

Master Degree

PSYCHOLOGY OF WELL-BEING AND PERFORMANCE

The master program in **Psychology of Well-Being and Performance** is aimed at anyone seeking a career in the field of psychology with an interest in the promotion of well-being in international context.

Mental health is now understood to involve both the absence of mental illness and the presence of psychological well-being. Psychological well-being is a core feature of mental health, and includes hedonic happiness, such as enjoyment, pleasure and eudemonic happiness such as meaning and fulfillment.

Performance, on the other hand is tightly linked to well-being as high performance is beneficial to everybody within any context, and well-being is essential for it to happen.

First year

- English
- Neurobiofeedback and Interoceptive contributions to well-being
- Applied cognitive neuroscience
- Cognitive and Environmental psychology
- Well-being in communities and workplaces
- Positive health: connecting well-being with biology

Second year

- Media education
- Positive and health psychology
- Psychology of training
- The dialogical principle in mental health
- The role of emotions in well-being throughout the lifespan
- Talent assesement and development
- Optional

The course equips students with the knowledge and skills to prevent diseases by promoting healthy behaviors and well-being at the individual level, as well as, in a range of organizations and contexts. With these skills, as a graduate of *Psychology of Well-Being and Performance* you can find a job in many different employment sectors ranging from human resources to hospitals to school context and last but not least continue your study to become a psychotherapist or enter a PhD program.

The master program in *Psychology of Well-Being and Performance* delivered at the University G. d'Annunzio, prepares students not only for a career in Italy but well beyond.

With more than 20 Erasmus+ agreements with Universities around the world and as part of the INGENIUM European network, students will be encouraged to spend at least one semester abroad financially supported by the European community and our institution. Learning these skills in English with a degree that is recognized around the world creates a multitude of opportunities for our graduates.

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