

## Liverpool John Moores University

Title: POSITIVE PSYCHOLOGY  
Status: Definitive  
Code: **6004PSEN** (119929)  
Version Start Date: 01-08-2016

Owning School/Faculty: Education  
Teaching School/Faculty: Education

Team	Leader
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**Academic Level:** FHEQ6      **Credit Value:** 12      **Total Delivered Hours:** 20  
**Total Learning Hours:** 120      **Private Study:** 100

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	UNSEEN		100	

### Aims

- 1. To provide an in-depth discussion of the psychological science associated with human strengths, flourishing and positive emotions*
- 2. To introduce main theoretical perspectives within Positive Psychology*
- 3. To explore the position of Positive Psychology in relation to other branches of Psychology*

4. To examine design, rationale and application of Positive Psychology interventions
5. To reflect on the personal experience with Positive Psychology interventions

## Learning Outcomes

After completing the module the student should be able to:

- 1 Describe and critically evaluate core perspectives of Positive Psychology
- 2 Critically reflect on Positive Psychology interventions
- 3 Demonstrate a critical understanding of research methods applied within Positive Psychology

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

AS1	1	2	3
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## Outline Syllabus

- *The emergence and development of the field of Positive Psychology*
- *Hedonic and eudaimonic happiness*
- *Flourishing and Seligman's PERMA theory*
- *The Broaden-and-Build theory*
- *Values, motivation and goal theories*
- *Mindfulness as a core skill*
- *Psychology of emotions*
- *Positive Psychology interventions*

## Learning Activities

1. attend lectures and seminars
2. complete directed and self-directed reading
3. use web-based support material
4. web-based literature search
5. participate in online activities
6. participate in a Positive Psychology intervention
7. essay preparation

## Notes

Positive Psychology developed with the aim of providing an additional psychological perspective that is less concerned with human disabilities, diseases or dysfunctions but rather focuses on the 'positive' side of psychological functioning, considering what factors may contribute to human flourishing and thriving. This module takes a

broad perspective drawing on data from areas such as Social Psychology, Neuroscience, Personality and Individual Differences as well as Economics. To relate to the strong applied perspective of Positive Psychology in areas such as Positive Coaching or Positive Leadership, the module will also include an experiential component where students will reflect on some first-hand experience gained by applying Positive Psychology intervention techniques. This reflection will be part of the assessment.