



Course syllabus

Faculty of Social Sciences

Department of Pedagogy and Learning

1PE504 Att främja psykisk hälsa bland barn och unga, 7,5 högskolepoäng

1PE504 To promote mental health among children and young people, 7.5 credits

Main field of study

Education

Subject Group

Education

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved by Faculty of Social Sciences 2023-02-06

The course syllabus is valid from autumn semester 2023

Prerequisites

General entry requirements.

Objectives

Upon completion of the course, students should be able to:

- identify and account for basic concepts within the field of mental health and ill health, and relate these to promotional health activities,
- apply basic concepts and methods within the field of promoting children's and young people's mental health,
- problematise basic concepts and the application of these.

Content

Within the scope of the course, students are given the opportunity to learn more and gain a deeper understanding of children's and young people's experiences of mental health. The course discusses mental health and ill health in young people, what aspects that promote health and aspects that prevent ill health. The course also looks into various actors' importance to the work with young people at the social level, group level and at the individual level. Basic theories and concepts within the field of mental health

in children and young people as well as health promotional factors are discussed. The course gives the students the opportunity to integrate theoretical knowledge and practical health promotional work.

Type of Instruction

Teaching takes place in the form of lectures and seminars.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Examination of the course objectives takes place on two occasions with one oral group presentation and one individual written assignment.

In order to receive a grade of Pass in the course, the course objectives must be attained.

For a grade of Pass with Distinction in the course, it is required that the student receives the grade of Pass with Distinction for the individual written assignment.

A retake of the examination is provided in accordance with the Local Regulations for First-Cycle and Second-Cycle Courses and Examination at Linnaeus University.

Should the university determine that a student is entitled to special educational support due to impairment, the examiner may provide the student with an adapted test or the student may carry out the examination in an alternative way.

Course Evaluation

A course evaluation is carried out either during or at the end of the course. Results and analysis of the evaluation are presented to the students who have completed the course as well as to new students at the following course date. The course evaluation is conducted anonymously.

Required Reading and Additional Study Material

Bähr, Kristina (latest edition). *Psykisk hälsa i skolan: främja, skydda och stärka*. Natur & Kultur. (192 pages).

Folkhälsomyndigheten. (2021). *Vad är psykisk hälsa?* Stockholm: Folkhälsomyndigheten. Available on the Internet.

Hellström, Lisa & Linda Beckman (2021). *Det är lite mer så här mainstream att ha psykisk ohälsa samt om ungas behov och livsfärdigheter*. Malmö: Libris. 63 pages. ISBN: 9789178771691.

Hellström, Lisa & Linda Beckman. (2020). *Att Främja Hälsa Och Förebygga Ohälsa Bland Ungdomar*. 56 pages. ISBN: 9789178771103.

Kostenius, Catrine & Maria Warne. (2020). Främja Psykisk Hälsa – Elevers Erfarenheter Och Förslag Visar Vägen För Skolan. *Socialmedicinsk Tidskrift* 97.5-6 : 847-865. Available on the Internet.

Lindberg, Lene & Nilsson, Lena (2021). *Att främja psykisk hälsa och förebygga psykisk ohälsa i förskolan*. 64 pages. ISBN: 9789198553765.

Partanen, Petri (2019). *Hälsa För Lärande - Lärande För Hälsa*. 134 pages. ISBN:

9789175593357.

Ramberg, Joacim. (2021). *Att Främja Psykisk Hälsa Bland Unga I Skolan*. Skolverket. 10 pages. Available on the Internet.

Wikman, Sofia (2018). *Unga Mår Allt Sämre - Eller?* Rapport av Mind i samarbete med Högskolan i Gävle och Länsförsäkringar. 60 pages. Available on the Internet.

Additional scientific publications, approximately 100 pages.