

**FIȘA DISCIPLINEI****1. Date despre program**

1.1 Instituția de învățământ superior	Universitatea "Alexandru Ioan Cuza" din Iași
1.2 Facultatea	Facultatea de Filosofie și Științe Social Politice
1.3 Departamentul	DEPARTAMENTUL DE SOCIOLOGIE, ASISTENȚA SOCIALĂ SI RESURSE UMANE
1.4 Domeniul de studii	Asistență socială
1.5 Ciclul de studii	Masterat
1.6 Programul de studii / Calificarea	Starea de bine pe tot parcursul vieții și îmbătrânire sănătoasă

2. Date despre disciplină

2.1 Denumirea disciplinei	Sănătate mintală și starea de bine						
2.2 Titularul activităților de curs	Prof. Dr. CONTIU TIBERIU CRISTI SOITU						
2.3 Titularul activităților de seminar	Prof. Dr. CONTIU TIBERIU CRISTI SOITU						
2.4 An de studiu	I	2.5 Semestrul	II	2.6 Tip de evaluare*	E	2.7 Regimul disciplinei**	Ob

*E - Examen / C - Colocviu / V - Verificare

**OB - Obligatoriu / OP - Opțional / F - Facultativ

3. Timpul total estimat (ore pe semestru și activități didactice)

3.1 Număr de ore pe săptămână	3	3.2 curs	2	3.3 seminar/ laborator	1
3.4 Total ore din planul de învățământ	42	3.5 curs	28	3.6 seminar/ laborator	14
Distribuția fondului de timp					ore
Studiu după manual, suport de curs, bibliografie și altele					28
Documentare suplimentară în bibliotecă, pe platformele electronice de specialitate și pe teren					30
Pregătire seminare/laboratoare, teme, referate, portofolii și eseuri					40
Tutoriat					6
Examinări					4
Alte activități					0
3.7 Total ore studiu individual*					108
3.8 Total ore pe semestru					150
3.9 Numărul de credite					6

4. Precondiții - De curriculum (dacă este cazul)

Nu este cazul/It is not necessary

5. Condiții (dacă este cazul)

5.1 De desfășurare a cursului	Nu este cazul/It is not necessary
5.2 De desfășurare a seminarului/laboratorului	Nu este cazul/It is not necessary

6. Obiective

OG/GO: To support the acquisition of knowledge and skills on the life-course perspective and lifelong well-being.

OS/SO: Upon successful completion of this discipline, students will be able to:

- address problems critically
- consider social impact of actions on service users
- consider the active role of service user within the social contexts and systems
- apply holistic approach within social services
- support children's, youth, adults and older adults' well-being
- follow health and well-being in social care practices over the life

7. Competențe/Rezultate ale învățării

- CP1. Cunoașterea aprofundată a dezvoltărilor teoretice, a abordărilor metodologice și practice specifice asistentei sociale, sănătății și stării de bine pe parcursul vieții, unei îmbătrâniri sănătoase;
- CP4. Utilizarea cunoștințelor din domeniul asistentei sociale și al sănătății, al stării de bine și a cunoștințelor aflate la granița dintre diferite alte domenii precum: psihologie, drept, economie, științele sportului, digitalizare, sociologie, resurse umane, pentru a rezolva probleme teoretice și practice noi;
- CP7. Utilizarea competențelor specifice care să permită asumarea responsabilității pentru a contribui la dezvoltarea cunoștințelor și practicilor profesionale.
- CT8. Abordarea empatică a interacțiunilor cu beneficiarii / clienții, colegilor și partenerilor;
- CT13. Proiectarea prospectivă a unor obiective profesionale;

8. Conținut

8.1 Curs	Metode de predare	Observații (ore și referințe bibliografice)
Defining wellbeing • Physical, social, and emotional wellbeing • Defining mental health and mental illness • Influences on mental health and wellbeing.	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	See the references below
Structural factors on mental health and wellbeing: safe living environments, employment, education, freedom from discrimination and violence, and access to economic resources • Community factors on mental health and wellbeing: a positive sense of belonging, community connectedness, activities to highlight and embrace diversity, social support, and participation in society.	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	See the references below
Individual factors on mental health and wellbeing: the ability to manage thoughts and cope with stressors and having communication and social skills to support connection with others.	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	See the references below
• Positive balance and its effects on well-being and mental health • Promoting Positive Mental Health and Well-Being: Practice and Policy	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	See the references below
• Life Skills Education through Schools and parenting • Promotion of Prosocial Development and Prevention of Conduct Disorders	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	See the references below
• Promotion of Prosocial Development and Prevention of Conduct Disorders	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	See the references below
• Prevention of Mental Health Problems in Socially Excluded People	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	See the references below

Bibliografie

1. Dwivedi, Kedar Nath and Harper, Peter Brinley (eds.) (2004) Promoting emotional well-being of children and adolescents and preventing their mental ill health: a handbook; Jessica Kingsley Publishers, ISBN 1-84310- 153-X (pbk.)
2. Gillam, Tony (2018) Creativity, Wellbeing and Mental Health Practice, Palgrave ISBN 978-3-319-74883-2 ISBN 978-3-319-74884-9 (eBook) <https://doi.org/10.1007/978-3-319-74884-9>
3. Keyes, Corey L.M. (Editor) (2013) Mental Well-Being International Contributions to the Study of Positive Mental Health, Springer Science & Business Media Dordrecht, ISBN 978-94-007-5194-1 ISBN 978-94-007-5195-8 (eBook) DOI 10.1007/978-94-007-5195-8
4. Sheppard, Michael (2003) Mental Health Work in the Community: Theory and Practice in Social Work and Community Psychiatric Nursing, The Falmer Press (A member of the Taylor & Francis Group) ISBN 0-203- 27147-5 (Adobe eReader Format) ISBN 1-85000-978-3 1-85000-979-1 pbk
5. Sirgy M. Joseph (2020) Positive Balance A Theory of Well-Being and Positive Mental Health, Springer Nature Switzerland AG, ISSN 1387-6570 ISSN 2215-0099 (electronic) Social Indicators Research Series ISBN 978-3-030-40288-4 ISBN 978-3-030-40289-1 (eBook) <https://doi.org/10.1007/978-3-030-40289-1>
6. Tew, Jerry (ed.) (2005) Social Perspectives in Mental Health Developing Social Models to Understand and Work with Mental Distress, Jessica Kingsley Publishers, ISBN-13: 978 1 84310 220 5 ISBN-10: 1 84310 220 X ISBN pdf eBook: 1 84642 102 0

8.2 Seminar / Laborator	Metode de predare	Observații (ore și referințe bibliografice)
Prejudice, discrimination and stigma and their effects	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	See the references below
Positive Psychology and Refugee Mental Health: Implications for practice	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	
Poverty and its effects	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	
War, disasters, and their effects	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	
Crime, detention, and their effects on mental health/illness	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	
Child maltreatment and its effects	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	
Domestic/couple violence and community violence exposure and their effects	creative teaching and learning approaches, problem-based learning, research-based learning, critical thinking, group works	

Bibliografie

1. Francis, Abraham P. (ed) (2014) Social Work in Mental Health: Contexts and Theories for Practice, SAGE, ISBN: 978-81-321-1739-1 (PB)
2. Pritchard, Colin (2006) Mental Health Social Work Evidence-based practice, Routledge, ISBN 0-203-34791-9 (Adobe e-Reader Format) ISBN10: 0-415-31901-3 (hbk) ISBN10: 0-415-31902-1 (pbk)
3. Rovinelli Heller, Nina ; Gitterman ,Alex. eds. (2011) Mental health and social problems: a social work perspective, Routledge ISBN13: 978-0-415-49386-4 (hbk) ISBN13: 978-0-415-49387-1 (pbk) ISBN13: 978-0-203-84060-3 (ebk)

9. Coroborarea conținutului disciplinei cu așteptările reprezentanților comunității, asociațiilor profesionale și angajatorilor reprezentativi din domeniul aferent programului

The course meets the expectations of training, participation and understanding of the life course, active aging, public and private social service providers, public policy authors, professional associations and employers.

10. Evaluare

10.1 Evaluare continuă		Pondere (min. 30%)		50	
Curs	Forma de evaluare			Verificare orală	
	Pondere			50	
	Nepromovarea Evaluării continue determină nepromovarea Evaluării finale			Nu	
	Metode de evaluare			Detalii	Pondere
			Verificare orală periodică	50	Da
			Autoevaluare	50	Nu
Seminar / Laborator	Forma de evaluare			Verificare practică	
	Pondere			50	
	Nepromovarea Evaluării continue determină nepromovarea Evaluării finale			Nu	
	Metode de evaluare			Detalii	Pondere
			Verificare practică periodică	50	Da
			Autoevaluare	50	Nu

10.2 Evaluare finală	Pondere (max. 70%)	50
	Forma de evaluare	Verificare practică finală

10.3 Mențiuni (situații speciale în evaluare)

--	--

10.4 Standard minim de performanță

Aplicarea principiilor, normelor și valorilor specifice profesionale în cadrul unui proiect pe o temă de specialitate. / Applying professional principles, standards, and values within a project on a specialized topic.

Data completării,

Titular de curs,
Prof. Dr. CONTIU TIBERIU CRISTI
SOITU

Titular de seminar,
Prof. Dr. CONTIU TIBERIU CRISTI
SOITU

Data avizării în departament,

Director de departament,
Conf. Dr. MIHAELA RADOI