

LAUREA UNIVERSITY OF APPLIED SCIENCES

Complementary competence (bachelor's studies), Laurea Tikkurila, CCV16SY

1. year

Y	CORE COMPETENCE	
T	COMPLEMENTARY COMPETENCE	144
0398	MANAGEMENT AND WELLBEING SUPPORTING PROFESSIONAL GROWTH	
01528	Growth in groups	
01529	Tame Your Performance Anxiety	
01530	Improving Your Study Skills and Finding Your Strengths	
01531	Ups and Downs in a Relationship	
V0155	Psychodrama Growth Group	
01535	Developing of Stress Coping Skills	
V1552	Improving Your Study Skills and Finding Your Strengths	5
R0223	Stress Tolerance	
R037	SERVICE BUSINESS	
R0216	Service Design	
R0217	Corporate Social Responsibility	
R0218	Digital Service Business and Marketing	
R0219	Service Business Management	5
R0052	Leadership and Management	
R015	LANGUAGE SKILLS AND INTERNATIONAL COMPETENCE	
00305	Basic Finnish	5
V1468	Intermediate Finnish	5
V1469	Introduction to Social and Health care Finnish	5
R0089	Language and Culture Tandem	5
V1470	Nursing documentation	5
V081	CLINICAL NURSING	
01096	Health Assessment	5
V0106	Perioperative and Intensive Care Nursing	5
V0157	Intensive Care Nursing	5
V082	HEALTH AND WELLBEING FROM GLOBAL PERSPECTIVE	
00843	Health-Promoting Environment	6
V1314	Encounter art and music promoting wellbeing	
01465	New Technological Solutions and Innovations for Social and Health Care	5
01464	Global Health	5
V1362	Wellness at Work	5
01439	Current Developments and Innovations in Social and Health Care in Finland	5
01440	Multicultural and Multidisciplinary Professional Competences	5
V1622	Accessible Service Environments	10
V070	PROJECT MANAGEMENT	
V1464	Marketing project	5
V1466	Management project	5
V1462	Working Globally	5
R020	OTHER COMPLEMENTARY COMPETENCES	
R0177	Basic Studies in Mathematics	3

R0074	Basic Studies in Mathematics	5
R0075	Basic Studies in Chemistry	
01527	Competitive Sport and Working Life Skills	
01097	International Orientation for Exchange Students	5
R0226	Participation in Voluntary Work	0
V1302	HRM Basics for Everyone	5
R027	GUIDANCE AND EXPERTISE TRAINING	
R0155	International Activities	
R0156	Callidus Tutoring	
01540	Tutoring	
0404	THE DEVELOPER OF DIGITAL HEALTH AND WELFARE SERVICES	
01548	The Citizens as Customers of Digital Health and Welfare Services	5
01549	The Digital Environment in Health and Welfare Services and its Ethics and Regulations	5
01550	Digital Service Development and Information Management in Health and Welfare Services	5
V1561	Innovation - from Idea Creation to Market, People and Structures	5
		144

0398 MANAGEMENT AND WELLBEING SUPPORTING PROFESSIONAL GROWTH, 30 cr

Description:

The core skill learnt in this module is the development of the individual's skills to support learning and well-being. The skills developed in the module help to improve learners' capacity for lifelong learning.

On completion of the module, students see evidence of improved self-knowledge and have the skills needed for self-management and self-development. They have the knowledge and skill needed to determine their own well-being.

Responsible persons:

Pirjo Nieminen

01528 Growth in groups, 5 cr

The student is able to:

- Students learn to find ways to prevent stress, burnout and depression.

Students learn to notice the link between feelings, thoughts and moods.

Contents of the study unit:

- Hyvä arki, toiminta ja ajankäyttö
- Hyvinvointi, stressi ja ongelmanratkaisu
- Tunteiden ja ajatusten tunnistaminen
- Itsetunto ja ajatusten muuttaminen
- Sosiaaliset suhteet ja taidot
- Hyvä arki ja elämä - ole oman elämäsi tähti

01529 Tame Your Performance Anxiety, 5 cr

The student is able to:

Students are able

- to identify and analyse their performance anxiety
- to use their self-knowledge when reflecting on the causes of their performance anxiety
- to find ways to manage their performance anxiety and boost their confidence
- perform more confidently

Contents of the study unit:

- orientaatiotehtävä aiheeseen
- esiintymisjännitys
- esiintymisjännityksen ilmenemismuodot
- kokemukset esiintymisjännityksestä
- selviytymiskeinoja esiintymisjännitykseen
- esiintymistilanteiden harjoittelu

01530 Improving Your Study Skills and Finding Your Strengths, 5 cr

The student is able to:

- The aim is to increase motivation to study.
- This involves examination of students' own study habits and their development.
- The objective is for students to learn to recognise their own ways of learning, be able to assess their own learning and studies, and learn to identify barriers to, and the resources available for, their studies

Contents of the study unit:

- laatia tavoitteita ja aikatauluja opiskeluunsa
- hyödyntää erilaisia oppimistekniikoita opiskelussaan
- tarkastella omaa opiskelumotivaatiotansa ja parantaa sitä
- käyttää omia voimavarojaan ja tunnistaa stressin varoitusmerkkejä
- havainnoida tunteiden, asenteiden ja ilmapiirin vaikutusta opiskeluunsa
- tarkastella itseään oppijana
- suunnitella ja jäsentää omaan elämäänsä kokonaisuutena tasapainoisemmaksi

01531 Ups and Downs in a Relationship, 5 cr**The student is able to:**

Students are able both to develop their professionalism in relationships and their relationship skills. Those who achieve a pass in the course

- are aware of the key issues that relate to starting, maintaining and terminating relationships and the relevant solutions.
- are able to apply the theory, practice exercises, face-to-face instruction, and assignments covered during the course, as well as the discussions connected with these, in their own relationships and professional work.

Contents of the study unit:

Omien taustojen merkitys parisuhteelle, parisuhteen vaiheet, roolimallit, tunteiden tunnistaminen, ristiriitojen käsittely, pariviestintä, yksinäisyyden ja kumppaniin kohdistuvien toiveiden käsittely, seksuaalisuus sekä pettymysten ja eron selvittelykeinot.

Etukäteis- ja välitehtävissä käytettävä kirjallinen materiaali:

Pruuki, Timoria & Väättäinen: Pari suhteessa. Tunne itsesi, uskalla rakastaa (Otava, Keuruu 2013).

Luukkala, Jouni: Kukoistava parisuhde - parisuhteen psykologia (Duodecim 2015)

Kallio, Maaret & Kontula, Osmo: Happy End - Seksuaalisesti vireät pitkät parisuhteet (WSOY 2015)

Ammatilliseen reflektointiin käytetään materiaaleja mm. osoitteessa

<http://www.city.fi/blogit/suhdeklินิกka>

V0155 Psychodrama Growth Group, 5 cr**The student is able to:**

Students are able

- to identify and control the factors that affect well-being, functional ability and self-knowledge
- find ways to strengthen professional growth and identity
- to find ways to strengthen professional growth and identity in the group and recognise their approach to interaction and roles within the group
- to understand the basics of the psychodrama method and the principles underlying the work

01535 Developing of Stress Coping Skills, 5 cr**The student is able to:**

Students are able to

- identify the different factors that cause stress
- use their own self-knowledge when reflecting on the causes of stress
- assess their own solutions for stress management
- employ various stress management techniques and remedies
- develop theoretical knowledge and skills in the area of stress management

Contents of the study unit:

- rentoutumis ja mindfulness – harjoituksia
- eri stressitekijöiden ja -tilanteiden tarkastelua
- stressin vaikutukset kehossa ja mielessä
- stressiä lieventävien keinojen kartoittaminen ja löytäminen
- ratkaisu- ja voimavarakeskeisten harjoitusten tekeminen

V1552 Improving Your Study Skills and Finding Your Strengths, 5 cr

The student is able to:

The student is able to

- improve his/her study motivation and time management
- recognize his/her learning styles and methods
- reflect on how to improve his/her studying skills and methods
- recognize his/her strengths and positive attitude
- minimize barriers in the study success

R0223 Stress Tolerance, 5 cr

The student is able to:

The student is able to

- recognize his/her stress factors
- improve his/her stress management skills
- improve his/her skills in carrying out studies and graduate in time
- manage his/her thesis angst and minimize barriers

R037 SERVICE BUSINESS, 30 cr

Description:

During the module student's competence in service business is strengthened. After completing the module student is able to create value for customers in service business. Student is able to use various tools in service design and digital marketing. Student is able to advance sustainability and responsibility in organizations. Student is able to make business decisions based on data.

In project-based learning environments competence will develop in two entities:

The aim of the first one (15 credits) is that the student is able to

- plan, implement and evaluate a Service Design project with service design methods
- develop sustainable practices in organisations

The aim of the second one (15 credits) is that the student is able to

- create and develop digital services
- develop and use digital tools for marketing purposes
- research and manage customer experiences
- analyze and use business reports in projects
- use strategic planning, analysis and decision making tools in project contexts
- make business decisions in various project contexts

Learning process:

The competences described in the module can be developed either by participating in study units or working in projects. Please note that in some education forms projects are the primary way of gathering credits.

In the projects you participate in the development work of domestic or international businesses and communities

and in project work. Projects can also focus on developing the student's own business. The topic of the project and the competences developed by participating in it will be clarified when the project is added to the study offer. The scope of the project will be agreed on in each case. The competences generated in the projects can partly be included in the learning outcomes of some other module(s) and thus the credits can be divided between several modules.

Responsible persons:

Tikkurila: Jukka Rautio

Hyvinkää: Katriina Knuuti, Paul Dickinson

Leppävaara: Kati Tawast

Lohja: Annukka Jussila

Otaniemi: Anna Nolvi

R0216 Service Design, 10 cr

The student is able to:

The student is able to:

- describe how value is created for the customers through service
- recognize the essence of Service Design thinking and methods
- plan, implement and evaluate a Service Design project using service design methods
- apply creative problem-solving and develop working methods individually and in teams
- foster entrepreneurship through service design

R0217 Corporate Social Responsibility, 5 cr

The student is able to:

The student is able to

- analyze environmental, social and economic responsibilities in service business
- develop sustainable practises in organisations

R0218 Digital Service Business and Marketing, 10 cr

The student is able to:

The student is able to:

- analyze current trends in digital services
- develop digital service processes
- manage the digital customer experience
- market digital services
- plan how to use digital sales channels
- use digital tools to support marketing
- apply regulations of digital business

R0219 Service Business Management, 5 cr

The student is able to:

The student is able to:

- use planning, analysis and decision-making tools and techniques in strategic planning
- analyze financial statements and business reports and use them as a basis for decisions
- make business decisions in various business contexts
- apply data in decision making

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

R015 LANGUAGE SKILLS AND INTERNATIONAL COMPETENCE, 15 cr

Description:

The aim of the study units in the module is to develop language skills and international competence needed at work. After completing the module the student has developed his/her ability to work in multicultural working environments.

Learning process:

The competences described in the module can be developed either by participating in study units or working in projects. Please note that in some education forms projects are the primary way of gathering credits.

In the projects you participate in the development work of domestic or international businesses and communities and in project work. The language used in the project can be either Finnish or English. Projects can also focus on developing the student's own business. The topic of the project and the competences developed by participating in it will be clarified when the project is added to the study offer. The scope of the project will be agreed on in each case. The competences generated in the projects can partly be included in the learning outcomes of some other module(s) and thus the credits can be divided between several modules.

Responsible persons:

Tikkurila: Camilla Kåla

00305 Basic Finnish, 5 cr

The student is able to:

- learn the main principles of the Finnish language
- understand and use the most common expressions in Finnish in everyday situations

Contents of the study unit:

- everyday situations (e.g. requesting and giving information, travelling by public transport, using a post office)
- discussions about everyday subjects (oneself, family, living conditions, etc.)
- basic grammar, vocabulary and pronunciation

Study unit description:

The course provides an introduction to the Finnish language. Students will reach level A1 in accordance with the Common European Framework.

V1468 Intermediate Finnish, 5 cr

The student is able to:

Opiskelija osaa:

V1469 Introduction to Social and Health care Finnish, 5 cr

The student is able to:

The Student is able to

- communicate both orally and literally in frequent situations on professional field (level B1.1)
- further develop skills and understanding of communication culture in Finland

- seek information and vocabulary of Social Services and Health Care using Finnish sources

R0089 Language and Culture Tandem, 5 cr

The student is able to:

The Student is able to

- improve his/her target language skills, especially oral skills
- make observations and get familiar with target (foreign) culture and society
- expand his/her general cultural competence

V1470 Nursing documentation, 5 cr

The student is able to:

Opiskelija osaa:

V081 CLINICAL NURSING, 15 cr

Description:

The core of this module is to implement values, principles and ethical codes as well as patient safety in perioperative nursing. Students are able to recognize needs and areas for development in perioperative nursing. After module student can work as a member of multi-professional team during nursing basic perioperative processes.

Learning process:

The competences described in the module can be developed either by participating in study units or working in projects. Please note that in some education forms projects are the primary way of gathering credits.

In the projects you participate in the development work of domestic or international businesses and communities and in project work. The language used in the project can be either Finnish or English. Projects can also focus on developing the student's own business. The topic of the project and the competences developed by participating in it will be clarified when the project is added to the study offer. The scope of the project will be agreed on in each case. The competences generated in the projects can partly be included in the learning outcomes of some other module(s) and thus the credits can be divided between several modules.

Responsible persons:

Tikkurila: Tuula Ikonen

01096 Health Assessment, 5 cr

V0106 Perioperative and Intensive Care Nursing, 5 cr

The student is able to:

- practise in a patient representative manner in perioperative and intensive care nursing
- apply concepts of perioperative and intensive care nursing fluently and critically
- critically implement international and national evidence based interventions, principles, programs and theories in perioperative and intensive care nursing
- apply advanced and multidisciplinary evidence based knowledge in perioperative and intensive care nursing
- critically assess and develop the central interventions, principles, programs and theories in perioperative and intensive care nursing
- facilitate professional development of his/her own or members' of nursing team
- communicate both verbally and literally to perioperative and intensive care and nursing professionals, patients and their families, and to the public audiences

Contents of the study unit:

- ethical practice in perioperative and intensive care nursing
- advanced concepts of perioperative and intensive care nursing
- critical implementation and assessment of central international and national evidence based interventions, principles, programs and theories of perioperative and intensive care nursing
- quality development in intensive and perioperative nursing care
- health technology in intensive and perioperative care
- questions in anaesthesiology and special surgery

Study unit description:

Students improve their nursing, teaching, guidance, decision-making, recording, interaction, leadership and cooperation skills in caring for perioperative and intensive care patients. They improve their skills in managing professional entities and can adopt a critical and developmental approach to work in the chosen area of nursing. They learn to work according to the professional ethics of nursing in multicultural teams.

Previous studies:

Themes 3 and 4

V0157 Intensive Care Nursing, 5 cr**The student is able to:**

- practise in a patient representative manner in intensive care nursing
- apply concepts of intensive care nursing fluently and critically
- maintain patient's vital functions during intensive care
- define "a status" of intensive care patient and perform intensive care nursing by 1) recognizing the changes and needs, 2) planning and performing IC and ICN interventions and 3) assessing the outcomes concerning IC patient's:
 - tissue perfusion
 - heart rhythm and cardiac arrhythmias
 - ventilation and oxygenation
 - elimination
 - homeostasis and fluid balance
 - patient's nutrition
 - skin condition
 - sleep pattern and ability to rest
 - movement
 - interaction and communication
 - pain and pain management
 - anxiety
 - exhaustion
 - fear
 - and family members' emotional reactions to intensive care
- perform intensive care nursing interventions as a member in multiprofessional ICU team
- perform safe intensive care nursing
- support the integrity of intensive care patients and their families when encountering the patients and their families
- critically implement international and national evidence based interventions, principles, programs and theories in intensive care nursing
- apply advanced and multidisciplinary evidence based knowledge in intensive care nursing
- perform structured documentation in intensive care nursing to facilitate the continuity of the care
- critically assess the central interventions, principles, programs and theories in intensive care nursing
- facilitate professional development of his/her own or members' of intensive care nursing team
- communicate both verbally and literally to intensive care and nursing professionals, patients and their families, and to the public audiences

Contents of the study unit:

- values, principles, ethical codes and philosophy of intensive care and intensive care nursing
- basic concepts of intensive care and intensive care nursing
- Advanced CPR in intensive care unit
- Evidence based knowledge of ICU patients' central interventions, principles, programs and theories concerning:

- tissue perfusion,
- heart rhythm and cardiac arrhythmias
- oxygenation by mechanical invasive and non-invasive ventilation
- elimination
- fluid balance
- patient's nutrition, (iv-therapy, transfusion and complement therapy
- skin condition
- sleep pattern and ability to rest
- movement and prevention of pressure ulcers,
- interaction and communication
- pain and pain management
- anxiety
- exhaustion
- fear
- and family members' emotional reactions to intensive care
- information on equipment, instruments, and technology used in monitoring, assessing and maintaining patients vital functions and intensive care interventions
- safe intensive care nursing (risk management, ergonomics, infection control and aseptic practice, occupational safety)
- structured documentation in intensive care nursing
- Team work in ICU
- principles of crisis psychology when encountering the patients and their families in intensive care

Study unit description:

The study unit is performed as e-learning supported theoretical, simulation and e-activity studies where the students practise acting in core intensive care situations in nursing and multidisciplinary teams. In simulation laboratories they learn to recognise changes in vital functions and to protect vital functions in changing intensive care nursing care situations and learn how to support the integrity of patients and their families when encountering the patients and their families during intensive care. In e-learning environment the students practice intensive care nursing by searching and using evidence from research, evidence-based theories, and experiences of opinion leaders / expert panels. During the study unit they achieve skills for clinical decision making by: assessing patient's history and physical exam, availability of healthcare resources; seeking information concerning patient preferences and values; and defining clinical expertise in ICN.

V082 HEALTH AND WELLBEING FROM GLOBAL PERSPECTIVE, 30 cr

Description:

In this study module students will be able to gain expertise on different innovative solutions and best practices aimed to promote health and wellbeing globally, on individual, community and society level. Students will be able to recognize the impact of globalization on health and wellbeing and to increase their awareness of ethical knowledge, values, principles, legislation and recommendations in global health and wellbeing policies. Students will be able to analyze effective innovative and technological models and projects in health and wellness promotion worldwide. Students are also able to recognize and practice different multidisciplinary ways and methods of wellness promotion in different contexts within social and health care.

Learning process:

The competences described in the module can be developed either by participating in study units or working in projects. Please note that in some education forms projects are the primary way of gathering credits.

In the projects you participate in the development work of domestic or international businesses and communities and in project work. The language used in the project can be either Finnish or English. Projects can also focus on developing the student's own business. The topic of the project and the competences developed by participating in it will be clarified when the project is added to the study offer. The scope of the project will be agreed on in each case. The competences generated in the projects can partly be included in the learning outcomes of some other module(s) and thus the credits can be divided between several modules.

Responsible persons:

Tikkurila: Tuula Ikonen

00843 Health-Promoting Environment, 6 cr

The student is able to:

- understand and identify factors affecting health and the environment
- assume responsibility for developing the health and safety of the environment
- to support the health of an individual, family and community

Contents of the study unit:

Maternity care/ Reproductive health 3 cr ECTS

- global challenges to reproductive health
- family nursing / parenthood
- promoting the health of the woman and her family during the pregnancy and postpartum

Community nursing 3 cr ECTS

- environment and community as a concept
- national and international health care action plans promoting well-being and health of the population (e.g. Health 2015 public health programme)
- environmental health effects and their prevention
- community profile and analysis

Study unit description:

The competence gained in the study unit relates to managing health promotion in various human communities and environments. It is based on an environment-, community-focused and family-based operating models. The focus is on influencing the environment's physical, social and symbolic elements as well as promoting the well-being and health of the population.

V1314 Encounter art and music promoting wellbeing, 5 cr

The student is able to:

The goal of this study unit is that student gets familiar with Encounter Art and music methods used in Finnish Health and Social care. He/she knows short history, the basic concepts, some of the processes and has understanding what kind of tasks and possibilities National level program called Wellbeing from Art and Culture (Liikanen 2010.) gives in Finland. Students are aware of research findings of this area and they get experiences through workshops about Encounter Art and music. In seminar students also learn from each other's presentations of essays and good practices from their own countries.

Contents of the study unit:

A. Short history, basic concepts, Networks and Program, 2 credits

- From work as rehabilitation to Art therapy
- Wellbeing from Art –network established 1992
- Wellbeing from Art and Culture –Program 2010
- Encounter Art's basic principles and workshops
- Music promoting wellbeing; workshops

B. Art-based projects and research findings, 1 credits

- Music promoting wellbeing: Remember that song and Research in rehabilitation
- Encounter Art and Clinical Art research findings

C. 2 Essays from optional articles and good practices from their own countries, 2 credits

CREDITS:

A + B + Learning diary = 3 credits

A + B + C+ Learning diary = 5 credits

01465 New Technological Solutions and Innovations for Social and Health Care, 5 cr

The student is able to:

The student is able to

- identify current technological solutions and innovations for social and health care
- recognize differences and similarities in challenges related to the aging of global population, such as loneliness and changes in service structures
- evaluate methods for developing technological solutions for social and health care
- gain more project based learning, know-how and competence in utilizing ideas of technology for social and health care
- analyse ethical aspects in health and wellness related technology

Contents of the study unit:

- best practices for using technological solutions for social and health services in different countries
- end-users as co-developers of technological solutions and services
- different eServices promoting health and wellness
- technology and the challenges of the aging population – innovative examples from different EU and other projects
- empowering clients and patients through different methods of self-expression and social connectivity

Study unit description:

NoStudents will be able to analyze effective innovative and technological models, good practices and projects in health and wellness promotion worldwide. Students are also able to recognize and practice different multidisciplinary ways and methods of wellness promotion in different contexts within social and health care. This study unit is partially integrated into Laurea's ongoing and already completed projects. The different projects introduced during the course focus on ICT solutions and enhanced end-user engagement and are meant to promote the wellness and health of all, especially the aging population. Some of the key themes approached through the innovative use of ICT include user-friendly eServices, empowerment through storytelling, enhanced mobility or motility and social connectivity and quality of life.

01464 Global Health, 5 cr

The student is able to:

The student is able to

- recognize the impact on globalization on health
- increase awareness of ethical knowledge, values, principles, legislation and recommendations in global health
- analyze effective models in health promotion worldwide

Contents of the study unit:

- recognize the impact on globalization on health
- increase awareness of ethical knowledge, values, principles, legislation and recommendations in global health
- analyze effective models in health promotion worldwide

Study unit description:

In this study module students will be able to gain expertise on major contemporary issues and challenges of global health with an interprofessional perspective and social approach. It is open to students from all disciplines. Students will examine global disease burden and distribution, health determinants and disparities, health policy, and the challenges and outcomes of global health interventions. Key global health themes to be explored would include: communicable and non-communicable diseases, environmental health, child health, reproductive health and rights, and health among refugees and displaced population. Topics will be examined in relation to global interdependency, highlighting how both global and disparities and global health policy responses are shaped through global ties and tensions.

V1362 Wellness at Work, 5 cr

The student is able to:

The student is able to

- broadly perceive different local and global factors that promote wellness at work in different fields
- identify different local and global programs, plans and good practices for wellness at work
- recognize and practice different ways and methods (such as multisensory methods, art, relaxation, NLP and other cognitive methods, narrativity, solution-oriented and supervisory methods etc.) of reducing work-related stress factors and health and wellness risks, both in their own student lives and future working lives
- identify and acknowledge the best practices from employee to manager to impact wellness at work

01439 Current Developments and Innovations in Social and Health Care in Finland, 5 cr

The student is able to:

The student is able to

- understand the Finnish social and health care system in the context of national and international social and health policy
- identify and evaluate the social and health needs on individual and community level in Finland in comparison to his/ her own country
- recognise differences / similarities in current developments and innovations in the social and health care service systems, social and health care programs, laws, regulations and economic factors in comparison to his/ her own country
- recognise different methods of client and patient empowerment within social and health care in comparison to his/ her own country

Contents of the study unit:

- global and national trends, current developments and innovations in health issues, social and health policy
- social and health needs in Finland and in other countries, prevention of diseases and client empowerment
- social and health care service systems, service and care chains, regulations, organisations, economical factors, applied welfare technologies
- guidance, consulting and networking within client and patient empowerment

Study unit description:

In this study module students will be able to gain expertise on different innovative solutions and best practices aimed to promote health and wellbeing globally, on individual, community and society level. Students will be able to analyze and evaluate the social and health care service systems, social and health care programs, laws, regulations and economic factors in comparison to his/ her own country.

01440 Multicultural and Multidisciplinary Professional Competences, 5 cr

The student is able to:

The student is able to

- acknowledge his/her cultural and professional knowledge and skills in the multicultural and multidisciplinary issues
- gain more cultural know-how and competence in studying and working in international environments and society
- evaluate his/her own value bases from the multicultural and multidisciplinary point of view
- recognise the significance of his/her professional competences in relation to global interactions and sustainable development

Contents of the study unit:

- students' experiences of cultural differences, living and learning abroad
- higher education in different countries promoting multidisciplinary competences
- ethical issues and special questions in different cultures and fields of services
- study module applies Multisensory method
- International Weeks at Laurea Tikkurila

Study unit description:

In this study module students will be able to gain expertise on different innovative solutions and best practices aimed to promote multicultural and multidisciplinary professional competences. Students will be able to recognize the impact of globalization on health and wellbeing and to increase their awareness of ethical knowledge, values and professional competences. Students are also able to recognize and apply different multidisciplinary ways and methods such as Multisensory method in promoting professional competences.

V1622 Accessible Service Environments, 10 cr**The student is able to:**

The student is able to

- evaluate service environments in accessible perspective
- use innovative methods in generating ideas for new services
- adopt a people centred, empathetic and ethical approach
- conduct qualitative research, development and innovation projects

V070 PROJECT MANAGEMENT, 15 cr**Description:**

In this module, the students develop their project management skills.

After completing the module, the students understand the significance of projects in developing business operations. They are able to plan and conceptualise projects. They recognize risks associated with projects. They are able to sell projects and obtain the resources needed to implement them. The students are able to implement, manage and supervise projects. They are able to plan and evaluate projects.

Learning process:

The competences described in the module can be developed either by participating in study units or working in projects. Please note that in some education forms projects are the primary way of gathering credits.

In the projects you participate in the development work of domestic or international businesses and communities and in project work. The language used in the project can be either Finnish or English. Projects can also focus on developing the student's own business. The topic of the project and the competences developed by participating in it will be clarified when the project is added to the study offer. The scope of the project will be agreed on in each case. The competences generated in the projects can partly be included in the learning outcomes of some other module(s) and thus the credits can be divided between several modules.

Responsible persons:

Hyvinkää: Tero Uusitalo and Taru Tallgren

Tikkurila: Kari Halme

V1464 Marketing project, 5 cr**The student is able to:**

The student is able to:

- understand the purpose of marketing based on the needs of an organization's customers and other stakeholders
- plan, conduct and measure marketing operations with relevant tools and methods.

V1466 Management project, 5 cr**The student is able to:**

The student is able to:

- examine and analyze management, leadership and HRM
- use various tools and methods of management
- understand the purpose of management in planning, directing and developing an organization's operations in a target-oriented manner.

V1462 Working Globally, 5 cr

The student is able to:

The student is able to:

- understand origins and implications of globalized labour market
- understand cultural diversity
- broaden his/her intercultural competences by intercultural communication and multi-cultural team-working.

R020 OTHER COMPLEMENTARY COMPETENCES, 15 cr

Description:

The aim of the studies offered in this module is to develop student's basic knowledge and skills. The studies will give basic abilities for the student to be able to manage on his/her studies in his/her field of studies. The student will conduct the appropriate studies from this module according to the initial tests or his/her needs. After completing the studies the student will have gained basic knowledge and skills to develop his/her skills to apply these competences.

Also other studies which develop professional skills can be offered in this module. Studies completed elsewhere can always be placed in this module.

Learning process:

The competences described in the module can be developed either by participating in study units or working in projects. Please note that in some education forms projects are the primary way of gathering credits.

In the projects you participate in the development work of domestic or international businesses and communities and in project work. The language used in the project can be either Finnish or English. Projects can also focus on developing the student's own business. The topic of the project and the competences developed by participating in it will be clarified when the project is added to the study offer. The scope of the project will be agreed on in each case. The competences generated in the projects can partly be included in the learning outcomes of some other module(s) and thus the credits can be divided between several modules.

Responsible persons:

Hyvinkää, sote: Terhi Hautaviita

Lohja, sote: Anu Elorinne

Porvoo: Erja Annola

Tikkurila: Marja Vellonen

R0177 Basic Studies in Mathematics, 3 cr

The student is able to:

The student is able to

- solve mathematical problems at a level required in the UAS studies.

R0074 Basic Studies in Mathematics, 5 cr

The student is able to:

The student is able to

- solve mathematical problems at a level required in the UAS studies.

R0075 Basic Studies in Chemistry, 5 cr

The student is able to:

The student

- has the basic knowledge of the field's chemical solutions.

01527 Competitive Sport and Working Life Skills, 5 cr

The student is able to:

The student is able

- to understand the significance of competitive sports in professional growth
- to set objectives and commit to these
- to identify the skills gained from competitive sport
- to understand and identify the importance of working life skills
- to utilise skills gained in competitive sport
- to identify the strengths and development areas in their own working life skills

Previous studies:

Kilpaurheilutausta

01097 International Orientation for Exchange Students, 5 cr

The student is able to:

Ennen vaihtoa:

Opiskelija osaa perusteet kohdemaansa historiasta ja kulttuurista ja ymmärtää niiden vaikutuksen jokapäiväiseen elämään.

Opiskelija osaa hahmottaa oman ammattialansa käytännön toimintaa vieraassa kulttuurissa ja soveltaa ammatillista osaamistaan.

Opiskelija osaa työskennellä erilaisten asiakasryhmien kanssa sekä erilaisissa työyhteisöissä.

Vaihdon aikana:

Opiskelija osaa tunnistaa ja käsitellä mahdollisia kulttuurieroavaisuuksia ja niiden herättämiä tunteita.

Opiskelija osaa toimia kohdemaan kulttuurissa ja oppii tunnistamaan ja arvostamaan erilaisuutta.

Vaihdon jälkeen:

Opiskelija ymmärtää paremmin erilaisia kulttuureja ja erilaisuutta, osaa toimia monikulttuuristen asiakkaiden kanssa.

Opiskelija tunnistaa erilaisten asiakasryhmien ja kulttuurien herättämiä tunteita ja ristiriitoja ja käsittelee omia tunteitaan muiden kanssa.

Contents of the study unit:

- Kansainvälinen opiskelu ja käytännön järjestelyt
- Optiman työtilan hyödyntäminen kansainvälisessä vaihdossa

Study unit description:

Oppimistehtävät, jotka kuuluvat valmennukseen:

- Kirjallinen suunnitelma käytännön järjestelyistä ennen vaihtoa: Opiskelija kirjaa itse muistettavat asiat ennen vaihtoon lähtöä ja aikatauluttaa ne omaa vaihtoon lähtöään ajatellen. Muistettavia asioita ovat mm. tarvittavat lomakkeet (Kela, vaihtokoulu, apuraha jne.), asunnon hankkiminen (mistä ja milloin), rokotukset jne.

Täytä myös lomakkeet Go Abroad -työtilasta: Before exchange / Assignments

Suunnitelma katsotaan yhdessä oman koordinaattorin kanssa.

-Optimassa on kaksi virtuaalista kv-valmennuksen työtilaa:

- YY7139 Valmennus kansainväliseen vaihtoon

- Go Abroad – Laurean yhteinen virtuaalinen työtila kaikille vaihtoon lähteville opiskelijoille.

Hyödynnä seuraavia työtilan osioita:

B= Before the exchange,

R0226 Participation in Voluntary Work, 0 cr

Study unit description:

The student participates in voluntary work during his/her studies. As a volunteer the student develops his/her general working life competences, professional competences and competence related to social /societal themes. The competence is acknowledged as part of the other studies.

V1302 HRM Basics for Everyone, 5 cr

The student is able to:

The student will be able to explain and designate main concepts of human resource management, as well as to describe their role as part of the organization's activities.

Contents of the study unit:

Employee recruitment and induction, performance reviews and personnel training, employee rewarding, engaging an employee, HR strategy and it's impact on the company as a whole.

R027 GUIDANCE AND EXPERTISE TRAINING, 15 cr

Description:

Expertise is born via guidance activities in the Guidance and expertise module.

Completing this module provides the student with varied expertise in guiding different people in different situations. The student will know how to support the development of both competence and identity, and to advise on the use of different tools. They know which actions promote a sense of community.

Learning process:

Competence as defined in this module can be developed by, for example, taking part in student union activities during study units. The working language can be either Finnish or English.

Responsible persons:

Teija Laamanen

R0155 International Activities, 5 cr

The student is able to:

The student is able to

- take into account the special characteristics of international activities
- form international networks
- act in an international environment with people from different cultures

R0156 Callidus Tutoring, 5 cr

The student is able to:

The student is able to

- provide guidance to other students in their areas of strength
- encourage and motivate the students they provide guidance to
- develop their own interaction skills

01540 Tutoring, 5 cr

The student is able to:

The Student is able to

- evaluate tutoring from the perspective of their own campus and the campus's educational responsibilities
- provide guidance and advice to new students with regard to Laurea's practices and operational culture
- aware of and have a command of the systems currently in use
- create an expertise profile for themselves and can support new students in building an expertise profile in the kyvyt.fi portal
- know the learning environments on their campus and can, when necessary, represent the campus at different events
- have a command of the work methods related to career planning and are able, together with the teacher tutor, to support new students in themes related to career planning
- act as active promoters of well-being within the workplace and among students

0404 THE DEVELOPER OF DIGITAL HEALTH AND WELFARE SERVICES, 15 cr

Description:

It starts with the unit where the main content is the citizen as customer in digital health and welfare services and how professionals are communicating in a digital environment. Then comes the study unit about digital health and welfare environment's with ethics and regulation in healthcare. At last comes the service design study unit, that will increase participant's competences about customer oriented user centered service design and co-creation process.

Responsible persons:

Otaniemi: Mikko Julin and Tuula Saarnio

01548 The Citizens as Customers of Digital Health and Welfare Services, 5 cr

The student is able to:

The Student is able to

- recognize and use e-Health and welfare services as they are today and recognize trends in future.
- discuss and describe what "citizen as customer of health and welfare services" means.
- empower customers to participate in their own health and welfare service in digital area.
- identify the need for professional-level communication in digital environments.
- guide the citizens in using digital eHealth and eWelfare service.

01549 The Digital Environment in Health and Welfare Services and its Ethics and Regulations, 5 cr

The student is able to:

The Student is able to

- understand basic health and social care informatics
- understand basic methods of technical informatics/computer science,
- understand and apply principles of evidence-based practice and evidence based clinical pathways
- understand and apply legal knowledge of confidentiality, IT-security and patient data privacy and protection

Contents of the study unit:

This study unit deals with health informatics and the general process of digitalization in health and welfare and the laws and regulations surrounding it.

- Partnership countries health and welfare environment, health and welfare informatics environment ex. Kanta services, Estonian X-Road
- How to store data, share data, refine data different databases
- Ethics, laws and regulations and customer safety data privacy and security
- Structural data, health and social classifications, the basic elements of support of decision making systems

01550 Digital Service Development and Information Management in Health and Welfare Services, 5 cr

The student is able to:

The Student is able to

- understand user centered service design and multi professional development process to digital services
- be able to applied future orientation and solutions centric working habits
- to understand different kind of data sources and structures and future possibilities to utilize data analytics for citizens' health promotion

Contents of the study unit:

The content of study unit

- service design process
- user centered approach
- future orientation and creative working habits
- project management and online collaboration
- databases and health information system usage and security
- Image analysis (Xray, brainscans, etc.) & remote diagnostics
- Internet of Things/sensor technology/wearables growing, so much more data available from individuals (MyHealth-data).
- Analytics and visualization

Study unit description:

This study unit deals with the development of digital services and the creation of competence in service design process. In the group-works there are lots of variations of service - service design, digital service, healthcare service. The aim of this study unit is to give future professionals skills in developing improved e-Health services. The point is give orientation and create interest to this topics.

V1561 Innovation - from Idea Creation to Market, People and Structures, 5 cr

The student is able to:

The student is able to

- understand the importance and challenges of innovations to modern society.
- create a business idea.
- describe idea creation methods and to apply suitable methods at different stages of the innovation process.
- understand the variety of outputs from an innovation process, from product design to services and business models