

Positive Psychology

Module Information

2022.01, Approved

Summary Information

Module Code	6204PSYSCI
Formal Module Title	Positive Psychology
Owning School	Psychology
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Psychology

Learning Methods

Learning Method Type	Hours
Lecture	10
Online	20
Seminar	10

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
			12 Weeks

Aims and Outcomes

Aims	<p>1. To explore in depth the major concepts and research methods used in the field of positive psychology</p> <p>2. To provide an in-depth discussion of the psychological science associated with human strengths, flourishing and positive emotions</p> <p>3. To introduce main theoretical perspectives within Positive Psychology</p> <p>4. To explore the position of Positive Psychology in relation to other branches of Psychology</p> <p>5. To examine design, rationale, application and implications of Positive Psychology interventions</p> <p>6. To reflect on the personal experience with Positive Psychology interventions</p>
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Delineate the major features of current theoretical perspectives and applied approaches in Positive Psychology
MLO2	2	Critically evaluate core perspectives of Positive Psychology
MLO3	3	Critically reflect on Positive Psychology interventions
MLO4	4	Demonstrate a critical understanding of research methods applied within Positive Psychology

Module Content

Outline Syllabus	- The emergence and development of the field of Positive Psychology- Hedonic and eudaimonic happiness- Wellbeing, life satisfaction and flourishing- Values and character strengths- Mindfulness as a core skill- The body in Positive Psychology- Psychological states, traits and behaviours and wellbeing- Positive Psychology interventions
Module Overview	The aim of this module is to explore in-depth the major concepts and research methods used in the field of positive psychology. You learn in-depth discussions of the psychology science associated with human strengths, flourishing and positive emotions. You will also explore the position of Positive Psychology in relation to other branches of Psychology.
Additional Information	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 resilience, flourishing and thriving. This module takes a broad perspective drawing on data from areas such as Social Psychology, Neuroscience, Personality and Individual Differences. To relate to the strong applied perspective of Positive Psychology in areas such as Positive Coaching, Positive Leadership and also Positive Clinical Psychology and to further develop psychological literacy, the module will include an experiential component where students will reflect on first-hand experience gained by applying Positive Psychology intervention exercises. This reflection will be part of the assessment.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Essay	Essay with Reflection	60	0	MLO1, MLO3, MLO4
Centralised Exam	Exam	40	2	MLO1, MLO2, MLO4

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Peter Malinowski	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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