UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Social Well-being problems: inequality and social exclusion

Academic Year 2025/2026

1. Organic Unit

Higher Institute of Social Work

2. Course

SOCIAL WORK

3. Cycle

2nd

4. Course Unit

Social Well-being problems: inequality and social exclusion (M6308)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

2nd Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	15.00
Tutorial Guidance:	20.00

9. ECTS Credits

7.50

10. Scientific Area Coordinator

11. Regent

Prof. Doutora VANDA SOFIA BRAZ RAMALHO

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

-To develop students' knowledge and skills about well-being problems related to social inequalities and social exclusion, to facilitate the social work diagnosis and intervention.
- Support master's students in defining research problems and selecting tools for their master's dissertation.

15. Specific Objectives

- Develop theoretical and research components that allow to intervene in different inequalities and contemporary social problems, with particular focus on well-being, poverty and social exclusion issues.
- Deepen diagnostic methodologies for situations in which the recovery from social exclusion faces obstacles resulting from the contagion between the various dimensions of scarce access to resources and opportunities.

16. Skills to be acquired

Ability to understand, diagnose and intervene in inequalities and related contemporary social problems.

17. Teaching Methodology

Theoretical-practical teaching resorting to interaction, presentations and debate with students on key issues linked to problems of inequality and social exclusion.

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18. Course Unit Program

I. NATURAL INEQUALITIES AND EQUAL OPPORTUNITIES
1.1. Economic well being, social well being and quality of life
1.2. Social differences and inequalities: The thought of the 1st modernity, the fight against inequalities and social Darwinism
1.3. Equal opportunities and meritocracy
1.4. Social stratification and classes
1.5. State, civil society and public policies

2. EFFECTS OF INEQUALITIES
2.1. Multiple modernities and the multidimensionality of inequalities: Inequalities types and economic and social weaknesses.
2.2. Measuring inequalities: The Gini coefficient and other indicators
2.3. Intersection with social and health issues

3. CITIZENS' PERSPECTIVES AND EVALUATIONS
3.1. Subjective well-being and happiness as quality-of-life indicators: theoretical perspectives.
3.2. Economic well-being, poverty and exclusion: the accumulation of social advantages and disadvantages
3.3. Contagion between scarce available resources and opportunities and social exclusion.

19. Assessment Methods

The evaluation will seek to assess the acquisition of knowledge and skills by students, using interventions in class, written texts and individual oral presentations.

20. Didactic Resources

Audiovisual Media (PC/Data Show/Power Point/Videos)
Recommended and complementary bibliography
Press and other media
Distributed texts
Data base
Didactic games

21. Sustainability Objectives

The Sustainable Development Goals (SDG2030, UN) are fundamental in facing inequalities and promoting social well-being. The sustainability goals that are most related to the curricular unit are:

1-No poverty
3-Quality Health and well-being
4-Quality education
8-Decent work and economic growth
10-Reduce inequalities

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22. Keywords

Well-being
Quality of life
Social exclusion
Inequalities
Social classes

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23. Main Bibliography

Author(s):	João Ferreira de Almeida		
Title:	Desigualdades sociais e perspetivas dos cidadãos: Portugal e a Europa		
Edition:	1ª	Year:	2013
Local:	Lisboa		
Publisher:	Mundos Sociais		

Author(s):	Michael J. Sandel		
Title:	A tirania do mérito. O que aconteceu ao bem comum?		
Edition:	1ª	Year:	2022
Local:	Lisboa		
Publisher:	Presença		

Author(s):	João Ferreira de Almeida, António Firmino da Costa e Fernando Luis Machado		
Title:	Classes sociais e recursos educativos: Uma análise transnacional in Sociedade e Conhecimento		
Edition:	1ª	Year:	2007
Local:	Oeiras		
Publisher:	Celta		

24. Complementary Bibliography

Author(s):	Richard Wilkinson and Kate Pickett		
Title:	O Espírito da Igualdade - Por que razão sociedades mais igualitárias funcionam quase sempre melhor		
Edition:	1ª	Year:	2010
Local:	Queluz		
Publisher:	Presença		

Author(s):	Rui Brites		
Title:	Valores e Felicidade no Século XXI Um Retrato Sociológico dos Portugueses em comparação europeia (Te		
Edition:		Year:	2011
Local:	Lisboa		
Publisher:	ISCTE-IUL		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PROBLEMAS DE BEM-ESTAR SOCIAL: DESIGUALDADES E EXCLUSÃO SOCIAL': Academic Year
Autor / Author	Prof. Doutora VANDA SOFIA BRAZ RAMALHO
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Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
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