UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Elective 2 - SOCIAL SERVICE AND WELL-BEING

Academic Year 2025/2026

1. Organic Unit

Higher Institute of Social Work

2. Course

SOCIAL WORK

3. Cycle

1st

4. Course Unit

Elective 2 - SOCIAL SERVICE AND WELL-BEING (L4531)

5. Scientific Area

6. Curricular Year

3rd

7. Type of Curricular Unit / Semester

1st Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	

9. ECTS Credits

3,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora CRISTINA MARIA RAMOS COELHO

12. Assistants

Prof. Doutora MARIA JOÃO FRAGA CABRAL SACADURA CAMPOS LOPES

13. Teaching Language

Portuguese

14. General Objectives

Develop skills of critical analysis and policy in the field of social welfare, contributing to practices of social intervention promoting human rights and improving the quality of life of citizens.
Prepare students for a qualified intervention and for the study of current emerging issues, aiming at a professional performance able to respond to the emerging challenges in contemporary societies.

15. Specific Objectives

Empower students for political practice strategies in Social Work.
Interpret and critically use statistical sources, helping students to analyze different indicators and sub-indicators associated with well-being.
Understand the articulation between theoretical and empirical sources as a support for the study of different problems.
Delve into contemporary social issues that present themselves as challenges to intervention and innovation in Social Work.

16. Skills to be acquired

Development of knowledge and political communication skills in the area of Social Work.
Articulation and use of scientific production in the area of social sciences for the understanding of social phenomena and in social intervention.
Acquisition and development of basic skills in the use and evaluation of indicators and sources of national and international statistical information in the field of social welfare.
Promotion of critical reflection on emerging social issues.

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17. Teaching Methodology

Theoretical-practical classes: Reflection and debate on the subject of classes, on recommended reading texts, working documents and statistical data related to the themes of the course unit. Development of autonomous work, giving students a participatory and autonomous role in their training process through critical analysis of theoretical and empirical sources associated with different areas of social intervention. Participation of invited experts.

18. Course Unit Program

1 - Social Work intervention and the promotion of well-being
1.1- Concept of welfare and purposes of the intervention of Social Work
1.2 - Policies and sectors of priority action and social innovation
1.3 - Reconfiguration of social action programs in the field of social intervention
1.4 - Strategies of policy practice in social intervention

2 - National and international indicators of well-being and quality of life
2.1 - Platforms for research and calculation of national statistics (INE, PORDATA) and international (Eurostat, OECD, among others);
2.2 - Well-being index: Material conditions and quality of life (INE)
2.3 - Index for a Better Life (OECD)
2.4 - Sustainable Development Indicators (Eurostat)

3 - Welfare dimensions and challenges of Social Work: contemporary topics

19. Assessment Methods

Two written tests.
Preparation and presentation of a group portfolio (with individual part) according selected theme and presentation in class.
Other elements.

20. Didactic Resources

Computer
Projector
Powerpoint presentations
Documentation and bibliography recommended and/or provided by the teacher

21. Sustainability Objectives

SDG 8 - Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all
SGD 10 - Reduce inequality within and among countries
SGD 16 - Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

22. Keywords

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Social welfare
Social indicators
Quality of life
Political practice
Social work

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23. Main Bibliography

Author(s): Amartya Sen
Title: A ideia de justiça
Edition: 1.ª Edição Year: 2022
Local: Coimbra
Publisher: Almedina
ISBN Code:

Author(s): O?Leary, Patrick e TSUI, Ming-sum
Title: Five pillars of well-being for social work in times of local and global challenges
Edition: International Soc Year: 2023
Local:
Publisher: Sage Journals
ISBN Code:

Author(s): Cristina Pinto Albuquerque; Ana Cristina Brito Arcoverde
Title: Serviço Social Contemporaneo
Edition: 1ª Edição Year: 2017
Local: Lisboa
Publisher: Pactor
ISBN Code:

24. Complementary Bibliography

Author(s): Bruce S. Jansson
Title: Becoming an effetive policy advocate: From policy pratice to social justice
Edition: 8ª Edição Year: 2017
Local: Belmont
Publisher: Brooks Cole
ISBN Code:

Author(s): Renato Miguel do Carmo; Inês Tavares; e Ana Filipa Cândido (orgs.)
Title: Que Futuro para a Igualdade? Pensar a Sociedade e o Pós-pandemia
Edition: 1ª Edição Year: 2022
Local: Lisboa
Publisher: Observatório das Desigualdades, CIES-Iscte

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ISBN Code:

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