

H8POSPSY: Positive Psychology

Module Code:	H8POSPSY
Long Title	Positive Psychology APPROVED
Title	Positive Psychology
Module Level:	LEVEL 8
EQF Level:	6
EHEA Level:	First Cycle
Credits:	5
Module Coordinator:	David Mothersill
Module Author:	Amanda Kracen
Departments:	School of Business
Specifications of the qualifications and experience required of staff	PhD or PsyD in Psychology or related cognate discipline.
Learning Outcomes	
<i>On successful completion of this module the learner will be able to:</i>	
#	Learning Outcome Description
LO1	Demonstrate an understanding of key concepts, findings, and controversies in positive psychology.
LO2	Evaluate theories, models, and research methods in the field of positive psychology.
LO3	Articulate how current research findings can be applied to foster wellbeing in individuals, relationships, and communities.
LO4	Discuss how evidence-based positive psychology interventions are relevant (or not) to your life.
Dependencies	
Module Recommendations	
No recommendations listed	
Co-requisite Modules	
No Co-requisite modules listed	
Entry requirements	There are no additional entry requirements for this module. The programme entry requirements apply.

H8POSPSY: Positive Psychology

Module Content & Assessment			
Indicative Content			
<p>The module will take place across one semester (12 weeks), with a 1 hour lecture each week. Students will be expected to engage in independent learning.</p> <p>The module will commence with an introduction to the field of Positive Psychology, as well as key theories and models. Subsequently, each week, students will learn about the scientific findings about relevant psychological concepts (e.g., happiness, optimism, meaning). The module will be taught using a combination of structured lectures, media consumption, small group discussion, and experiential exercises. As the module is interactive, students will be expected to take part in activities in and outside of class.</p> <p>This module content can vary widely based on the instructor. Below is a list of possible topics.</p> <p>Introduction to Positive Psychology Research methods of Positive Psychology Theories and models of wellbeing (e.g., subjective wellbeing, PERMA model) Happiness Flourishing Health and wellbeing Goals and strengths Love and social connectedness Gratitude and compassion Hope and optimism Savouring, flow, and mindfulness Emotional intelligence Creativity Meaning and purpose Character strengths and virtues Grit, hardiness, and resilience Positive self Positive relationships Positive organisations Positive psychology interventions Criticisms and controversies</p>			
Assessment Breakdown			%
Coursework			100.00%
Assessments			
Full Time			
Coursework			
Assessment Type:	Continuous Assessment	% of total:	100
Assessment Date:	n/a	Outcome addressed:	1,2,3,4
Non-Marked:	No		
<p>Assessment Description:</p> <p>Students will complete a reflective learning journal to consolidate and demonstrate their learning.</p>			
No End of Module Assessment			
No Workplace Assessment			
Reassessment Requirement			
<p>Coursework Only</p> <p><i>This module is reassessed solely on the basis of re-submitted coursework. There is no repeat written examination.</i></p>			
<p>Reassessment Description</p> <p>If a student fails the module overall, they must repeat the Reflective Learning Journal to adequately demonstrate their learning.</p>			

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Module Workload				
Module Target Workload Hours 0 Hours				
Workload: Full Time				
Workload Type	Workload Description	Hours	Frequency	Average Weekly Learner Workload
Lecture	Classroom and demonstrations	12	Per Semester	1.00
Independent Learning	Independent learning	113	Per Semester	9.42
Total Weekly Contact Hours				1.00

Module Resources	
<i>Recommended Book Resources</i>	
<p>Burke, J., Dunne, P.J., Meehan, T., O'Boyle, C.A., & van Nieuwerburgh, C. (2022), <i>Positive Health: 100+ Research-based Positive Psychology and Lifestyle Medicine Tools to Enhance Your Wellbeing</i>, 1st ed. Routledge, https://doi.org/10.4324/9781003279594.</p> <p>Carr, A. (2022), <i>Positive Psychology: The Science of Wellbeing and Human Strengths</i>, 3rd ed. Routledge, https://doi.org/10.4324/9781003082866.</p> <p>Compton, W. C., & Hoffman, E.. (2019), <i>Positive Psychology: The Science of Happiness and Flourishing</i>, 3rd ed. SAGE.</p> <p>Ivtzan, I., Lomas, T., Hefferon, K., & Worth, P. (2015), <i>Second Wave Positive Psychology: Embracing the Dark Side of Life</i>, 1st ed. Routledge, https://doi.org/10.4324/9781315740010.</p> <p>Worth, P. (Ed.). (2022), <i>Positive Psychology Across the Lifespan: An Existential Perspective</i>, 1st ed. Routledge, https://doi.org/10.4324/9781003132530.</p>	
<i>This module does not have any article/paper resources</i>	
<i>This module does not have any other resources</i>	
Discussion Note:	