

Summary Information

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|----------------------------|------------------------------------|
| Module Code | 7006POSPSY |
| Formal Module Title | Promoting and Preserving Wellbeing |
| Owning School | Psychology |
| Career | Postgraduate Taught |
| Credits | 30 |
| Academic level | FHEQ Level 7 |
| Grading Schema | 50 |

Module Contacts

Module Leader

| Contact Name | Applies to all offerings | Offerings |
|--------------|--------------------------|-----------|
| Catrin Eames | Yes | N/A |

Module Team Member

| Contact Name | Applies to all offerings | Offerings |
|------------------|--------------------------|-----------|
| Peter Malinowski | Yes | N/A |
| Caroline Brett | Yes | N/A |
| Kaye Richards | Yes | N/A |
| Benjamin Rosser | Yes | N/A |

Partner Module Team

| Contact Name | Applies to all offerings | Offerings |
|--------------|--------------------------|-----------|
|--------------|--------------------------|-----------|

Teaching Responsibility

| LJMU Schools involved in Delivery |
|-----------------------------------|
| Psychology |

Learning Methods

| Learning Method Type | Hours |
|----------------------|-------|
| Lecture | 24 |
| Workshop | 24 |

Module Offering(s)

| Offering Code | Location | Start Month | Duration |
|---------------|----------|-------------|----------|
| JAN-CTY | CTY | January | 12 Weeks |

Aims and Outcomes

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|-------------|--|
| Aims | Developing from the knowledge gained in the Pathways to Wellbeing module, students will explore and appraise a range of applied approaches and interventions that promote and support wellbeing through the life course. |
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Learning Outcomes

After completing the module the student should be able to:

| Code | Description |
|------|---|
| MLO1 | Critically evaluate applied approaches and interventions that promote and support wellbeing |
| MLO2 | Demonstrate critical awareness of the structural, social and cultural context in which applied positive psychology approaches and interventions exist |
| MLO3 | Communicate a practical, applied understanding of positive psychology approaches that promote and support wellbeing |

Module Content

Outline Syllabus

The syllabus will be dynamic, covering emerging topics related to the aims and may include the following: 1. Students will explore a range of applied approaches and interventions that promotes and supports wellbeing2. The module will adopt a life course perspective and thus be divided into four phases of the life course i.e. Birth/childhood; Adolescence; Adulthood; and Old age. 3. A life course perspective will assist in the presentation of approaches and interventions delivered within a number of structural, social and cultural contexts such as: Education; Employment, Health, Criminal Justice and the Law, Community, Relationships etc. 4. Approaches and interventions from both national and international applications will be included 5. To support the presentation assessment; students will be provided with opportunities to reflect and engage in skills focussed sessions to enhance communication and presentation skills

Module Overview

Developing from the knowledge gained in the Pathways to Wellbeing module, this module explores and appraises a range of applied approaches and interventions that promote and support wellbeing through the life course.

Additional Information

The module will require students to engage theoretically and practically with applied approaches and interventions. The assessment will consist of a theoretical part that considers rationale and effectiveness of a specific approach/intervention and a practical demonstration of an aspect of such a training/intervention session.

Assessments

| Assignment Category | Assessment Name | Weight | Exam/Test Length (hours) | Learning Outcome Mapping |
|---------------------|-----------------|--------|--------------------------|--------------------------|
| Essay | Essay | 70 | 0 | MLO1, MLO2 |
| Presentation | Presentation | 30 | 0 | MLO1, MLO3 |