

## Liverpool John Moores University

Title: POSITIVE PSYCHOLOGY  
Status: Definitive  
Code: **6204PSYSCI** (121378)  
Version Start Date: 01-08-2021

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

Team	Leader
Peter Malinowski	Y
Laura Mirams	
David McIlroy	
Kaye Richards	

**Academic Level:** FHEQ6      **Credit Value:** 20      **Total Delivered Hours:** 42  
**Total Learning Hours:** 200      **Private Study:** 158

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	10
Online	20
Seminar	10

**Grading Basis:** 40 %

### Assessment Details

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

### 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:

Essay with Reflection	1	3	4
Exam	1	2	4

## **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*

## **Learning Activities**

Students on this module will engage in a range of different learning activities, including online activities, lectures and seminars. All of these include interactive components that encourage students to participate in active exchange in groups and with the tutors. Directed seminar activities will facilitate the active engagement with psychological theories and evidence relevant to positive psychology knowledge. By engaging with Positive Psychology intervention exercises students will furthermore gain some first hand experience of Positive Psychology approaches and through personal reflection consider their relevance. Learning will in addition be supported by

directed reading of published research and a range of online activities such as discussion forums.

## **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 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.