

Implementation plan Finished

Study unit	Wellness at Work (V1362), 5.0
Implementation	CCV1521: 2/2015-2016 (04.01.2016 - 23.06.2016)
Type	HEALTH AND WELLBEING FROM GLOBAL PERSPECTIVE (V082)
Groups	Primary: CCV15SY Others :
Involved in the project	
Lecturers	
Number of participants	Minimum: Maximum:
Enrolment period	30.11.2015 08:00 - 07.12.2015
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 (Teacher in charge)
Campus	Laurea Tikkurila
Main location for implementation	At the campus
Implementation method	Other method of implementation, Project/venture/R&D Language: English Virtuality: 1 cr Integration of R&D: 2 cr
Implementation class	LbD based on local project or development task
Focus areas	Expertise in nursing and coping at home, Security, safety and social responsibility, Service business, Student entrepreneurship
Evaluation at the latest	23.07.2016 Storing of graded material ends.: 23.06.2017
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, project work and workshops. It is possible to do the course as 5 ECTS or 10 ECTS. For 10 ECTS, you can focus on relevant research within your own field of studies or create a suitable project. There is no exam but few

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	written assignments. The course takes place in our open learning environment, Multisensory Space, B 202. The course schedule is presented in Laurea Asio system, and the course starts 6.4.2016. You see the schedule also below (minor changes possible): 6.4.2016; 9-11.30 13.4.2016; 9-11.30 20.4.2016; International Week, creating relaxation space for international visitors, 9-16 27.4.2016; 9-11.30 10.5.2016; 12.30-15 11.5.2016, 9-11.30 / INDEPENDENT GROUP WORK 12.5.2016; 12.30-15 45 17.5.2016; 12.30-15 45 / INDEPENDENT GROUP WORK 18.5.2016; 9-11.30 19.5.2016; 12.30-15 45 / Final presentations 25.5.2016; 9-11.30 / Final presentations
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Learning events

Date	o'clock/at h	Subject	Content	Status	Teachers
			Schedule in ASIO: https://tilat.laurea.fi/asio/w/i.php?e0alaurea.at316519ca		