

Summary Information

Module Code	7005POSPSY
Formal Module Title	Pathways to Wellbeing
Owning School	Psychology
Career	Postgraduate Taught
Credits	30
Academic level	FHEQ Level 7
Grading Schema	50

Teaching Responsibility

LJMU Schools involved in Delivery
Psychology

Learning Methods

Learning Method Type	Hours
Lecture	24
Seminar	24

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

Aims	The module will provide in-depth grounding in knowledge of the psychological, biological, social and spiritual mechanisms that underpin the promotion and preservation of psychological health, happiness and wellbeing.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Critically evaluate theoretical perspectives to illustrate mechanisms that underpin psychological health, happiness and wellbeing
MLO2	2	Identify and evaluate evidence of mechanisms that underpin psychological health, happiness and wellbeing

Module Content

Outline Syllabus	The syllabus will be dynamic and cover emerging topics in a number of thematic areas such as, compassion, emotions, and flourishing. These thematic areas will encompass major theoretical perspectives based on understanding of the psychological, biological, social and spiritual mechanisms that underpin the promotion and preservation of psychological health, happiness and wellbeing. Topics covered within each thematic may include, for example, acceptance, positive emotion regulation, positive affectivity, interception, affiliative connection, resilience, engaged activity, and character strengths and virtues.
Module Overview	This module provides an in-depth grounding in knowledge of the psychological, biological, social and spiritual mechanisms that underpin the promotion and preservation of psychological health, happiness and wellbeing.
Additional Information	Emphasis will be based on theoretical principles and associated evidence to inform learning on module “Promoting & Preserving Wellbeing. Assignment 1 comprises an essay where students will be required to critically review a number of theories regarding potential mechanisms implicated in development and maintenance of psychological health, happiness and wellbeing. Assignment 2 comprises an essay where students will be required to evaluate evidence of mechanisms implicated in development and maintenance of psychological health, happiness and wellbeing.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Theory review	60	0	MLO1
Practice	Evidence review	40	0	MLO2

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Kaye Richards	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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