# **Specialist Module with Workshop: Storytelling and Personal Development**

Prof. Simona Ruggi

***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

The course is aimed at introducing the students to some instruments in order to develop empowerment and wellness interventions along the life span.

*Intended learning outcomes*

At the end of course, the student should develop:

– knowledge of background theory and instruments.

– mastering the application of a few specific instruments;

– ability in processing, personal reflection and critical judgment on the contests of application of the interventions.

***COURSE CONTENT***

Unit 1 Sharing of some basic theoretical references

Unit 2 In-depth examination of psychological theories on narration

Unit 3 Direct experimentation with techniques and tools for intervening in several areas, with reference to different stages of life. In relation to personal empowerment actions, the well-being of children, (pre) adolescents, adults and the elderly. The following application areas will be addressed:

3.1 school

3.2 disease

3.3 world of work

***READING LIST***

Didactics materials on Blackboard

***TEACHING METHOD***

The course starts with a few structured lectures in order to share a basic theory background. The main part of the course will be fulfilled through guided practical works, case analysis and simulations.

***ASSESSMENT METHOD AND CRITERIA***

During the meetings, students will have to produce a short paper, agreed with the lecturer, demonstrating their mastery of the course topics with respect to the theoretical assumptions and the critical analysis of the tools and contexts of intervention.

Learning will be verified through the preparation of an individual final paper to be sent by e-mail to the lecturer at least 15 days before the exam registration date. The paper will be marked as "passed" if the student demonstrates: a) their acquisition of the basic notions covered during the laboratory; b) their understanding of the concepts; and c) their ability to reprocess their knowledge through its application to concrete cases.

Students’ knowledge will therefore be ascertained by their passing. The paper will be marked as "passed" according to the following criteria:

failed = incorrect and vaguely or incorrectly presented basic notions, understanding of concepts, and application to situations/concrete cases;

passed = correct and well-presented basic notions, understanding of concepts, and application to situations/concrete cases. Particular importance will be given to the student's ability to apply their theoretical knowledge to concrete cases.

***NOTES AND PREREQUISITES***

There are no prerequisites.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG, or on the Faculty notice board.