

Liverpool John Moores University

Title: POSITIVE PSYCHOLOGY
Status: Definitive
Code: **6016PSYSCI** (119163)
Version Start Date: 01-08-2014

Owning School/Faculty: Natural Sciences & Psychology
Teaching School/Faculty: Natural Sciences & Psychology

Team	Leader
Peter Malinowski	Y
Masi Noor	
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Academic Level: FHEQ6 **Credit Value:** 12.00 **Total Delivered Hours:** 24.00
Total Learning Hours: 120 **Private Study:** 96

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	14.000
Online	4.000
Seminar	6.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Critical evaluation of positive psychology interventions	100.0	

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:

- LO1 Describe and critically evaluate core perspectives of Positive Psychology
- LO2 Critically reflect on Positive Psychology interventions
- LO3 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:

Essay	LO	LO	LO
	1	2	3

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

References

Course Material	Book
Author	Hefferon, K. & Boniwell, I.
Publishing Year	2011
Title	Positive Psychology: Theory, Research and Applications

Subtitle	
Edition	
Publisher	Maidenhead: Open University Press
ISBN	978-033524195-8

Course Material	Book
Author	Peterson, C.
Publishing Year	2006
Title	Primer in Positive Psychology
Subtitle	(Oxford Positive Psychology Series)
Edition	
Publisher	New York: Oxford University Press USA
ISBN	978-0195188332

Course Material	Book
Author	Lopez, S. J. & Snyder, C. R.
Publishing Year	2011
Title	The Oxford Handbook of Positive Psychology
Subtitle	(Oxford Library of Psychology)
Edition	2nd edition
Publisher	New York: Oxford University Press USA
ISBN	978-0199862160

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.