

LAUREA UNIVERSITY OF APPLIED SCIENCES
Täydentävä osaaminen (amk-tutkinto), Laurea Lohja, TOF16SY
1. year

Y	CORE COMPETENCE	
T	COMPLEMENTARY COMPETENCE	204
R020	OTHER COMPLEMENTARY COMPETENCES	
R0169	Preparatory Studies in Mathematics	3
R0074	Basic Studies in Mathematics	5
01477	Finnish Culture and Communication	5
R0225	Participation in Voluntary Work	0
F0033	Mental health and alcohol and drugs intervention	5
F040	DIGITAL BUSINESS	
F7098	Project Management	5
F7100	Startup Entrepreneurship and Innovations	
F7101	B2B Customer Relations & Sales Management	5
F7102	Digital Service Development	5
F7103	Marketing Communication	5
F7104	Marketing Management	5
F7105	B2C Consumer at Focus	5
F7107	Cross-Cultural Business	5
F7108	Networks and Purchasing, Import/Export	
R015	LANGUAGE SKILLS AND INTERNATIONAL COMPETENCE	
R0171	Preparatory Swedish	3
R0170	Preparatory English	3
R0126	Going Abroad	
R0082	Basic Communication in English	5
R0098	Basic Communication in Swedish	5
F7097	Fokus på kundrelationer (Swedish Language Studies)	5
F046	KOKONAISSALTAISIA VALMIUKSIA HOITOTYÖHÖN	
F7093	Kliininen osaaminen ja potilaan valtaistaminen omahoitoon	5
F7094	Project work	5
F7095	Professional Development in Practice	5
F044	HR SPECIALIST AND WORKING LIFE REORGANISER	
F7084	HR as a Strategic Partner	5
F7085	HR Legislation	5
F7086	Management of Well-Being at Work	5
F7087	Challenging Work Situations as a Manager	10
F7088	Interactive Management Communication	5
F7089	Developing Management and Leadership Skills	15
F7090	Project Management	5
G108	LAUREA STARTUP	
G8342	Developing StartUp	5
G8319	Future StartUp	5

G8320	Idea StartUp	5
G8321	Business StartUp	5
F7106	Personal sales	5
R027	GUIDANCE AND EXPERTISE TRAINING	
01540	Tutoring	5
R041	DIVERSE EXPERTISE IN NURSING	
R0265	Diverse Expertise 1	5
R0266	Diverse Expertise 2	10
R046	ELDERLY FAMILIES AS CLIENTS IN NURSING	
R0275	Health Technology Supporting Elderly Persons Ability to Cope at Home	5
R0276	Elderly Clients in Social Welfare and Health Care	10
0398	MANAGEMENT AND WELLBEING SUPPORTING PROFESSIONAL GROWTH	
01528	Growth in groups	5
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	
R0223	Stress Tolerance	
		204

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

R0169 Preparatory 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.

01477 Finnish Culture and Communication, 5 cr

The student is able to:

Having completed the study unit the student is able to:

- obtain an understanding of Finnish culture
- recognize the special characteristics of Finnish communication
- have knowledge in basic Finnish vocabulary and expressions

Contents of the study unit:

Learning objectives:

- understand Finnish culture

- have a knowledge in the special characteristics of Finnish communication
- have a knowledge in basic Finnish vocabulary and expressions

Study unit description:

Content:

- Different activities connected with Finnish culture and communication
- Workshops with different agendas
- Visits to cultural events and companies
- Basic Finnish expressions and vocabulary

R0225 Participation in Voluntary Work, 0 cr

The student is able to:

See the description.

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 themes. The competence is acknowledged as part of the other studies.

F0033 Mental health and alcohol and drugs intervention, 5 cr

The student is able to:

- Be able to recognise health risks and deepen their skills when planning, implementing and evaluating the treatment together with the patient and his/her family, assume an anticipating method of working
- Explore different care possibilities, guidance and how to deliver safe medical care when treating the whole patient
- Know how to entrust the whole team, multi-professional group and network into their work, taking into account the cultural differences
- Use work counselling, will be aware of the core legislation, ethical principles and other regulations in their work

Contents of the study unit:

Preventive mentalhealth and alcohol and drugs intervention care, helping methods in mentalhealth and alcohol and drugs intervention care, strengthening patient's resources, clinic psychology, psychiatry

Study unit description:

The module will include tutored teaching, assignments and an exam. The contents of this module will form the theoretical basis of mentalhealth and alcohol and drugs intervention care, integrated with student's prior knowledge of the topic.

F040 DIGITAL BUSINESS, 15 cr

Description:

The core of the module includes development of e-commerce as a part of digital marketing.

After completion of the module, the student is able to analyse e-commerce and digital marketing as a part of it. The student can evaluate the opportunities digital environment offers to a company. The concept of digital customer relationship marketing is applied in practice and customer relationship management (CRM) systems are utilized and information obtained on customership and business development. The module utilizes social media in customership and partnership development, and analyses and studies challenges and opportunities that e-commerce and social media create. Online and internet services are assessed as a distribution channel from customer perspective. The new service and business opportunities created by online environment are identified.

Possibility to obtain 15-30 credits in projects or on courses

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.

F7098 Project Management, 5 cr

The student is able to:

Student is able to

- understand project management dynamics
- utilize both waterfall and agile project management methods
- recognize PM issues and create practical solutions
- act as part of project teams in different roles
- work in virtual projects

F7100 Startup Entrepreneurship and Innovations, 10 cr

The student is able to:

The student is able to:

- understand the competence required for entrepreneurs
- use the consumer/user driven development methods
- use innovation process phases
- understand principles of Lean startup
- plan the activities for growth

F7101 B2B Customer Relations & Sales Management, 5 cr

The student is able to:

The student is able to:

- define customer lifecycle value
- create a customer strategy
- segment the customers
- create processes for managing customer relationships
- use the sales management tools and methods

F7102 Digital Service Development, 5 cr

The student is able to:

The student is able to:

- understand digital consumer
- plan content marketing & activities
- understand basics of digital service development process
- understand basics of online analytics

F7103 Marketing Communication, 5 cr

The student is able to:

The student is able to:

- utilize different methods of market research in analyzing business
- define the principles, benefits and challenges of integrated marketing communications
- command the tools for marketing communication and draft a plan for marketing communication to different target groups or events (e.g. fairs, campaigns etc.) taking into consideration the different channel opportunities
- analyze the importance of business image to the company and master the elements of building corporate and product brands

F7104 Marketing Management, 5 cr

The student is able to:

The student is able to:

- know elements of marketing management and create marketing strategy
- understand consumer behaviour in different environments
- utilize digital tools and social media in consumer interaction
- plan and manage marketing communication

F7105 B2C Consumer at Focus, 5 cr

The student is able to:

The student is able to:

- understand consumer behavior
- understand elements of consumer experience
- understand consumer journey & touchpoints
- understand the online consumer

F7107 Cross-Cultural Business, 5 cr

The student is able to:

The student is able to

- become aware of and understand how a country's culture will influence national and individual mode of thinking, behaving, and communicating in different environments including the business environment
- understand the term 'culture' and become aware of the different definitions and concepts behind the term
- understand and appreciate the underlying and defining reasons behind cultural differences
- become aware of the cultural differences in various parts of the world and understand how these distinctions and special characteristics influence each culture's national mode of thinking and influence the ways in which people interact and communicate individually and in the business world
- be provided a comprehensive and up-to-date overview of the cultures, customs, and economies of selected countries and regions in the world
- understand all of the above in relation to their own individual self.

F7108 Networks and Purchasing, Import/Export , 5 cr

The student is able to:

The student is able to:

- describe principal content of purchasing process
- identify the critical elements of the supply chain and develop cooperation

- understand how a business can produce added value to their customers with the aid of purchasing, importing and supply chain management.
- understand importing practices associated with global purchasing
- understand the importance of agency

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

R0171 Preparatory Swedish, 3 cr

The student is able to:

The student

- has a basic command of Swedish grammar
- is able to use study-related and work-related vocabulary
- is able to use various strategies and tools to develop language skills

R0170 Preparatory English, 3 cr

The student is able to:

The student

- has a basic command of English grammar
- is able to use study-related and work-related vocabulary
- is able to use various strategies and tools to develop language skills

R0126 Going Abroad, 3 cr

The student is able to:

The student is able to

- function and communicate successfully in interactive situations of the international study and/or work community
- communicate in intercultural situations
- recognize different stages of culture shock
- fill and compile documents related to mobility
- take into consideration health, safety & security issues abroad
- tell about Finnish culture and education system and studying in Laurea

Previous studies:

Prerequisites: having been accepted to go on exchange or placement abroad.

R0082 Basic Communication in English, 5 cr**The student is able to:**

The student

- knows the basics of English grammar
- knows the basics of written and spoken communication
- is able to use study-related and work-related vocabulary
- is able to enhance language skills by making use of a variety of study methods

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

F7097 Fokus på kundrelationer (Swedish Language Studies), 5 cr**The student is able to:**

The student is able to

- communicate efficiently in Swedish orally and in writing
- operate in Swedish in their expert community and communicate about the themes of their area of expertise using different means of communication
- apply the information they have acquired from sources written in Swedish
- act in a multicultural operating environment
- market and sell products and services in Swedish
- carry out business and marketing communications tasks in Swedish
- work in the company's exhibition projects and internationalisation process in Swedish
- maintain and develop customer relationships in Swedish

F046 KOKONAISVALTAISIA VALMIUKSIA HOITOTYÖHÖN, 15 cr**Description:**

Opiskelija valitsee oman kiinnostuksen mukaan näkökulman opintojakson sisältöjen tarkasteluun ja osaamisen lisäämiseen. Moduulin osaamisen ydintä on syventää kliinistä osaamista sekä potilaan kokonaisvaltaisen tukemisen ja ohjauksen osaamista.

Moduulin suoritettuaan opiskelija kykenee käyttämään näyttöön perustuvaa päätöksentekoa valitsemansa osaamisalueen osalta kokonaishoidon suunnittelussa, toteutuksessa ja omahoitoon ohjauksessa.

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:

Moduulia ei enää tarjota

F7093 Kliininen osaaminen ja potilaan valtaistaminen omahoitoon, 5 cr

The student is able to:

Opiskelija osaa

- hyödyntää näyttöön perustuvaa ja monitieteellistä tietoa hoitotyön suunnittelussa ja toteutuksessa
- syventää osaamistaan valitsemallaan osaamisalueella
- soveltaa toivon antamista toteuttamassaan hoitotyössä
- tukea potilasta hänen selviytymisprosessissaan

F7094 Project work, 5 cr

F7095 Professional Development in Practice, 5 cr

The student is able to:

Opiskelija osaa:

- toimia moniammatillisen työryhmän jäsenenä
- suunnitella, toteuttaa, arvioida ja kehittää hoitotyötä yhdessä työelämän, potilaan ja hänen läheistensä kanssa

F044 HR SPECIALIST AND WORKING LIFE REORGANISER, 30 cr

Description:

In Human Resources Specialist and Working Life Reorganiser module, the student develops his/her own expertise in working with companies and organisation personnel. The objective is to develop working community skills, management skills and development skills. The development of student's own management skills belongs to the core of the module.

The examination of HR through societal norms, laws and statutes is essential but the ability to function interactively in different working life situations is equally essential. Management of a well-being working society capable of achieving set goals is a part of the module content.

The central learning objectives of the module include evaluation of personnel resources, goal-oriented HR management and development, and internal communication. Some study units prominently suitable for other University of Applied Sciences students interested in the development of their HR skills. Certain study units can be accomplished with variable extent of 5-15 ects, depending on their working life context and the PSP (Personal Study Plan) of the student.

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.

F7084 HR as a Strategic Partner , 5 cr

The student is able to:

The student is able to:

- plan and carry out a productive HR strategy for the company.
- act as a manager and an expert according to the business strategy of the company
- manage HR at different stages of a company life cycle

F7085 HR Legislation, 5 cr

The student is able to:

The student is able to:

- apply essential HR legislation in management and work as a superior
- act within boundaries of law in different roles in his/her working community
- apply HR legislation within the framework of collective agreements in his/her sector

F7086 Management of Well-Being at Work , 5 cr

The student is able to:

The student is able to:

- identify his/her own role as a superior in the maintenance and development of well-being at work
- identify factors that sustain and endanger in the working community
- assess and develop the state of well-being at work in the working community

F7087 Challenging Work Situations as a Manager, 10 cr

The student is able to:

The student is able to:

- identify and analyse challenging situations stemming from work, individual or working community as well as their origins in different working communities and networks
- function in his/her work role as a problem solver and be aware of his/her potential in their solution.
- act using interactive, judicial and work psychological means in problem situation solving and assess the functionality of different methods.
- use external help when required as an alternative means of problem situation solution.

F7088 Interactive Management Communication , 5 cr

The student is able to:

the student is able to:

- communicate interactively with different interest groups within the working community
- plan, implement and evaluate communication in different working communities
- draw up a communication strategy and a communication plan

F7089 Developing Management and Leadership Skills, 15 cr

F7090 Project Management , 5 cr

The student is able to:

The student is able to

- understand special features of project management
- utilize both traditional and agile methods of project management
- identify project management problems and create appropriate solutions
- function in different roles that serve the purpose of the project.

G108 LAUREA STARTUP, 15 cr

Description:

The objective of the module is that the student is able to evaluate and develop his/her entrepreneurial skills, is able to assess his/her business idea and draw up a business plan on the basis of his/her business idea. The goal is also that he is familiar with entrepreneurial social obligations and opportunities.

If a student is interested in starting his/her own business, the objective is that the student is able to do so in practice and knows how to prepare for early-stage entrepreneurial challenges. Student is able to analyze and to utilise financial and operational performance information in his/her business.

Students can complete 15–30 credits in the module with the aim of developing their entrepreneurial skills or their own company.

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:

Otaniemi and Leppävaara: Marjo Ruuti

Hyvinkää: Maija Huhta

Lohja: Riku Riski

G8342 Developing StartUp, 5 cr

The student is able to:

Students will understand, and have the ability to develop a company's business model, the procedures of which will be agreed with the mentor, according to recognized development needs. The presumption is that participants have already completed the Future-, Idea- and Business StartUp –study units.

Contents of the study unit:

Developing StartUp-opintjakso on erikseen sovittava opintokokonaisuus yrityksen liiketoiminnan jatkokehittämiseen ja tiimin täydentämiseen.

Opintjakson aikana yrityksen liiketoimintaa kehitetään edelleen asiakaslähtöisesti. Tavoitteena on esimerkiksi Business Model Canvasin tiettyjen osa-alueiden kehittäminen, jotta opiskelija/tiimi täyttää edellytykset päästä Kick-off StartUp ohjelmaan. Tavoitteena voi myös olla esimerkiksi liiketoiminnan kansainvälistyminen. Kaikki lähtee yrityksen/tiimin tarpeista.

Opintjakson aikana opiskelija/tiimi saavat henkilökohtaista sparrausta ja neuvontaa.

Sparrauksen lisäksi opiskelijalle on tarjolla mahdollisuuksia verkottua eri startup-ympäristön toimijoihin kanssa. Verkoston kautta on myös tarjolla koulutuksia ja erilaisia työkaluja yritystoiminnan kehittämiseen.

G8319 Future StartUp, 5 cr

The student is able to:

Student is able to:

- recognise and develop their own competence and evaluate competence required in entrepreneurship
- recognise entrepreneur-like activities in the working community and utilise extensive competence in business activities and work contexts
- develop and expand their personal networking skills and understand the importance of central stakeholders to their company

G8320 Idea StartUp, 5 cr

The student is able to:

The student is able to:

- utilise different methods for generating ideas when developing business activities
- form a team around one's own idea and/or work as a team member in an entrepreneurial way
- recognise and evaluate clients' problems and develop their idea in collaboration with the client/clients
- develop, describe, present and assess their own business idea

G8321 Business StartUp, 5 cr

The student is able to:

The student is able to:

- formulate and develop their own idea into a business model
- utilise their own network in planning the business model
- test the functionality of their own business model on clients
- present their own business idea to different stakeholders
- build client contacts and possibly acquire clients to their own business

F7106 Personal sales, 5 cr

The student is able to:

The student is able to

- apply the phases of sales process
- understand basics of personal sales
- analyze the customer needs
- apply customer oriented solution sales
- create the proactive customer plan

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

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

R041 DIVERSE EXPERTISE IN NURSING , 15 cr**Description:**

The core of the module consists of the student analysing his or her competence and complementing it with expertise that exceeds the core competence. The student extends his or her capabilities to act as an expert of nursing in the changing social and health care environments. The student strengthens his or her cooperation skills as well as the knowledge base and skills required of an expert. Having completed the module, the student has the capacity to develop into an expert in the chosen area of expertise in the field.

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:

Lohja: Aila Peippo

Hyvinkää: Nanna Peltosaari

Porvoo: Erja Annola and Maija-Leena Kukkonen

Tikkurila: Kirsi Ronkainen

R0265 Diverse Expertise 1, 5 cr**The student is able to:**

The student is able to

- analyse and develop his or her expertise and keep it up-to-date in terms of the changing needs of social services and health care
- evaluate and develop his or her actions and the operation of the work community in multidisciplinary cooperation in different operating environments
- choose the appropriate methods to develop his or her expertise and justify those choices and act as an expert in a self-directive manner
- act as an expert in a self-directive manner

R0266 Diverse Expertise 2, 10 cr

The student is able to:

The student is able to

- analyse and develop his or her expertise and keep it up-to-date in terms of the changing needs of social services and health care
- evaluate and develop his or her actions and the operation of the work community in multidisciplinary cooperation in different operating environments
- choose the appropriate methods to develop his or her expertise and justify those choices
- act as an expert in a self-directive manner

R046 ELDERLY FAMILIES AS CLIENTS IN NURSING, 15 cr

Description:

The core of the module consists of strengthening the student's competence in nursing elderly people in social services and health care. In this module, the student deepens his or her expertise regarding the knowledge and skills in taking care of elderly clients and the multidisciplinary service networks of social services and health care. Having completed the module, the student has the capability to identify factors that threaten the well-being of an elderly person, such as maltreatment and substance abuse, and to intervene to reduce those risk factors. Additionally, having completed the module, the student can implement a holistic geriatric assessment of an elderly client, assess the suitability of appropriate health technology and support the introduction of technology in a client-oriented manner and as a part of services provided for the elderly.

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:

Lohja: Aila Peippo

R0275 Health Technology Supporting Elderly Persons Ability to Cope at Home , 5 cr

The student is able to:

The student is able to

- describe the basic concepts related to gerontechnology
- evaluate user experiences and the suitability of technology and technology-based services from the point of view of the client's health, functional capacity and quality of life
- support and guide an elderly person to use technology
- discuss the utilisation of health technology and its possibilities in services for the elderly, and the challenges related to introducing such technology
- describe and explain what kind of digital services and solutions are available and their future development
- participate in multidisciplinary development and networking collaboration in the field of health and gerontechnology while utilising customer understanding
- use and take advantage of technological solutions in the care of and services for an elderly person living at home
- describe research results obtained on the impact of technological solutions on the well-being of an elderly person

R0276 Elderly Clients in Social Welfare and Health Care , 10 cr

The student is able to:

The student is able to

- perform holistic geriatric assessment of elderly clients
- identify factors that threaten the quality of life and functional capacity of an elderly person and intervene to reduce risk factors
- support the quality of life and functional capacity of an elderly person by applying age-sensitive guidance methods, evidence-based practices and operating models in a client-oriented manner
- coordinate services for the elderly in the multidisciplinary service networks of social services and health care
- analyse the special features in the medication treatment of an elderly person, and implement medication therapy safely and according to good practices
- evaluate the effectiveness of the care of elderly persons at the level of both individuals and society
- coordination of the needs for treatment and care of elderly clients
- competence in developing and influencing the overall care of an elderly person

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