



# UNIVERSITY OF CHIETI-PESCARA



## master of PSYCHOLOGY OF WELL-BEING AND PERFORMANCE

<https://www.unich.it/didattica/lauree-magistrali/psychology-well-being-and-performance>

**Degree:** Psychology of well-being and performance

**Degree Class:** LM 51

**Duration:** 2 years

**ECTS credits:** 120

**Language:** English

**Department of  
PSYCHOLOGY**

**Director of Department**

Prof. Nicola Mammarella

**Email**

[nicola.mammarella@unich.it](mailto:nicola.mammarella@unich.it)

**Location**

Chieti Campus

**Course Coordinator**

Prof. Marcello Costantini

**Email**

[marcello.costantini@unich.it](mailto:marcello.costantini@unich.it)

**Student office**

[segr.psicologia@unich.it](mailto:segr.psicologia@unich.it)

**International Welcome  
Office**

[hello@unich.it](mailto:hello@unich.it)



## COURSE DESCRIPTION

The Master's Program is targeted to individuals aiming to forge a career in psychology, with a keen focus on fostering well-being within an international framework.

It provides knowledge and practical skills aimed at disease prevention through the promotion of healthy behaviors. Graduates are well-equipped to pursue careers across a diverse range of sectors including human resources, healthcare, educational institutions and beyond, offering a basis for aspiring psychotherapists or prospective PhD students.

This program boasts an international dimension enriched by over 20 Erasmus+ partnerships and its integral role in the INGENIUM European University network. Its global outreach is amplified by the double degree option, offering students unique academic and professional opportunities across Europe

## CAREER OPPORTUNITIES

**Well-being Psychologist:** designs and implements interventions to enhance the psychological well-being of individuals and groups in various contexts (workplace, school, sports, institutional, and family settings).

**Organizational Psychologist:** promotes well-being in workplaces, improves organizational climate, and fosters positive and pro-social behaviors.

**Educational and Developmental Psychologist:** works on promoting well-being across the entire lifespan through educational and emotional activities within and outside school environments.

**Sport and Performance Psychologist:** focuses on optimizing athletic performance and enhancing cognitive empowerment, motivation, and stress management.

**Health Psychologist:** promotes psychological well-being in healthcare, family, institutional, and workplace contexts, including through prevention programs.

**Consultant for Creativity and Cognitive Skills Development:** designs interventions aimed at stimulating creativity, cognitive abilities, and problem-solving skills across various sectors (corporate, educational, sports).

**Trainer and Coach:** supports personal, professional, and organizational growth by delivering motivational training, emotional management strategies, and soft skills development.

**Expert in Personal and Group Empowerment:** designs and implements programs to strengthen self-efficacy, resilience, leadership, and team cohesion.



## ADMISSION REQUIREMENTS

- Hold a first-level degree and have a solid foundational knowledge in all areas of psychology: the psychophysiological processes underlying behavior, general psychology, social psychology, developmental psychology, clinical psychology, the dynamics of human relationships, psychological research methodologies, statistical and psychometric methods, and computer-based data processing procedures.
- Knowledge of the English language at a level not lower than B2 of the Common European Framework of Reference (CEFR).

## COURSE ORGANIZATION

The MSc program lasts 2 years and awards 120 ECTS:

- **First Year** – From September to June:
- **Second Year** – From September to June
- **Second Year** – Internship and Final Thesis

## STUDY PLANE

### 1st year

Course	ECTS
WELL-BEING IN COMMUNITIES AND WORKPLACES	10 ECTS
THE ROLE OF EMOTIONS IN WELL-BEING THROUGHOUT THE LIFESPAN	5 ECTS
PSYCHOLOGY OF TRAINING	5 ECTS
THE DIALOGICAL PRINCIPLE IN MENTAL HEALTH	5 ECTS
MEDIA EDUCATION	5 ECTS
PSYCHOBIOLOGY OF WELL-BEING	10 ECTS
WELL-BEING, PERFORMANCE AND SUSTAINABILITY	10 ECTS
APPLIED COGNITIVE SCIENCES	10 ECTS
CLINICAL AND HEALTH PSYCHOLOGY	5 ECTS
FOREIGN LANGUAGE	5 ECTS

### 2nd year

Course	ECTS
POSITIVE HEALTH: CONNECTING WELL-BEING WITH BIOLOGY	5 ECTS
TALENT ASSESSEMENT AND DEVELOPMENT	5 ECTS
OPTIONAL	12 ECTS
THESIS DISSERTATION	8 ECTS
INTERNSHIP	20 ECTS



# USEFUL INFORMATION



**INGENIUM**  
European University



## European University Alliance

**INGENIUM**, the Alliance of Diversity, committed to local and global challenges

University of Chieti-Pescara is a full partner of INGENIUM European University Alliance

INGENIUM is an alliance of ten institutions of higher education from ten European countries. Studying at the University of Chieti-Pescara means studying at all INGENIUM universities.

You will be able to move freely between the ten campuses and fully experience the INGENIUM spirit.

For more information <https://ingenium-university.eu/>

## To reach the University of Chieti-Pescara:

In **Pescara**, there is an **international airport** connected to several cities across Europe.

The **intercontinental airport of Rome Fiumicino** is about **3 hours away by bus or train**.

## Upon arrival in Chieti-Pescara

- Application for a residence permit for STUDY
- Application for an Italian tax code (Codice Fiscale)
- Registration with the National Health Service

## Scholarships

When officially enrolled at the University of Chieti-Pescara, a student can apply for grants from the Regional agency for the Studies Rights - ADSU

## SERVICES

### Student office open:

**Tuesday and Thursday:**  
**10.00-12.00**

### Study regulation:

<https://www.unich.it/sites/default/files/2024-12/Manifesto%20tradotto.pdf>

### Fees regulation:

<https://www.unich.it/sites/default/files/2024-12/Tasse%20e%20Contributi%20tradotto.pdf>

**List of courses:** <https://en.unich.it/node/147>

## University guide

[https://www.unich.it/sites/default/files/2024-09/3\\_university\\_guide.pdf](https://www.unich.it/sites/default/files/2024-09/3_university_guide.pdf)

## Living costs in Chieti-Pescara

**Chieti and Pescara**, neighboring cities in the Abruzzo region of Italy, offer a relatively affordable cost of living compared to larger Italian cities.

**Rent:** Around €200/300 per month for a room in shared apartment - €500/600 for accommodation in private campus

**Food:** Groceries budget is about €150-€250 per month.

**Eating Out:** A cheap meal costs about €15-€20; a mid-range dinner for one is around €30.