UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Laboratory: Methods and Techniques For Well-being Evaluation and Prom

2021-2-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

- Sharing Theroretical models

- Analysis and Presentation of case studies and instruments

- Teamwork

Lessons will be held in presence or through online video lessons, according to the University's regulations regarding the COVID-19 emergency situation. In both cases, all lessons will be video recorded and made available to the students.

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.

During the Covid-19 emergency, exams will be conducted according to the University’s regulations regarding the COVID-19 emergency situation.

Textbooks and Reading Materials