UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Classe di Attività Formativa Professionalizzante - AFP3-T5

2627-3-E2401P143-AFP3-T5

Learning area

This workshop is aimed at developing the ability to apply theoretical knowledge to the analysis of psychosocial dynamics that influence individual and collective well-being. In particular, students will work on the design of psychosocial interventions aimed at promoting well-being, through the analysis of the reference contexts and the use of appropriate methodologies in different fields of application (groups, communities, organizations).

Learning objectives

Knowledge and understanding

- Learning of theoretical-practical coordinates in methodology for the design of psychosocial interventions.

Applying knowledge and understanding

- Ability to analyze needs and resources in individual, social, and organizational contexts;
- Ability to define operational objectives, indicators, and tools to monitor and evaluate the outcomes of psychosocial interventions;
- Skills in identifying and using tools and communication strategies to facilitate the active involvement of the recipients of the interventions and promote collaboration with stakeholders.

Making judgments

- The ability to develop autonomy of judgment will be promoted through:
- Formulation of independent judgments regarding the choice of the most appropriate methodologies for specific application contexts;
- Critical thinking on design choices and comparison between theoretical and operational perspectives.
  Students will be invited to reflect critically on the strategic choices, to evaluate the effectiveness of

interventions in relation to the application contexts, and to compare theoretical and operational perspectives.

Communication skills

- The ability to communicate effectively will be developed through:
- Individual and group practical exercises using different communication tools and media;
- Oral presentations of the projects with critical discussion, moments of comparison, and peer feedback.
  Students will be guided in arguing their choices with clarity and coherence, adapting the communicative register to the professional and academic context, and strengthening relational skills that are fundamental for teamwork.

Learning skills

- The ability for autonomous learning will be promoted through:
- Research and critical analysis of scientific literature, case analysis, individual study of theoretical and practical materials, and structured reflective activities;
- Metacognitive thinking on learning processes and the skills acquired.
  The workshop aims to support students in the development of their own educational and professional project, fostering self-regulation of the learning process and orientation toward continuous growth in the field of applied psychology.

Contents

The activity focuses on the methodological aspects of planning. Students will acquire skills in the stages of planning – from needs analysis to the evaluation of effectiveness, including the development of effective communication strategies – through practical exercises and the design of a psychosocial intervention project that will be carried out in small groups.

Detailed program

- Methodological aspects in the design of interventions in psychology
- Elements of design in psychology
- Problem definition and needs analysis
- Definition of operational objectives of the intervention
- Planning of activities and necessary resources
- Choice of evidence-based methodologies
- Communication strategies and techniques in psychosocial projects
- Construction of the monitoring and evaluation system

Prerequisites

No mandatory prerequisites

Teaching methods

Six 4-hour lessons, conducted 20% in expository mode and 80% in interactive face-to-face mode.
More specifically, teaching methods will include direct presentation of theoretical-methodological concepts, with active involvement of students to stimulate critical participation in the workshop. Group discussions and practical exercises will also be organized to foster comparison and in-depth study of planning methodologies. Critical analyses of case studies and good practices in psychosocial interventions will be carried out, and each group will work on a well-being intervention project under the supervision of the conductor, with review sessions and continuous feedback.

Assessment methods

Learning assessment will be carried out through the presentation of a psychosocial intervention project for well-being. In this way, it will be possible to verify the actual acquisition of:

- Theoretical-methodological knowledge on the design of psychosocial interventions
- Ability to analyze needs and plan interventions aimed at individual, social, and organizational well-being
- Expository clarity and appropriate use of technical language

Attendance is mandatory.

Textbooks and Reading Materials

Detailed information regarding teaching material will be published on the e-learning page associated with the course.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING