

Implementation plan Finished

Study unit	Wellness at Work (V1362), 5.0
Implementation	CCV1421: 2/2014-2015 (11.03.2015 - 30.05.2015)
Type	HEALTH AND WELLBEING FROM GLOBAL PERSPECTIVE (V082)
Groups	Primary: CCV14SY Others :
Involved in the project	
Lecturers	
Number of participants	Minimum: Maximum:
Enrolment period	01.12.2014 08:00 - 07.12.2014
Main timing for implementation	On working days during daytime
Applicability	For exchange students: Yes For elective studies: Yes Open UAS student: Yes Suitable for virtual UAS: Yes
Teachers	Wikström Tiina (Other teacher)
Campus	Laurea Tikkurila
Main location for implementation	At the campus
Implementation method	Project/venture/R&D Language: English Virtuality: 1 cr Integration of R&D: 2 cr
Implementation class	LbD based on international RDI project
Focus areas	Expertise in nursing and coping at home, Security, safety and social responsibility, Service business, Student entrepreneurship
Evaluation at the latest	30.06.2015 Storing of graded material ends.: 31.12.2015
Exam days	
Having completed the study unit 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
Previous studies	
Previous studies, more information	No previous related studies required
Learning objectives	The students will be 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
Contents	The course is based on contact lessons with theory and interactive practices, both individual and group works, according to learning objectives.
Study material	Current study material will be provided during the course.
Work strain	The course consists of contact lessons and project work for Wellness Day(Relaxation Space) or in new International projects. There is no exam but few written assignments. Contact lessons take place: 11.3.2015; 12.30-15.45 18.3.2015; 12.30-15.45 (independent) 25.3.2015; 12.30-15.30 10.4.2015; 8.30-11.30 (independent) 23.4.2015;

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	8.30-15.45/ Wellbeing Day6.5.2015; 12.30-15.457.5.2015; 8.30-11.30
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