

LAUREA UNIVERSITY OF APPLIED SCIENCES

Common and elective studies, Laurea Otaniemi, LYG14SY

		1. year
OP	STUDIES	
01400	Leadership and management	5
01438	mHealth booster project	2
00498	Student tutoring	3
01308	Study skills	3
00195	Preparatory Studies in Swedish	3
00194	Preparatory Studies in English	3
G8195	EA-ryhmä	2
00202	Initial Test in English Skills	0
00203	Initial Test in Swedish Skills	0
G8305	Media in Early Childhood Education	5
G8306	Media nuorisotyössä	5
G8232	eService competence	5
G8184	Teaching and Guidance Skills	5
R0046	Research and Development Methods	5
01409	Get familiar with UAS	1,5
R0052	Leadership and Management	5
G0236	Basic Finnish 2	5
01317	Virve education	2
01371	Guitarplaying for Beginners	2
G8289	Goal Attainment Scaling (GAS) and ICF as a Part of Rehabilitation	5
G8291	Nutrition as Support for Wellbeing	5
01476	Basic Finnish extra	5
R0098	Basic Communication in Swedish	5
01410	Basic Studies on Rules and Regulations in Working Life	5
01427	Evaluating and preventing locomotor-system muscle imbalance as a dysfunctional riskfactor	5
G8311	Intensive Basic Finnish 2	5
01478	Liiku terveemmäksi esteettä ja soveltava liikunta	5
		0

01400 Leadership and management, 5 cr

01438 mHealth booster project, 2 cr

The student is able to:

Voimavaralähtöistä asiakkaan ohjausta.

Käyttäjälähtöistä hyvinvointiteknologiaa.

Projektiosaamista.

00498 Student tutoring, 3 cr

The student is able to:

- understand the objectives and operating methods of the university of applied science and their degree programme
- plan ways of encouraging and motivating new students
- orientate new students in the local learning environment and culture
- market Laurea and its opportunities for studying
- use the communicating and marketing skills needed in marketing Laurea
- act as mentors for students who need special support
- actively promote well-being in a work community

Contents of the study unit:

- intensive training shared by all Laurea student tutors
- planning of the tutoring process at each unit
- orientation of new students
- marketing Laurea's studying opportunities
- acting as a student tutor
- developing competence in personal guidance and counselling

Study unit description:

The competence gained in the study unit relates to orientating new students and to behaving responsibly in typical situations requiring student tutoring at Laurea or one of its units. Competence is based on understanding Laurea's objectives and the basic principles of its operating culture.

01308 Study skills, 3 cr

The student is able to:

Tavoitteena on saada oma opiskelu rullaamaan ja lisätä omaa opiskelumotivaatiota. Opintojaksolla tarkastellaan omia opiskelutottumuksia ja pyritään kehittämään niitä. Tavoitteena on, että opiskelija oppii tunnistamaan omat tapansa oppia ja kykenee arvioimaan omaa oppimistaan ja opiskeluaan. Havainnoimalla oppimistaan, opiskelija lisää omaa opiskelumotivaatiotaan ja oppii tunnistamaan opiskelunsa esteitä.

Contents of the study unit:

Tutustuminen ja ryhmäytyminen

Opintojen suunnittelu, tavoitteet ja ajankäyttö

Opiskelumotivaatio

Käsitys itsestä oppijana

Opiskelutaidot ja -strategiat

Opinnot osana arkea

00195 Preparatory Studies in Swedish, 3 cr

The student is able to:

- master basic Swedish vocabulary and grammar
- use various methods for improving their language skills

Contents of the study unit:

- main structures of the Swedish language
- basic Swedish vocabulary

Study unit description:

Students improve their skills in communicating in Swedish as preparation for completing actual studies in the language.

00194 Preparatory Studies in English, 3 cr

The student is able to:

- master basic English vocabulary and grammar
- use various methods for improving their language skills

Contents of the study unit:

- main structures of the English language
- basic English vocabulary

Study unit description:

Students improve their skills in communicating in English as preparation for completing actual studies in the language.

G8195 EA-ryhmä, 2 cr

00202 Initial Test in English Skills, 0 cr

Study unit description:

At the beginning of their studies, all students who have English and/or Swedish qualifications on prior certificates required for studies at Laurea, or who have received previous instruction in English and/or Swedish take initial tests in these languages. The initial tests are the same for all fields of study and may only be taken once. Students who transfer between degrees within Laurea do not have to retake the test. The test is used to check the students' starting level before language studies begin. Students who fail the test must take preparatory studies in the language at the start of their studies. Having passed the preparatory studies, students obtain credits for inclusion in elective studies.

00203 Initial Test in Swedish Skills, 0 cr

Study unit description:

At the beginning of their studies, all students who have English and/or Swedish qualifications on prior certificates required for studies at Laurea, or who have received previous instruction in English and/or Swedish take initial tests in these languages. The initial tests are the same for all fields of study and may only be taken once. Students who transfer between degrees within Laurea do not have to retake the test. The test is used to check the students' starting level before language studies begin. Students who fail the test must take preparatory studies in the language at the start of their studies. Having passed the preparatory studies, students obtain credits for inclusion in elective studies.

G8305 Media in Early Childhood Education, 5 cr

G8306 Media nuorisotyössä, 5 cr

G8232 eService competence, 5 cr

G8184 Teaching and Guidance Skills, 5 cr

R0046 Research and Development Methods , 5 cr

The student is able to:

The student is able to

- choose the proper methods for development project and give reasons for these choices
- collect empirical data and analyse it
- interpret empirical results
- make conclusions based on empirical results
- recognizes the ethical point of view of the research and development work
- evaluate the reliability and validity of research

01409 Get familiar with UAS, 1.5 cr

The student is able to:

Saa valmiuksia ammattikorkeakouluopiskeluun, oppimisympäristöihin ja työskentelytapoihin.

Kehittää oppimisvalmiuksiaan tekemällä erilaisia oppimistehtäviä ja pitämällä oppimispäiväkirjaa.

Osallistuu oppimistapahtumiin, perehtyy materiaaleihin sekä Optima –työtilassa että verkossa.

R0052 Leadership and Management, 5 cr

The student is able to:

The student is able to

- evaluate and develop his/her own actions as a member of a work community and as a manager
- apply labour law and collective agreements
- evaluate the work community and well-being at work

G0236 Basic Finnish 2, 5 cr

The student is able to:

- Communicate in simple situations and routine tasks
- Write simple texts
- Understand the meaning of messages and Finnish speech related to various subjects

Contents of the study unit:

How can everyday situations be managed using Finnish language?

How can you use correct grammar in written and oral communication?

Study unit description:

Deepening the knowledge of the basics of the Finnish language and culture in order to reach level A2 in accordance with the Common European Framework

Previous studies:

Basic level of Finnish language 5 CR.

01317 Virve education, 2 cr

01371 Guitarplaying for Beginners, 2 cr

G8289 Goal Attainment Scaling (GAS) and ICF as a Part of Rehabilitation, 5 cr

The student is able to:

The student is able to

- use the GAS method to describe the objectives for and evaluation of rehabilitation
- apply International Classification of Functioning, Disability and Health (ICF) terminology in physiotherapy and rehabilitation
- analyse and evaluate the usefulness and applicability of GAS and ICF in demonstrating effectiveness

G8291 Nutrition as Support for Wellbeing, 5 cr

The student is able to:

The student is able to

- describe the basic functions of the digestive system and its regulation and the effect of physical activity on nutrition
- describe and recognise the significance of nutrition for the wellbeing of people in different ages
- evaluate the client's body composition and support dietary habits that promote a client's wellbeing
- design approaches that take physical activity and nutrition into account and promote the client's overall wellbeing.

01476 Basic Finnish extra, 5 cr

R0098 Basic Communication in Swedish , 5 cr

The student is able to:

The student is able to:

- know the basics of Swedish grammar
- use study-related and work-related vocabulary
- know the basics of written and spoken communication
- enhance his/her language skills by making use of a variety of study methods

01410 Basic Studies on Rules and Regulations in Working Life, 5 cr**The student is able to:**

Opintojakson tavoitteena on vahvistaa opiskelijoiden työelämäosaamista ja kehittää työnhaun taitoja. Opintojakson aikana saat vinkkejä työnhakusi tehostamiseen ja CV:si kehittämiseen. Perehdyt myös keskeiseen työlainsäädäntöön ja työehtosopimukseen sekä niiden merkitykseen käytännön työelämän ongelmatilanteissa. Opintojaksolla tutustut myös keskeisiin työsuojelumääräyksiin ja työelämän sosiaaliturvaan.

Contents of the study unit:

Opintojakso koostuu kolmesta moduulista, jotka ovat:

- 1) Taitavaksi työnhakijaksi
- 2) Työelämän pelisäännöt, työehtosopimukset ja työlainsäädäntö
- 3) Työelämän arjen hallinta, työhyvinvointi ja työelämän sosiaaliturva

01427 Evaluating and preventing locomotor-system muscle imbalance as a dysfunctional riskfactor, 5 cr**G8311 Intensive Basic Finnish 2, 5 cr****01478 Liiku terveemmäksi esteettä ja soveltava liikunta, 5 cr**