

## Positive Psychology

### Module Information

2022.01, Approved

#### Summary Information

Module Code	7503PSYSCI
Formal Module Title	Positive Psychology
Owning School	Psychology
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

#### Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

#### Partner Teaching Institution

Institution Name
Unicaf

#### Learning Methods

Learning Method Type	Hours
Online	36

#### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
APR-PAR	PAR	April	12 Weeks
JAN-PAR	PAR	January	12 Weeks
SEP-PAR	PAR	September	12 Weeks

## Aims and Outcomes

Aims	To explore in depth the major concepts and research methods used in the field of positive psychology To provide an in-depth discussion of the psychological science associated with human strengths, flourishing and positive emotions To introduce main theoretical perspectives within Positive Psychology To explore the position of Positive Psychology in relation to other branches of Psychology To examine design, rationale, application and implications of Positive Psychology interventions To reflect on the personal experience with Positive Psychology interventions
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Delineate the major features of current theoretical perspectives and applied approaches in Positive Psychology
MLO2	2	Critically evaluate core perspectives of Positive Psychology
MLO3	3	Critically reflect on Positive Psychology interventions
MLO4	4	Demonstrate a critical understanding of research methods applied within Positive Psychology

## Module Content

Outline Syllabus	<ul style="list-style-type: none"> <li>• The emergence and development of the field of Positive Psychology</li> <li>• Hedonic and eudemonic happiness</li> <li>• Well-being, life satisfaction and flourishing</li> <li>• Psychology of emotions</li> <li>• Mindfulness as a core skill</li> <li>• The body in Positive Psychology</li> <li>• Psychological states, traits and behaviours and well-being</li> <li>• Positive Psychology interventions</li> </ul>
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. To relate to the strong applied perspective of Positive Psychology in areas such as Positive Coaching, Positive Leadership and also Positive Clinical Psychology and to further develop psychological literacy the module will include an experiential component where students will reflect on first-hand experience gained by applying Positive Psychology intervention techniques. This reflection will be part of the assessment.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Essay	Critical Essay	50	0	MLO1, MLO2, MLO4
Reflection	Reflective Report	50	0	MLO1, MLO3

## Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Helen Poole	Yes	N/A

**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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