

**MINISTRY OF EDUCATION AND SCIENCE OF UKRAINE**  
**Lesya Ukrainka Volyn National University**  
**International Relations Department**  
**International Relations Faculty**

**SYLLABUS**  
**of an elective educational component**  
**«Information Hygiene in a Digitalized Society»**

**Master**

**Master**

**Lutsk – 2025**

**The syllabus of the academic component** Information Hygiene in a Digitalized Society, of the Master's degree program.

**Developer: PhD of 291 «International Relations, Public Communications and Regional Studies»**, senior lecturer of the International Relations Department, Nazarii Shuliak

**Approved**

Guarantor of the Educational and Professional Programme:



Professor **Nataliia P. Karpchuk**

**The syllabus of the academic component** *Information Hygiene in a Digitalized Society* was approved at the meeting of the International Relations Department Protocol No. 1 as of September 01, 2025

Head of the Department:



Associate Professor **Yevhenia V. Vozniuk**

## I. The description of academic component

Indicator Name	Field of knowledge, educational and professional programme / education and research program, education level	Characteristics of the academic component
<b>Full-time form of education</b>	C Social Sciences, Journalism, Information and International Relations, C3 International Relations, International Strategic Communications, Master	<b>Optional</b>
		<b>Year of study: 2<sup>rd</sup></b>
		<b>Semester: 3<sup>th</sup></b>
<b>Number of hours / credits</b>		<b>Lectures</b> 10 h.
120 \ 4		<b>Seminars</b> 14 h.
		<b>Independent work</b> 88 h.
		<b>Consultations</b> 8 h.
	<b>Form of control:</b> credit.	
<b>Language of education: English</b>		

## II. Information about the instructor

**Name** Nazarii Shuliak

**Scientific Degree** PhD of 291 «International Relations, Public Communications and Regional Studies»

**Title** senior lecturer of the International Relations Department

**Contacts** [nazarii.shuliak@vnu.edu.ua](mailto:nazarii.shuliak@vnu.edu.ua), 099 778 35 55

**Days Classes** according to the schedule (<https://ps.vnu.edu.ua/cgi-bin/timetable.cgi>)

## III. Description of the academic component

### 1. An academic component abstract

The academic component “**Information Hygiene in a Digitalized Society**” is aimed at developing students’ competencies in responsible information consumption, digital resilience, and protection against manipulative and destructive information influences in contemporary digital environments.

The course explores information hygiene as a multidimensional concept combining media literacy, digital literacy, cybersecurity awareness, cognitive resilience, and ethical communication practices. Special attention is paid to disinformation, algorithmic influence, echo chambers, information overload, digital stress, and hybrid information threats.

The course integrates theoretical foundations with applied analytical tools and practical exercises in verification, narrative analysis, digital self-protection, and resilience-building strategies.

### 2. Goal and tasks of the academic component

To form students’ knowledge and practical skills necessary for maintaining information

hygiene and ensuring personal and societal resilience in a digitalized information environment. Objectives - to explain the concept and components of information hygiene, to analyze digital information ecosystems and algorithmic influence, to identify risks of disinformation, manipulation, and cognitive warfare, to develop practical skills in verification and safe digital behavior, to foster ethical and responsible communication practices, to assess the role of information hygiene in national and international security.

### 3. *Soft skills*

Critical thinking; digital literacy; analytical reasoning; information resilience; self-regulation; teamwork; ethical judgment; stress management in digital environments; communication skills.

### 4. *Structure of the academic component*

<b>Titles of content modules and topics</b>	<b>Total</b>	<b>Lec.</b>	<b>Sem.</b>	<b>Indep. work</b>	<b>Cons.</b>	<b>Control/ points</b>
<b>Content module 1. Conceptual Foundations of Information Hygiene</b>						
Topic 1. Information hygiene: concept and evolution	22	2	2	16	2	DS, P, 15 points
Topic 2. Digital ecosystems and algorithmic influence	18	2	2	14	0	DS, P, 1 points
Topic 3. Disinformation and cognitive manipulation	20	2	2	14	2	DS, P, 20 points
Total for content module 1	60	6	6	44	4	50
<b>Content module 2. Applied Information Hygiene and Digital Resilience</b>						
Topic 4. Fact-checking and verification tools	20	2	2	14	2	DS, P, 15 points
Topic 5. Psychological resilience and digital stress management	20	2	2	14	2	DS, P, 15 points
Topic 6. Communication ethics and safe digital behavior	20	0	4	16	0	DS, P, 20 points
Total for content module 2	60	4	8	44	4	50
<b>Total:</b>	<b>120</b>	<b>10</b>	14	88	8	<b>100</b>

Control methods: DS – discussion, DB – debate, T – tests, TR – training, PM/CM – problems/cases management, IST/ISW – individual task/individual work of the student, SGW – work in small groups, MTP/TP – module test paper/test paper, Ab – abstract, analytical note, analytical essay, analysis of the work, P - presentation.

## **IV. Evaluation Policy**

### **The teacher's policy regarding the student**

Attendance at classes is mandatory. For objective reasons (for example, illness, international internship, participation in scientific events, etc.), training may take place according to an individual plan in agreement with the teacher.

In conditions of martial law or quarantine restrictions, the educational process at the university may be carried out in a blended form of learning, namely: in person in the classroom or remotely in Microsoft Teams.

#### **Academic Integrity Policy.**

Plagiarism, data falsification, and unauthorized use of AI tools are prohibited. If AI tools are used, students must clearly indicate this and bear responsibility for the validity and interpretation of results.

#### **Deadlines and Rescheduling Policy.**

All theoretical tasks are submitted on the day of the seminar. Working students coordinate the assignment schedule with the teacher. Missed classes are passed only if there is confirmation of a valid reason for the absence (certificate of absence due to illness or a statement about the need to miss classes).

If the student has completed the training and received the relevant Certificate, then the topic/topics of the discipline or modular test papers (work) can be counted (depends on the subject of the training and is decided separately in each individual case).

Assignments must be submitted according to the schedule. Missed classes are compensated only with documented valid reasons.

Passing and retaking the exam from the course is regulated by the Regulation on current and final assessment of knowledge of students of higher education of Volyn National University named after Lesya Ukrainka.

#### **Opportunity to get additional (bonus) points**

There is the respective system of bonuses at the International Relations Faculty and students may be added no more than 10 points to their current control.

### **V. Final Control**

The credit is given based on the results of the current work, provided that the student has completed the types of academic work specified in the syllabus. If the student did not attend individual classroom classes (for good reasons), during consultations he has the right to work through the missed classes and get the number of points that was determined for the missed topics. On the date of the credit, the teacher writes down in the statement the amount of current points that the student scored during the current work (scale from 0 to 100 points). If the student scored less than 60 points during the current work, he/she takes the credit during the liquidation of academic debt. In this case, the points scored during the current assessment are canceled. The maximum number of points for the credit during the liquidation of academic debt is 100.

#### **Questions to prepare for the credit:**

1. Concept and components of information hygiene
2. Digital transformation and information society
3. Algorithmic influence and echo chambers
4. Information overload and cognitive fatigue
5. Disinformation and misinformation
6. Manipulative communication techniques
7. Information hygiene and national security
8. Fact-checking methodologies
9. Verification of digital content
10. Deepfakes and AI-generated content
11. Digital resilience and psychological stability
12. Cyber hygiene vs information hygiene

13. Ethical communication in digital environments
14. Digital footprint and privacy protection
15. Hybrid threats and cognitive warfare
16. Role of international organizations
17. Media literacy vs information hygiene
18. Information hygiene in crisis situations
19. Democratic resilience and digital citizenship
20. Future challenges of digitalized societies

## VI. Grading Scale

Grading scale	Linguistic scale
90 – 100	credited
82 – 89	
75 - 81	
67 -74	
60 - 66	
1 – 59	Not credited (it is necessary to repass)

## VI. Recommended literature and Internet resources

1. **Карпчук Н. П., Федонюк С. В., Шуляк Н. О.** *Стратегічні комунікації та інформаційна безпека в умовах гібридної війни*. Луцьк: Вежа-Друк, **2023**.
2. **Шуляк Н. О., Шуляк А. М.** Інформаційна гігієна в еру цифрових загроз: від пропаганди до гібридних атак. (2024). Серія: Історія. Політологія, 40, 185-195. <https://doi.org/10.34079/2226-2830-2024-15-40-185-195>
3. **Національний інститут стратегічних досліджень (НІСД).** *Інформаційна безпека України в умовах гібридної війни*. Аналітичні матеріали, **2021–2024**. <https://niss.gov.ua/>
4. **Центр стратегічних комунікацій та інформаційної безпеки.** Аналітичні звіти щодо інформаційної стійкості та протидії дезінформації, **2022–2025**. <https://spravdi.gov.ua/>
5. **Детектор медіа.** Моніторинги дезінформації та медіаграмотності, **2021–2024**. <https://detector.media/>
6. **Інститут масової інформації (ІМІ).** *Індекси медіаграмотності та інформаційної стійкості*. **2021–2024**. <https://imi.org.ua/>
7. **StopFake.** Аналітичні матеріали щодо інформаційних операцій та фактчекінгу, **2021–2024**. <https://www.stopfake.org/>
8. **European Commission.** *Strengthened Code of Practice on Disinformation*. Brussels, **2022**.
9. **European External Action Service (EEAS).** *Foreign Information Manipulation and Interference (FIMI): Framework and Reports*. **2022–2024**.
10. **NATO Strategic Communications Centre of Excellence.** *Information Resilience and Strategic Communications*. Riga, **2021–2024**. <https://stratcomcoe.org/>
11. **Council of Europe.** *Freedom of Expression and Disinformation: A Guide to Countering Harm while Protecting Rights*. Strasbourg, **2022**.
12. **OSCE Representative on Freedom of the Media.** *Media Literacy and Countering Disinformation*. Vienna, **2021**.
13. **European Union Agency for Fundamental Rights (FRA).** *Tackling Online Disinformation and Protecting Democratic Resilience*. **2022**.