

Online Course Catalogue

<u>Course Title</u>	<u>Study Field</u>	<u>University</u>
Concepts of Resilience	Generic programmes and qualifications	Abo Akademi University

CHARM priority field

Sustainability and Climate Change; Transversal Skills;

Course code

SU00CP91

Faculty

None

Department

The Open University at Abo Akademi University

Study Level:

BA/BSc

Number of credit points:

5

Name of instructor(s):

**Ann-Christin Furu,
Johanna Fredenberg**

Short description of the course

In this course we explore the concept of resilience from a multisystemic perspective. The course also approaches resilience in a resource oriented way. We explore processes of adaptation, recovery and transformation and what this means on different levels, from the individual to the global, and in different contexts/disciplines (ecology, psychology, sociology for example).

Full description of the course

<https://studiehandboken.abo.fi/sv/kurs/SU00CP91/28492?period=2024-2026>

Learning outcomes

At the end of the course, the learner will be able to - describe the various concept(s) of resilience • apply the concept of resilience in various contexts • adopt a multisystemic perspective on resilience to wicked problems and sustainability challenges • implement resilience thinking and resilience supporting strategies in personal day to day life

Additional information

Course requirements
None

Time zone
CET +1 (Finland)

Language of instruction
English

Mode of delivery:
fully online (all students participating online), at specific time (= synchronous)

Start date of course:
3/05/2025

Planned educational activities and teaching methods

Online lectures, individual written assignments, group work, seminar

End date of course:
5/14/2025

Learning Management System
Moodle

Contact hours per week for the student:
2 lectures à 45 mins every other week

Assessment methods
Assignments, learning diary, seminar & group essay

Specific regular weekly teaching day/time
Every other Wednesday 16:00-17:30 CET + 1

Certification
Transcript of records

Course literature (compulsory or recommended):
All literature is accessible through Moodle. The literature consists of various texts, videos and chosen parts of Multisystemic Resilience : Adaptation and Transformation in Contexts of Change. 2021. Ed. Michael Ungar.

Number of places available for CHARM students
10

Other relevant information

None

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