

Module: Quality of life and well-being from a social sciences perspective



Modul 6.4 Vertiefungs- und Erweiterungsmodul
Summer semester 2015 (March-May)

March 2nd–5th 2015 (9:45-17:15)
and seven Thursdays (19 and 26 March, 16, 23 and 30 April, 7 and 21 May, 14-17:15)
(6 ECTS)

Lecturer: Prof. Dr. Christian Spatscheck,
Professor for Theories and Methods of Social Work

Summer semester 2015

Content:

This course follows two basic aims: To improve and reflect knowledge and understanding about the leading theories about quality of life and wellbeing that have been formulated within different contexts and approaches of the social sciences and to offer an open forum to improve abilities to communicate in English.

Based on leading textbooks and articles about academic approaches to conceptualise and measure quality of life and well-being from sociology, social work, psychology, health studies and additional literature. This seminar will cover the different theory traditions of academic reflection on quality of life and well-being from the perspective of international approaches and debates. The seminar is designed to give systematic overviews on different theories and to compare the approaches. Students will be invited to work in small groups and to read, discuss and create presentations about the different theories. The lecturer will provide additional theory units. The seminar aims to support a positive group atmosphere that allows to learn and to improve skills and knowledge about the theories and the English language.

Requirements:

Please note: This course is designed to improve your competences to communicate in English on a personal and a professional level. You should be able to speak and understand English on the level of good school knowledge (about six years of English), but this seminar will also be designed to refresh and improve your abilities. Most important for the success of this course would be, however, that you are interested in trying and practicing your communication skills actively without feeling anxious to make mistakes.

Working forms:

Workshop with group work and presentations, theory and practice units

Exams and grading:

Ungraded exam: Active participation in group work and one theory presentation

Basic literature:

- Banks, S. (2001): *Ethics and Values in Social Work*, Basingstoke, Palgrave
- Diener, E (1999): Subjective Well-being – Three decades of Progress. *Psychological Bulletin* (125), 2, 276-302.
- Engelke, E. et al. (2014): *Theorien der Sozialen Arbeit*, Freiburg i.Br., Lambertus,
- Freire, P. (1996): *Pedagogy of the Oppressed*. Penguin, London, 2nd ed.
- Haworth, J./Hart, G. (eds.) (2012): *Well-being – Individual, Community and Social Perspectives*, Basingstoke, Palgrave Macmillan.
- Helliwell, J./ Layard, R./ Sachs, J. (2013): *World Happiness Report*. UNSDSN.
- Jordan, B. (2007): *Social Work and Well-being*, Lyme Regis, Russell House.
- Jordan, Bill (2009): *Welfare and Well-being – Social Value in Public Policy*, Bristol, Policy Press.
- Payne, M. (2005): *Modern Social Work Theory*, 3rd Edition, Basingstoke, Palgrave
- White, S. C. (ed.) (2014): *Well-being and Quality of Life Assessment, A Practical Guide*, Rugby, Practical Action Publishing.

Seminar plan, part 1:

Quality of life and well-being from a social sciences perspective, HS Bremen, summer term: March-May 2015

page 1

	MON, March, 2nd	TUE, March, 3rd	WED, March, 4th	THU, March, 5th
9.45- 11.15	-Introduction -Exchange of information -Organisational affairs	Project preparations II:	Project preparations VI:	Presentations and discussions III:
11.30- 13.00	Inputs: -What is Quality of life? -What is well-being? - Theories and models	Project preparations III:	Project preparations VII:	Presentations and discussions IV:
lunch break 1 p.m. to 2 p.m.				
14.00- 15.30	Preparations for project work: tasks, texts, final choice Input: How to create a good presentation?	Project preparations IV:	Warm up – “Guess who?” Presentations and discussions I:	Presentations and discussions V:
15.45- 17.00	Project preparations I:	Project preparations V:	Presentations and discussions II:	Presentations and discussions VI:

Seminar plan, part 2:

Quality of life and well-being from a social sciences perspective, HS Bremen, summer term: March-May 2015

page 2

Seven further seminar days in March/April (Bremen students)

Thursday, 19 March, 14-17:15: Warm up, Presentations VII-VIII

Thursday, 26 March, 14-17:15: Warm up, Presentations IX-X

Thursday, 16 April, 14-17:15: Warm up, Presentations XI-XII

Thursday, 23 April, 9:45-13:00: Excursions (IUW 2015)

Thursday, 7 May, 14-17:15: Warm up, The Science of Well-being

Thursday, 21 May, 14-17:15: Warm up, Reith lectures

Thursday, 28 May, 14-17:15: Warm up, Practice fields, Conclusion

Incoming students

For incoming students there is the possibility to participate:

- a) in all units and to receive 6 ECTS
- b) in only the block units (2-5 March) and to receive 3 ECTS
- c) in the block units plus to submit a written essay about one theory/approach of choice and to receive 6 ECTS

(The essay needs to be delivered until April 27th, 6 weeks after the seminar in English language, expected length 1 person: 5 pages, 2 persons: 8 pages, 3 persons 10 pages. This length has been shortened because of the obvious further demands to write in English)

Further comments, please note:

- For the presentations of the theories I have calculated now 1½ hour each. A presentation will be held by 1-2 students
- This time scale should enable us to have enough time to have the theory presentations for about 45 mins
- After the theory presentations there will be time to reflect about the theories and their methodical implications (Optional: Maybe you can enrich the contents by small group work or practical exercises.)
- material for moderation will be provided in different forms
- The two main books and texts will be provided in the "Semesterapparat" or as seminar copy

Criteria for the essays (Only for incoming students who cannot participate in weekly seminars after the block seminar)

- A written essay about one theory/approach of choice needs to be delivered until April 27th (6 weeks after the seminar)
- Language: English
- Expected length: 1 person: 5 pages, 2 persons: 8 pages, 3 persons 10 pages (Please note: This length has been shortened because of the obvious further demands to write in English)
- Please use at least 2 sources of academic literature

For any further questions feel free to contact me:

- christian.spatscheck@hs-bremen.de