

Positive Psychology

Module Information

2022.01, Approved

Summary Information

Module Code	6504PSYSLI
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
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Sri Lanka Institute of Information Technology

Learning Methods

Learning Method Type	Hours
Lecture	26
Online	6
Seminar	8

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
APR-PAR	PAR	April	12 Weeks

JAN-PAR	PAR	January	12 Weeks
SEP-PAR	PAR	September	12 Weeks
SEP_NS-PAR	PAR	September (Non-standard start date)	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.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 the design, rationale, application and implications of positive psychology interventions.6. To reflect on personal experience of 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.Well-being, life satisfaction and flourishing.Psychology of emotions.Mindfulness as a core skill.The body in positive psychology.Psychological states, traits and behaviours and well-being.Positive Psychology interventions.
Module Overview	
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 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 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 techniques. This reflection will be part of the assessment.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Essay	Essay	60	0	MLO1, MLO3, MLO4

Exam	Exam	40	2	MLO1, MLO2, MLO4
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Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Simon Cooper	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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