

SYLLABUS

Mental health through life

7.5 credits P0002H

Hjärnhälsa genom livet

Course syllabus admitted: Autumn 2023 Sp 1 - Present

DECISION DATE
2022-02-11

Mental health through life 7.5 credits P0002H

Hjärnhälsa genom livet

First cycle, P0002H

Education level	Grade scale	Subject	Subject group (SCB)
First cycle	U G VG	Psykologi	Psychology

Entry requirements

In order to meet the general entry requirements for first cycle studies you must have successfully completed upper secondary education and documented skills in English language

Selection

The selection is based on final school grades or Swedish Scholastic Aptitude Test.

Course Aim

After completion of the course, the student is expected to:

Knowledge and understanding

- *display basic knowledge of factors that influence cognitive abilities over the lifespan*
- *display basic knowledge of theories and research about cognitive changes over the lifespan*

Skills and abilities

- *apply psychological perspectives to empirical examples*
- *produce text using academic language*
- *give oral presentations of one's own results*

Evaluation ability and approach

- *reason critically about different psychological perspectives on cognitive change*
- *reason critically about stereotypical conceptions about factors that influence cognitive abilities*

Contents

The course has a broad cognitive perspective and includes, among other things, how different cognitive abilities are developed and influenced by different factors over the life span, from early adulthood to old age. The importance of an active lifestyle, mentally stimulating leisure activities, social relationships, multilingualism, and the use of digital media, are some of the factors that will be highlighted in relation to cognitive "exercise".

Realization

Each course occasion's language and form is stated and appear on the course page on Luleå University of Technology's website.

The teaching is situated online in the form of lectures, oral presentations, and to a large extent self-study. Since teaching is executed online, there are some specific requirements needed with regard to equipment (computer) and technical skills. Some parts of the course are mandatory (this will be highlighted in the schedule).

Parts of the course may be given in English.

Resources and communication related to the course will be provided on Canvas, the internet-based platform used at LTU. Teaching and supervision, and the right of such, is restricted to the time when the course is running and the course on which the student is registered.

Examination

If there is a decision on special educational support, in accordance with the Guideline Student's rights and obligations at Luleå University of Technology, an adapted or alternative form of examination can be provided. Examination of the course consists of oral and written assignments, tests and presentations. As part of this, the student is required to take part in and comment on other students' presentations and/or written work. The aims of the course are examined through all examinations of the course.

Exam assignments are specified in the schedule. The purpose of all teaching is to support examination. The grade for the course is determined after the student has passed all mandatory parts of the course. Grades on the course are fail (U), pass (G), and pass with distinction (VG). To obtain the grade VG on the entire course, the student must have received the grade VG on the written assignment that corresponds to 4.0 course credits of the course's total number of course credits (7.5 ECTS).

Unauthorized aids during exams and assessments

If a student, by using unauthorized aids, tries to mislead during an exam or when a study performance is to be assessed, disciplinary measures may be taken. The term "unauthorized aids" refers to aids that the teacher has not previously specified as permissible aids and that may assist in solving the examination task. This means that all aids not specified as permissible are prohibited. The Swedish version has interpretative precedence in the event of a conflict.

Remarks

Students must register for the courses themselves, or contact HLT:s educational administration eduhlt@ltu.se, not later than three days after the quarter commences. Failure to do so can result in the place being lost. This rule also applies to students with a guaranteed place.

Study guidance is available in the learning platform Canvas before the start of the course. You who are a new student will find all the information you need at www.ltu.se/nystudent.

You who are already studying at Luleå University of Technology will find information about course start in the schedule on the student web or through the course room in the learning platform which you can reach at "Mitt LTU".

Course offered by

Department of Health, Education and Technology

Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0005	Online tests - Multiple choice questions	U G#	2	Mandatory	A22	
0006	Factors that influence cognitive abilities, written assignment	U G VG	4	Mandatory	A22	
0007	Oral presentation	U G#	1.5	Mandatory	A22	

Last revised

by Anna Öqvist, Director of Undergraduate Studies at the Department of Health, Education and Technology 2022-02-11

Syllabus established

by Head of Department of Department of Health, Education and Technology 2021-02-15