

# Courses In Adolescent Health and Wellbeing

## About the Course

Australia's only postgraduate course in adolescent health is delivered online from the Centre for Adolescent Health.

Accredited through the University of Melbourne, this program offers a Graduate Certificate qualification, a Graduate Diploma and a Master of Adolescent Health and Wellbeing. This program takes students from foundation subjects, through specialisation and finally into research.

Students explore the developmental, psychological, social and environmental issues that have an impact on adolescent health. A Master/Graduate Diploma of Adolescent Health and Wellbeing qualification will ensure you are better equipped to deal with and help improve life outcomes for young people, their families and the community.

You will learn about the evidence base for effective programs and practice in the areas where young people live, learn and socialise and in the health-care sector where young people seek support.

Of all the age groups in Australia, young people are the only population group whose health has not improved over the past three decades. The Centre for Adolescent Health recognises that a key way to improve young people's health and wellbeing is to enhance the capabilities of practitioners who work with young people.

## How will the course benefit me?

The Masters and Graduate Diploma/Certificate in Adolescent Health and Wellbeing offers a multidisciplinary forum where you can:

- Share knowledge and build professional learning networks;
- Address the importance of the developmental, social and environmental contexts that impact on young peoples lives and gain critical insight into the underlying causes of adolescent health problems;
- Build a repertoire of professional capabilities for implementing effective programs and practices in the settings where young people live, work, learn and play and in the health care settings where young people are likely to be seen;
- Experience broad and inclusive content that links theory with practice;
- Engage with recognised experts in adolescent health research and practice; and
- Study areas of particular interest to you.

You will be encouraged to explore a range of theoretical, policy, research and practice perspectives and to use these insights to develop enhanced prevention and intervention strategies when working with young people, families, communities and other agencies.



## About the Centre for Adolescent Health

The Centre for Adolescent Health aims to improve young people's life chances because adolescence is as much about new opportunities as new risks.

As an Australian centre of excellence we are unique in focusing on adolescence as a critical life stage. This includes the transition from childhood into adolescence, and the transition beyond adolescence into adult life.



## Selection Criteria

Applicants for the Masters degree need:

- an undergraduate degree in a cognate discipline such as Education, Health Science, Social Work or related discipline; or
- an undergraduate degree in any discipline, or equivalent, and at least 2 years of documented relevant work experience; or
- at least 5 years of documented relevant work experience, including clear evidence of career development, of professional writing, and generally of professional achievement or practice comparable to that expected of undergraduate degree holders in cognate disciplines.

All applicants are required to provide a current curriculum vitae describing their work experience and tertiary and other qualifications, as a supplement to transcripts.

The Graduate Certificate and Diploma courses are available to graduates with degrees in teaching, youth work, a health-related discipline or applicants with other approved qualifications or limited places for those without tertiary qualifications but with significant relevant work experience.

## How long will the course take?

You can choose to enrol in the course as a part-time or full-time student.

The Masters is offered part time over four years with an option to compress the first 2 years into one. The Graduate Diploma is offered full time over one year and part time over two years. The Graduate Certificate is offered part time over one year.

Course work and independent learning will take approximately 10 hours per week, per subject.

## The Centre for Adolescent Health

At the Centre for Adolescent Health, our graduate professional programs explore the developmental, psychological, social and environmental issues that impact young people's health and wellbeing.

All are tailored to give critical insight into the underlying causes of increasingly complex health problems and changing patterns of illness.

A Master/Graduate Diploma of Adolescent Health and Wellbeing will ensure you are better equipped to deal with these challenges and to improve life outcomes.

Our programs address adolescent health issues, developmental changes and the socio-economic factors that influence young people's health and wellbeing. Coursework includes intervention and prevention frameworks informed by evidence-based programs and practice. Coursework covers strategic planning and development, including intervention and prevention frameworks. You will also explore socioeconomic perspectives, and organizational and systems change.

All our programs are underpinned by core values of equity and access, respect for diversity, youth participation, capacity building, advocacy and ethical approaches to practice.

### More information

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<http://medicine.unimelb.edu.au/MC-ADOLHW>