

24th International Project Week 2022
09th – 13th May 2022

Lecturer: Łucja Lange

University/Company: Uniwersytet Łódzki

Country: Poland

Attention: This course will be online!

**Online: Dealing with loss in uncertain times:
Different ways of dealing with loss (not only) in times of a pandemic**

Content: The project is open to anyone who wants to better understand the sociocultural ways to help oneself and others in situations of loss. The aspects of diversity appear in ways of coping with, understanding of and experiencing loss. The loss is widely considered and will be discussed according to the ideas and needs of the students. The students will be provided with basic knowledge (in the form of short lectures, readings, and multimedia materials), as the first goal of the project is to discuss different ways of dealing with loss, dying, death, and grief – depending on the type of loss, the subject of loss, the cause of death and dying, and the attitudes towards loss and the lost subject. The second goal is to design way(s) of dealing with the situation of loss (chosen by each group) and/or ideas for memorialization of the lost subject. The result of the project will be individual works by students, showing their approach to specific situations of loss, dying, death and mourning.

Methods: Short lectures (consisting also of multimedia materials, presentations, and some readings) with time to discuss cases and individual experiences. Working in groups to find ways for better understanding the situation of individual loss, and how to support ourselves and others in uncertain times. Group work will lead to very intimate ideas of ways to provide help to oneself and others.

Competences and skills to be acquired: The student knows and understands:

1. the concept of loss and functioning of people in a situation of loss,
2. the causes of loss and that there are many types of loss depending on the relation with the object,
3. the different types, models, and attitudes towards grief,
4. the ways of perceiving loss and the ways people cope with it (perceiving the causes of one's own life problems, one's own role in the process of coping with problems).

The student has the skills to:

1. describe the cognitive, motivational, and emotional portrait of a person in a situation of loss,
2. analyze and present the models of grief and loss, as well as use them situations,
3. indicate the dimensions of marginalization and auto-marginalization of people in the situation of loss.

The student is ready to:

1. better understand diversity among people and their different ways of coping with loss,
2. initiate activities to help oneself and other people in the situation of loss.

Prerequisites: Willingness to share with others and talk openly so as to take part in a project that works also as a support group, and additionally enables course participants to give the support outside to those who need it.

Language of instruction:
English