



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

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

2324-2-E2401P038

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#### **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**

- Sharing Theroretical models
- Analysis and 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 group work.

### **Textbooks and Reading Materials**

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

**Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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