

## COURSE DESCRIPTION

Title of the course: Foundations of Positive Psychology: Theory, Research and Applications

### Aim of the course

#### **Aim of the course:**

To provide students with an overview of the most important theories and research findings within the field of positive psychology. This course also provides opportunities to try out different positive psychology activities and exercises to improve students' overall well-being.

#### **Learning outcome, competences:**

##### *knowledge:*

- Students will acquire a foundational knowledge of positive psychology: theory, research findings and practices.

##### *attitude:*

- Open mind and curiosity are essential to learn about this exciting field.
- Eagerness is needed to apply some of its practices.

##### *skills:*

- Self-reflection, self-awareness, perseverance & self-motivation, resilience, and positive attitude towards life.

### Content of the course

#### **Topics of the course:**

1. Introduction to PP
2. What is Happiness?
3. Understanding Emotions
4. Engagement/ Flow
5. Meaning and Purpose in life
6. Character strengths
7. Gratitude
8. Mindfulness
9. Mindsets
10. Motivation and goals
11. Resilience
12. Physical exercise
13. Second Wave Positive Psychology

#### **Learning activities, learning methods:**

Practical classes that include PP theory, research, and applications.

### Evaluation of outcomes

#### **Learning requirements, mode of evaluation, criteria of evaluation:**

##### *requirements*

Individual progress is monitored via homework and a personal portfolio will be required at the end of the course.

##### *mode of evaluation*

5-scale grade

##### *criteria of evaluation:*

Basic theoretical knowledge and ability to reflect on applied positive psychology exercises.

### Reading list

#### Reccomended reading list:

Hefferon, K., & Boniwell, I. (2011). *Positive psychology: Theory, research and applications*. McGraw-Hill Education (UK).

Grenville-Cleave, B. (2012). *Introducing positive psychology: A practical guide*. Icon Books.

Seligman, M. E., & Csikszentmihalyi, M. (2014). Positive psychology: An introduction. In *Flow and the foundations of positive psychology* (pp. 279-298). Springer, Dordrecht.