



COURSE DESCRIPTION LABORATORY OF INDIVIDUAL RESOURCES RESEARCH AND ASSESSMENT

**SSD: PSICOLOGIA DELLO SVILUPPO E PSICOLOGIA
DELL'EDUCAZIONE (M-PSI/04)**

DEGREE PROGRAMME: PSICOLOGIA (P25)
ACADEMIC YEAR 2022/2023

COURSE DESCRIPTION

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GENERAL INFORMATION ABOUT THE COURSE

INTEGRATED COURSE: NOT APPLICABLE
MODULE: NOT APPLICABLE
CHANNEL: A-Z
YEAR OF THE DEGREE PROGRAMME: I
PERIOD IN WHICH THE COURSE IS DELIVERED: SEMESTER II
CFU: 4

REQUIRED PRELIMINARY COURSES

None

PREREQUISITES

None

LEARNING GOALS

Through the activities proposed in the laboratory, the student will acquire theoretical and practical skills aimed at assessing individual psychological resources useful for promoting individual development in the transition phases. Specifically, starting from the current questions proposed by international psychological research, the laboratory will guide students in all phases of identification of research field of investigation, formulation of questions/hypotheses, design and implementation of research in the field of positive developmental psychology. The laboratory will propose a practical activity of designing, implementing and reading the research results in the

context of identifying individual psychological resources.

For the current A.A., as a thematic focus, the laboratory aims to implement and carry out the experimentation, in small groups, of a Career Counseling model inspired by the techniques of the Life Designing Process.

EXPECTED LEARNING OUTCOMES (DUBLIN DESCRIPTORS)

Knowledge and understanding

At the end of the laboratory the student will have developed: the in-depth knowledge of a specific research area related to individual resources, the ability to convert an idea into a research project hypothesis, the ability to manage the path of empirical research in field of developmental psychology.

Applying knowledge and understanding

The student will be able to autonomously consult the international and national scientific literature (specialized journals on life span and developmental psychology), to identify the methods and measures to conduct empirical research, to connect the analysis approach of data appropriate to both the assumptions and the nature of the data (quantitative / qualitative), read the results and hypothesize an interpretation.

COURSE CONTENT/SYLLABUS

Life Design process

Career Counseling

Creation of a research to support the vocational identity

Research design

Implementation of the research in all its phases

Reading and interpretation of data

READINGS/BIBLIOGRAPHY

Materials (handouts, articles on research published in national and international contexts) relating to the research methodology and research topics will be provided directly by the teacher during the course.

Additional teaching materials will be produced by and with the students during the laboratory activities.

TEACHING METHODS OF THE COURSE (OR MODULE)

Through interactive and participatory teaching, focused on group activities and the critical involvement of students, the laboratory will propose a practical activity of designing, implementing and reading the results in the context of identifying individual psychological resources. Specifically, the laboratory aims to implement and carry out the experimentation, in small groups, of a Career Counseling model inspired by the techniques of the Life Designing Process.

The course is part of the AURORA European University Network Catalog (<https://aurora-network.global/>).

EXAMINATION/EVALUATION CRITERIA

b) Evaluation pattern