

## **PROFESSIONAL DEVELOPMENT COURSE**

"YOUTH PORTRAIT OF THE FUTURE: COPING STRATEGIES, ADAPTATION,  
SATISFACTION WITH LIFE."  
(University of Cagliari, Italy)

This course consists of a series of events intended to allow a group of Russian researchers from Tomsk Polytechnic University to familiarise themselves with the latest development in the field of the quality of life with the specific focus on methods used to develop an inclusive culture in universities.

### **Participants:**

Leonid Kapilevich, doctor of medicine, prof.TPU, Department of Sports Disciplines,  
leader of project

Natalia Lukianova, doctor of philosophy, prof. TPU, head of department of social  
communication TPU

### ***Venue***

Department of Pedagogy, Psychology, Philosophy. Faculty of Humanistic Studies, via  
Is Mirrionis 1, 09123 Cagliari.

### ***Date/Time***

Wednesday 3st May 2018, h. 10-13, aula Motzo, Faculty of Humanistic Studies.

### ***Assessor***

prof Pierluigi Lecis, Head of Department of Pedagogy, Psychology, Philosophy,  
University of Cagliari

### ***Cagliari team***

prof Pierluigi Lecis and the following professors: Cristina Cabras, Marina Mondo,  
Loredana, Lucarelli, Ferdinando Fornara, Elisabetta Gola, Vinicio Busacchi,  
Francesca Ervas, Laura Vismara, Cristina Sechi, Giorgio Sangiorgi, Silvia De  
Simone.

## Events

**1. Seminar (3 hour long):**"Youth portrait of the future: coping strategies, adaptation, satisfaction with life".

(Participants: Kapilevich and Lukianov, other University of Cagliari colleagues and students)

Timing: \_\_\_10,00am\_\_\_ to \_\_\_1, 00pm\_\_\_ ,

	<b>Speaker</b>	<b>Talk/ Discussion</b>	<b>Time</b>
1	Prof Pierluigi Lecis	Welcome and introduction	5 min
2	Leonid Kapilevich Julia Karvunis	Introducing his project: Physical, social, and psychological adaptation of children with disabilities to vocational training	10 min.
3	Natalia Lukianova	Youth portrait of the future: satisfaction with life (Russian students and students of others countries)	15 min.
4	University of Cagliari researchers: Cristina Cabras	Short presentations:  Future Orientation as a Mediator Between Career Adaptability and Life Satisfaction in University Students	7 min.
	Marina Mondo	Coping strategies, optimism, and life satisfaction among first-year university students in Italy: gender and age differences	7 min.
5	University of Cagliari researchers  Vinicio Busacchi  L. Vismara, L. Lucarelli, C. Sechi  Elisabetta Gola  Francesca Ervas	 Personal identity between phenomenological hermeneutics and psychoanalysis  Dyadic adjustment: contributing variables in a sample of first-time parents  New media technology and empowerment of learning strategies  Testing critical thinking in high school and college classes	30min.
	Break		15 min
6	Questions time  Students speakers	2- 3 talks. <ul style="list-style-type: none"> <li>○ <b>What do you feel when you think about the future?</b></li> <li>○ <b>What would you prefer to focus on in your life?</b></li> <li>○ <b>In your opinion, what constitutes a person's successful career?</b></li> <li>○ ????</li> </ul>	30 min
7	All participants	Discussion	30 min.

**1.15pm** – Lunch

**2.30pm** Tour of the University campus

**3,00pm** Erasmus program meeting

**3.45pm** Research meeting with researchers during which collaboration plans will be discussed.

**5pm** next meeting and greetings.