UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Action Research for Health in Organitations and Life Contexts

2627-2-F5112P011

Learning area

Social psychology, economic psychology and decision-making

Learning objectives

Knowledge and Understanding

- Epistemological, theoretical, and methodological foundations of action research
- Methodology in action research and its application
- Issues and challenges in applying action research across different social and economic contexts
- The link between action research and the promotion of health and well-being in organizations and life contexts

Applying Knowledge and Understanding

- In-depth knowledge of the phases of the action research process
- In-depth knowledge of the methods and tools used in action research
- Ability to design an action research project
- Critical ability to identify relational and organizational dynamics involved in action research processes
- Ability to activate participatory processes

Soft Skills

- Critical thinking and judgment skills: The course aims to develop a critical perspective in order to apply and manage action research processes. These skills will be developed through case analysis, classroom discussions, comparison of different analytical perspectives, and the analysis of external contexts.
- Communication skills: The course aims to strengthen communication skills for conveying complex concepts

related to action research processes, participatory processes, and intervention strategies for health in organizations and life contexts, using appropriate scientific language and adapting the communication register to academic and professional settings. These skills will be developed through group work, classroom presentations, classroom exercises, and the oral exam.
- Ability to pursue autonomous learning: The course aims to provide tools and skills for analysis and intervention in various organizational and life contexts. These skills will be developed through classroom exercises, case analyses, discussions, and group work.

Contents

The course aims to provide guidance and tools useful for designing, implementing, and evaluating action research in various organizational and life contexts. A specific focus will be placed on the promotion of health and well-being, as well as more generally on interventions with participatory goals.

Detailed program

- Epistemological, theoretical, and methodological perspectives in action research
- Main developments in action research starting from the Lewinian model
- Integration of quantitative and qualitative research methods
- In-depth study and application of the different phases of an action research process
- Analysis of relational and organizational dynamics in action research processes and reflective processes
- In-depth study and application of participatory methods and techniques, both in-person and online
- In-depth study and application of action research processes for the promotion of health and well-being in organizations and life contexts

Prerequisites

A solid understanding of the fundamentals of Organizational Psychology, Social Psychology, and Qualitative Research Methodology enables a more informed and effective engagement with the course content. Students who do not have prior training in these subjects are encouraged to inform the instructor of such gaps, in order to agree upon a basic reading list.

Teaching methods

Lessons will be held in presence.

Teaching methods include the use of lectures, films, classroom discussions, practice exercises and testimonials from professional settings. All the educational material (slides of the lectures, organisational cases, films, when possible) is made available on the eLearning site of the course so that non-attending students can also use it.

During the first lessons some group work will be proposed - on a voluntary basis and to be carried out during the semester. Groups will be given the opportunity to present their works in class and discuss them with the teacher and with the present colleagues.

Delivered lecture: 40% Interactive lecture: 60%
Each lesson includes a lecture part and an interactive part. Some lectures, depending on student participation, will be devoted to group work with interactive teaching methods.

Assessment methods

Learning assessment will be conducted through an oral exam aimed at verifying specific knowledge of the topics covered in the course. The assessment will evaluate the student's understanding of the course content, critical analysis skills, and the ability to apply certain phases of action research. Mastery of specific technical language will also be assessed.

Although this course is held in Italian, for Erasmus students course material can also be available in English, and students can take the exam in English if they wish to do so.

Textbooks and Reading Materials

All the information will be available on the e-learning page at the beginning of the lessons.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | REDUCED INEQUALITIES | SUSTAINABLE CITIES AND COMMUNITIES