



Course and Examination Fact Sheet: Spring Semester 2025

2,726: Psychology: Gender, Work and Well-Being

ECTS credits: 2

Overview examination/s

(binding regulations see below)

central - Oral examination and technical discussions, Analog, Individual work individual grade (100%)

Examination time: Lecture-free period

Attached courses

Timetable -- Language -- Lecturer

[2,726,1.00 Psychology: Gender, Work and Well-Being](#) -- English -- [Chowdhury Nilima Laura](#)

Course information

Course prerequisites

None.

Learning objectives

This course will enable students to:

- Develop a theoretical understanding of gender-and-organisations;
- Critically engage with key concepts around work and well-being;
- Develop a contextual and socio-relational understanding of gender, work and emotional distress;
- Analyse the connections between workplace norms/practices and individual identities;
- Apply these learnings in the context of developing best practices for organisations.

The seminar prepares students in the focus areas on culture, society and responsibility

Course content

How does gender shape our experience at work? Are workplaces themselves gender-neutral? What are the links between workplace culture and well-being?

In this course we will explore the connections between gender, work and (psychological) well-being. Gender not only shapes our personal, including professional or work, identities but structures organisations and social institutions. As a result, people of different genders experience the workplace differently, for example in terms of self-confidence. Drawing on an interdisciplinary body of research, we will learn about and critically discuss a range of concepts such as 'work stress', 'doing gender' or 'feeling rules'. Applying a relational, socio-cultural lens to thinking about work-related well-being, we will investigate potentially harmful gendered, organisational norms and practices and analyse what they tell us about how we 'should' feel, think and behave. Finally, we will discuss the practical implications of what we have learned: How can organisations 'undo' gender? How can leaders create and role-model equitable and psychologically sustainable work practices? What alternative practices can we develop individually and collectively?



The aim of this course is for students to acquire a range of 'thinking tools' through various forms of experiential learning, group discussions, reflective exercises, and engagement with empirical material.

Course structure and indications of the learning and teaching design

The course will cover key concepts and empirical research on the topics gender-and-organisations, work and well-being, gendered work-identities and affect/distress, and best practices for creating good workplace cultures.

The learning and teaching design consists of three elements: lecture-style input on the key concepts, experience-based learning that aims to create embodied forms of knowledge and understanding plus reading the compulsory texts. A detailed course outline and all relevant documents will be made available on StudyNet.

Course literature

Online reading materials will be provided via StudyNet.

Additional course information

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Examination information

Examination sub part/s

1. Examination sub part (1/1)

Examination modalities

Examination type	Oral examination and technical discussions
Responsible for organisation	central
Examination form	Oral examination
Examination mode	Analog
Time of examination	Lecture-free period
Examination execution	Asynchronous
Examination location	On Campus
Grading type	Individual work individual grade
Weighting	100%
Duration	--

Examination languages

Question language: English

Answer language: English

Remark

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Examination-aid rule

Closed Book

The use of aids is prohibited as a matter of principle, with the exception of pocket calculator models of the Texas Instruments TI-30 series and, in case of non-language exams, bilingual dictionaries without any handwritten notes. Any other aids that are admissible must be explicitly listed by faculty members in the paragraph entitled "Supplementary aids" of the course and examination fact sheet; this list is exhaustive.

Procuring any aids, as well as ensuring their working order, is the exclusive responsibility of students.



Supplementary aids

none

Examination content

The rules are applied according to the following legally binding fact sheet:

[Fact sheet Cultural and Social Sciences B SpS25](#)

Note: Click on the link to retrieve the document.

Examination relevant literature

The compulsory literature is available on StudyNet (relevant date: last seminar meeting).

All contents discussed in class, including the mandatory readings, are subject of the oral exam.

These include the 7 'thinking tools':

- the social construction of/doing gender
- gender and health/ well-being
- normal and 'other'
- social identities and microaggressions
- emotional labour and feeling rules
- a socio-cultural lens on work stress
- neoliberalism and entrepreneurial subjectivity

As well as:

- a socio-cultural perspective on work-related well-being
- interventions.

Please note

Please note that only this fact sheet and the examination schedule published at the time of bidding are binding and takes precedence over other information, such as information on StudyNet (Canvas), on lecturers' websites and information in lectures etc.

Any references and links to third-party content within the fact sheet are only of a supplementary, informative nature and lie outside the area of responsibility of the University of St.Gallen.

Documents and materials are only relevant for central examinations if they are available by the end of the lecture period (CW21) at the latest. In the case of centrally organised mid-term examinations, the documents and materials up to CW 13 (Monday, 25 March 2025) are relevant for testing.

Binding nature of the fact sheets:

- Course information as well as examination date (organised centrally/decentrally) and form of examination: from bidding start in CW 04 (Thursday, 23 January 2025);
- Examination information (supplementary aids, examination contents, examination literature) for decentralised examinations: in CW 12 (Monday, 17 March 2025);
- Examination information (supplementary aids, examination contents, examination literature) for centrally organised mid-term examinations: in CW 14 (Monday, 31 March 2025);
- Examination information (regulations on aids, examination contents, examination literature) for centrally organised examinations: two weeks before ending with de-registration period in CW 15 (Monday, 07 April



2025).