

Liverpool John Moores University

Title: POSITIVE PSYCHOLOGY
Status: Definitive
Code: **6504PSYWUC** (128540)
Version Start Date: 01-08-2021

Owning School/Faculty: Psychology
Teaching School/Faculty: Westford University College

Team	Leader
Peter Malinowski	Y
Laura Mirams	

Academic Level: FHEQ6
Credit Value: 20
Total Delivered Hours: 40
Total Learning Hours: 200
Private Study: 160

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	32
Seminar	8

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay 2	Critical Essay	50	
Essay	Essay 1	Critical Essay	50	

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 2	1	3	4
Essay 1	1	2	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*
- *Mindfulness as a core skill*
- *The body in Positive Psychology*
- *Psychological states, traits and behaviours and well-being*
- *Positive Psychology interventions*

Learning Activities

Students on this module will engage in a range of different learning activities. Many of the lectures will include interactive components which 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. Learning will in addition be supported by directed reading of published research and seminars.

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 as well as Economics.