

Glance to Work and Organizational Psychology Studies in University of Jyväskylä

Aims and content: The aim of this two-day seminar from 10th to 11th of December 2013 is to familiarise students with contemporary issues and current research in the University of Jyväskylä in the field of work and organizational psychology. The focus is particularly on the occupational well-being of employees. The seminar concentrates on motivational and personal factors at work which promote or impair occupational well-being, as well as on how to find satisfying and well-being promoting balance between the two most central life domains of employees, that is, between work and family/private life.

Learning outcomes: Students will get an overview of the basic issues related to occupational well-being and familiarise themselves with the recent research on these areas. Students can identify some personal and environmental risk factors to both occupational well-being and to imbalance between work and family/private life. Students will find out about factors that promote occupational well-being, for example interventions directed towards personal goals and family-friendly and -supportive organizational culture. A specific aspect will also be the critical evaluation by the students how the theories, perspectives and research of work and organizational psychology presented by the lecturers fit into the Russian culture.

Lecturers and mode of study: This two-day seminar (3 x 1,5 hours on each day) is held together by Dr. Katriina Hyvönen and Dr. Johanna Rantanen who both work as post-doctoral researchers and lecturers in the Department of Psychology in the University of Jyväskylä. The seminar in each day includes one or two 1,5 hour lectures plus group work (1,5 or 3 hours) based on 2–4 articles read by the students before the seminar days.

Dr. Hyvönen has expertise in personal goals, occupational well-being, and effort-reward imbalance in the workplace. For more see:

<https://www.jyu.fi/ytk/laitokset/psykologia/henkilokunta/hyvonen>.

Dr. Rantanen has expertise in work-family interface and psychological well-being from longitudinal, personality trait and person-oriented perspectives. For more see:

<https://www.jyu.fi/ytk/laitokset/psykologia/henkilokunta/rantanen>.