



**L-Università  
ta' Malta**

**Course overview:**

The concept behind this degree is that you are free to “design” your own undergraduate programme by registering for a number of elective study-units (timetable permitting) on offer by the various departments within the Faculty for Social Wellbeing. These would be study-units which you consider most suitable for your academic interest and career plans alongside a number of compulsory core units. A list of the elective study-units on offer during the course is available [here](#).

During this course, you will be exposed to a wide range of key facts, concepts, principles and explanatory frameworks which bring together opportunities for conceptual achievement as well as active engagement in society. Focusing on wellbeing, you will benefit from exposure to issues and trends on social inclusion. Personal, professional and social skills will also be addressed. To further address empowerment and the implementation of skills learnt, you are challenged to take responsibility for your learning and to pursue areas of particular interest to you. You will be encouraged to appreciate uncertainty and diversity and to search for meaning and purpose; to take responsibility for your own learning; to be an autonomous thinker; and to develop an integrated understanding of wellbeing.

**Learning outcomes:**

This course is designed to develop a number of important skills, including:

- Intellectual skills: critical thought, analysis and synthesis, creative thinking, problem-solving. These will be fostered through lectures, assessment, supervision and project work.
- Personal skills: reflexivity, communication, assertiveness, time management, stress management, decision-making, ethics and values. These skills will be taught directly in a number of units, but will also be developed in the context of lectures, workshops, seminars and interaction with tutors and peers.
- Research skills: basic skills of independent library and internet research; critical analysis; quantitative and qualitative research design and methods.
- Organisational skills: the capacity to set goals and to organise oneself to reach them. These will be strengthened through choosing and planning one's degree, participating in independent or group work, and working on one's dissertation.

Other skills relevant to employability and personal development

This programme will provide skills that are traditionally of great relevance to students' future employability, including initiative and self-motivation; professional integrity and the capacity to adhere to standards and procedures; resilience and stress tolerance; verbal and written communication; teamwork and interpersonal sensitivity; analysis and investigation; planning and organisation; creativity; and problem-solving.