

Liverpool John Moores University

Title: PATHWAYS TO WELLBEING
Status: Definitive
Code: **7005POSPSY** (125544)
Version Start Date: 01-08-2021

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

Team	Leader
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Academic Level: FHEQ7 **Credit Value:** 30 **Total Delivered Hours:** 48
Total Learning Hours: 300 **Private Study:** 252

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	24
Seminar	24

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Theory	Theory Review	60	
Essay	Evidence	Evidence Review	40	

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.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate theoretical perspectives to illustrate mechanisms that underpin psychological health, happiness and wellbeing
- 2 Identify and evaluate evidence of mechanisms that underpin psychological health, happiness and wellbeing

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Theory review	1
Evidence review	2

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, interoception, affiliative connection, resilience, engaged activity, and character strengths and virtues.

Learning Activities

Lectures and seminars will be scheduled in an integrated way to allow for knowledge acquisition and opportunity to engage with such knowledge in a discursive way. The module is designed around several themes or blocks so that opportunity is provided to develop a strong knowledge base regarding the aims but also to allow for critical discussion through seminar activities, for example, debating, Socratic inquiry, synopsis presentation, hypothesis generation, critical writing techniques. Throughout the process of knowledge acquisition students develop critical thinking skills necessary for successful completion of assignments.

Notes

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.