



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

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

2122-2-E2401P038

Learning area

2: Theoretical contents and skills to describe and modify relationships between individuals and psychosocial processes 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 the well-being evaluation and techniques for the 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

- Teamwork

Any changes due to Covid-19 emergency will be defined and updated on the basis of the University rules.

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 group work.](#)

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Textbooks and Reading Materials

The materials will be made available by the teachers on the laboratory's e-learning page
