

Summary Information

Module Code	6504PSYWUC
Formal Module Title	Positive Psychology
Owning School	Psychology
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
Grading Schema	40

Module Contacts**Module Leader**

Contact Name	Applies to all offerings	Offerings
Ralph Pawling	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
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Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Westford University College

Learning Methods

Learning Method Type	Hours
Lecture	32
Seminar	8

Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-PAR	PAR	January	12 Weeks
SEP-PAR	PAR	September	12 Weeks

Aims and Outcomes

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
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Delineate the major features of current theoretical perspectives and applied approaches in Positive Psychology
MLO2	Critically evaluate core perspectives of Positive Psychology
MLO3	Critically reflect on Positive Psychology interventions
MLO4	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.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Portfolio	Essay 2	50	0	MLO1, MLO3, MLO4
Portfolio	Essay 1	50	0	MLO1, MLO4, MLO2