Social Assistance Act of March 12, 2004 (Journal of Laws No. 64, 2004, item 593, as amended). They are also eligible to work as family assistants, foster care coordinators, and caregivers in residential care homes. In addition, they possess the academic foundation necessary to pursue further education in doctoral schools, postgraduate programmes, continuing professional development, and specialization courses in areas such as family assistance, social assistance management, social economy, mediation, and negotiation.

According to the Regulation of the Minister of Health of the Republic of Poland (Journal of Laws of June 23, 2023, item 1187), graduates of the second-cycle Social Work programme are eligible to continue their education in the field of psychotherapy.

Graduates are capable of identifying and resolving both theoretical and practical challenges in social work. They are committed to pro-social engagement and personal development. They can effectively organize and deliver support to individuals facing material, psychological, or emotional difficulties, offering professional and specialized assistance. Moreover, they are able to conduct preventive activities in educational care facilities and support centres, tailoring their interventions to the specific needs of the situation.

## **5. Career Prospects**

### **Social Work – First-Cycle Studies**

Depending on the chosen specialization, either *Health Promotion and Education* or *Working with Individuals and Families in Crisis*, graduates may pursue employment opportunities in various sectors, including:

- Social services institutions such as social welfare centres, county family support centres, residential care homes, educational care facilities, correctional facilities, and shelters for minors
- Support centres including community self-help centres, day-care homes, facilities for the homeless and those struggling with addiction, and care centres
- Specialist centres dedicated to preventing domestic violence
- Crisis intervention centres
- Integrated social services centres
- Social economy organizations
- Health care and medical institutions

### **Social Work – Second-Cycle Studies**

Depending on the selected specialization, either *Social Services Management* or *Mental Health Support Manager*, graduates may pursue employment in a wide range of professional settings, including:

- Institutions within the social services sector, such as social welfare centres, county family support centres, residential care homes, educational care facilities, health care facilities, correctional facilities, and shelters for minors
- Support centres, including community self-help centres, day-care homes, facilities for individuals experiencing homelessness or addiction, and care centres
- Crisis intervention centres
- Non-governmental organizations (NGOs) dedicated to diagnosing and addressing issues related to social exclusion
- Governmental, local government and/or municipal institutions, such as departments of social affairs and those responsible for family and social policy
- Integrated social services centres
- Specialist centres focused on preventing domestic violence
- Private companies offering social services