

SYLLABUS DEL CORSO

Laboratorio: Metodi e Tecniche della Valutazione e della Promozione del Benessere nell'Ambito Organizzativo, Scolastico e della Salute

1920-2-E2401P038

Learning area

2: Knowledge and skills useful to understand and change the relations among individuals and the psychosocial process underlying groups, organizations and social systems

Learning objectives

Knowledge and understanding

- Theories and models of health psychology and well-being psychology
- Promoting well-being in the organizational, school and health context
- Instruments for well-being evaluation and techniques for well-being promotion

Applying knowledge and understanding

- Ability to analyze the social processes in which the individual is in the organizational, school and health context
- Development of planning skills
- Ability to develop empirical research and well-being promotion

Contents

Through the presentation of the theoretical models, instruments and recent develops in the field of application, the students will be introduced to the field of health and well-being promotion.

Detailed program

Positive Psychology
Salutogenic approach
Edonic and eudaimonic well-being
Resilience
Theoretical models related to the reference approach
Instrument for the well-being evaluation
Methods for the promotion of well-being

Prerequisites

Nothing specific.

Teaching methods

- Presentation of case studies and instruments
- Teamwork

Assessment methods

In order to pass the lab, students should have attended at least 75% of the lessons. Students will be evaluated on the lab activity. The final evaluation will be related to the outcome of a teamwork.

Textbooks and Reading Materials
