

Liverpool John Moores University

Title: POSITIVE PSYCHOLOGY
Status: Definitive
Code: **6019PSYSCI** (120919)
Version Start Date: 01-08-2020

Owning School/Faculty: Psychology
Teaching School/Faculty: Psychology

Team	Leader
Peter Malinowski	Y
Caroline Brett	
Laura Mirams	

Academic Level: FHEQ6
Credit Value: 24
Total Delivered Hours: 50
Total Learning Hours: 240
Private Study: 190

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	32
Online	8
Seminar	8

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	Exam	Exam	40	2
Essay	Essay	Essay	60	

Aims

- 1. To explore in depth the major concepts and research methods used in the field of positive psychology*
- 2. To provide an in-depth discussion of the psychological science associated with human strengths, flourishing and positive emotions*

3. *To introduce main theoretical perspectives within Positive Psychology*
4. *To explore the position of Positive Psychology in relation to other branches of Psychology*
5. *To examine design, rationale, application and implications of Positive Psychology interventions*
6. *To reflect on the personal experience with Positive Psychology interventions*

Learning Outcomes

After completing the module the student should be able to:

- 1 Delineate the major features of current theoretical perspectives and applied approaches in Positive Psychology
- 2 Critically evaluate core perspectives of Positive Psychology
- 3 Critically reflect on Positive Psychology interventions
- 4 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:

Examination	1	2	4
Essay	1	3	4

Outline Syllabus

- *The emergence and development of the field of Positive Psychology*
- *Hedonic and eudaimonic happiness*
- *Well-being, life satisfaction and flourishing*
- *Psychology of emotions*
- *The Broaden-and-Build theory*
- *Values, motivation and goal theories*
- *Mindfulness as a core skill*
- *The body in Positive Psychology*
- *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. participate in group activities
8. 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, Positive Leadership and also Positive Clinical Psychology the module will also include an experiential component where students will reflect on first-hand experience gained by applying Positive Psychology intervention techniques. This reflection will be part of the assessment.