

PSY515 Work Wellbeing

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

PSY515 Work Wellbeing introduces students to a variety of perspectives relating to wellbeing at the workplace. The module will provide an understanding of the range of mental health issues commonly faced and discussed in a work environment as well as mental health first aid to address issues, prevent ill health, and promote wellbeing and resilience. This module will also take on an applied focus to illustrate how psychological principles of wellbeing translate into the development of healthy workplace policies and organisational practices.

Topics:

- Foundations of wellbeing
- Introduction to wellbeing at work
- Workplace stress
- Job satisfaction
- Wellbeing interventions
- Wellbeing strategies
- Diversity and inclusion
- Mental health at the workplace
- Mental health first aid and resilience
- Workplace health and safety
- Current issues in work wellbeing
- Wellbeing practices in organisations

Learning Outcome:

- Examine the differences between primary, secondary, and tertiary wellbeing interventions
- Critically discuss the role of diversity and inclusion in worker wellbeing
- Critically discuss and evaluate the theoretical models of job satisfaction and how they apply to wellbeing
- Evaluate the efficacy of wellbeing interventions
- Propose recommendations for interventions that aim to promote mental health in the workplace
- Identify health and safety concerns in organisations

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	20
	GROUP BASED ASSIGNMENT 1	20

Overall Continuous Assessment	PARTICIPATION 1	20
Overall Examinable Components	ECA	40
Total		100