UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Prevention and Counselling With Adolescents at School

2425-1-F5103P108

Learning area

Typical development and educational contexts

Learning objectives

Knowledge and understanding

- Affective and relational features of today's adolescents.
- New psychopathologies in adolescence.
- Prevention and counselling methodologies in school context.

Applying knowledge and understanding

- Designing, initiating, implementing and managing predictive and psychological counselling at school, aimed at preadolescents, adolescents and their significant adults.

Contents

? Analysis of the most significant changes occurred in child growth and the new ways of relating and behaving in preadolescents and adolescents.
? Review and study of the approaches of predictive intervention and psychological counselling at school, aimed at preadolescents, adolescents and their significant adults.

Detailed program

The educational relationship in the internet era.
Today's adolescents and school.
New and classical forms of diseases (school phobias, bullying and cyberbullying).
The psychologist’s role at school.
The individual counselling with adolescents.
Actions aimed at the class group.
Primary prevention actions (at risk behaviours).
Postvention actions (e.g. after a suicide at school).
Actions to promote a new educational alliance between teachers and parents.

Prerequisites

Basic knowledge of developmental psychology.

Teaching methods

In addition to in-class lectures, part of the teaching will take place through the presentation and discussion of case studies and interaction with students.

Approximately: Didactic Teaching (70%), Interactive Teaching (30%).
Didactic Teaching: in-class lectures. Interactive Teaching: presentation and discussion of case studies and interaction with students.
No remote hours provided.

Assessment methods

Students are required to attend at least 70% of the total classes amount.
No middle course tests are planned; during the last classes will take place a final exam. The final exams consist of a written test (three open questions about course topics).
The questions are aimed at ascertaining the effective acquisition of both theoretical knowledge and the ability to apply them to the reality.

Textbooks and Reading Materials

Lancini M. (2003). Ascolto a scuola. La consultazione con l’adolescente. Franco Angeli.

Lancini M. (2023). Sii te stesso a modo mio. Essere adolescenti nell’epoca della fragilità adulta. Raffaello Cortina Editore.

Cirillo L. (2024) Soffrire di adolescenza. Il dolore muto di una generazione. Raffaello Cortina Editore.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING