



UWA Plus Micro-credentials

Critical Information Summary

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| Title and brief description | <p>PSYCM102 OrgMind: Wellness blueprint to master work life harmony. 'OrgMind: Wellness Blueprint' is a micro-credential designed to increase awareness and assist students in engaging in behaviours that promote positive well-being in all domains of life. Work life harmony is a balancing act- requiring individuals to continuously reflect and readjust their priorities, and this micro will help students explore strategies for a balanced student life and career. Over a span of 10 weeks, this fully online experience will equip you with invaluable skills in managing stress, burnout, work-life balance, how to be money smart, and more.</p> <p>This is the second micro-credential released in the OrgMind series. Like the first, this micro-credential offers students something unique with key features including a personal wellbeing and regulation focus with a practical approach to using psychological principals to guide personal development. Led by science and focused on developing the early career professionals – 'OrgMind: Wellness Blueprint' empowers you to not only navigate but thrive in the dynamic landscape of work and life.</p> |
| Certified learning | <p>(1) develop awareness of key factors contributing to personal thriving, wellbeing and work-life balance; (2) demonstrate strategies for improving personal mastery, agility and proactivity develop strategies for managing interpersonal communication, developing self awareness, and building effective and supportive networks; and (3) develop skills in setting personal and development goals.</p> |
| How learner participated | Online only |
| Effort required (indicative) | 55 lectures: 4 x 15 minute online lectures per week for 10 weeks |
| Main assessment task | Portfolio and reflective evidence for validation of proficiency, Application of multiple skills to routine problems |
| Indicative equivalent level | Undergraduate |
| Industry recognition | SCSA |
| Quality assurance | The quality of UWA Plus micro-credentials is assured through The University of Western Australia's standards and academic integrity processes. |
| Successful learner earns PD Points for conversion to: | 2 |
| . Admission to an award course | No |
| . Credit towards an award course | Yes |
| . If yes, how much credit? | Credit is less than one unit |