

GENERAL INFORMATION			
SCHOOL	School of Health Sciences		
DEPARTMENT	Social Work		
LEVEL OF STUDIES	Undergraduate		
COURSE CODE		SEMESTER	6 th
COURSE TITLE	POSITIVE PSYCHOLOGY		
TEACHING ACTIVITIES		HOURS PER WEEK	CREDITS
	Lectures	3	4
TYPE OF COURSE	Optional		
PREREQUISITE COURSE	No		
TEACHING LANGUAGE	English		
OFFERED TO ERASMUS STUDENTS	Yes		
ONLINE COURSE PAGE (URL)	---		
LEARNING OUTCOMES			
<p>Psychology is not only about treating human weakness, pathologies, and disorders, but also about promoting optimal human functioning, flourishing, well-being, and happiness.</p> <p>The purpose of this course is to provide students with the opportunity to study the most recent scientific developments in the field of positive psychology. The course will specifically acquaint students with the theoretical concepts and core ideas in the science of happiness, human flourishing and well-being and also with the growing body of research findings on developing positive individuals. The focus of the course will be on applied positive psychology and the course is largely experiential as it includes a lot of classroom activities.</p> <p>The students mastering the course content will:</p> <ul style="list-style-type: none"> • gain knowledge of basic principles and concepts of positive psychology, • investigate positive psychology phenomena in real life, • apply positive psychology in daily living to promote a full and meaningful life, and • acquire insight into their own strengths and virtues and learn strategies to increase their own happiness and overall quality of life. 			
General abilities			
<ul style="list-style-type: none"> • Independent work • Autonomous work • Teamwork • Interdisciplinary work • Respect of diversity and multicultural environments • Accountability and sensitivity of gender issues • Critical thinking and self-criticism • Advancement of free, creative, and inductive thinking 			
CONTENT OF THE COURSE			
<p>1st week: Introduction to positive psychology</p> <p>2nd week: Subjective well-being - Happiness</p> <p>3rd week: Interpersonal relationships</p> <p>4th week: Generosity and Forgiveness</p> <p>5th week: <u>Kindness</u>, altruism and pro-social behavior</p> <p>6th week: Positive Mindset: Optimism and positive emotions</p> <p>7th week: Savoring</p> <p>8th week: Engagement, flow, and mindfulness</p> <p>9th week: Gratitude</p> <p>10th week: Hope</p>			

11th week: Strengths and Virtues
 12th week: Resilience
 13th week: Posttraumatic growth and meaning

TEACHING and LEARNING METHODS – EVALUATION

DELIVERY METHODS Face-to-face / In vivo

USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES

- Support of learning process through the asynchronous platform e-class
- Use of power point during lectures.
- Use of video/DVD during lectures.
- Email, Skype (communication with students)

WAYS OF TEACHING	Activities	Workload of semester
	Lectures	40
	Class activities / Experiential activities	40
	Analysis of audiovisual material	20
	Homework	20
	Reading	60
	Total	180

STUDENTS' EVALUATION

1. Final exam test of multiple-choice type
2. Homework and class presentations of group projects
3. Group Discussions
4. Self-Assessments
5. Attendance and Participation

Assessment criteria are referred upon eclass. Exam degrees are uploaded at eclass and exam papers are available to students.

RECOMMENDED LITERATURE

Csikszentmihalyi, M. & Csikszentmihalyi, I. (Eds.). (2006). *A life worth living: Contributions to positive psychology*. New York: Oxford University Press.

Compton, W.C. & Hoffman, E. (2012). *Positive Psychology: The Science of Happiness and Flourishing*. Belmont: Wadsworth

Fredrickson, B. L. (2009). *Positivity: Groundbreaking Research Reveals How to Embrace the Hidden Strength of Positive Emotions, Overcome Negativity, and Thrive*. New York: Crown

Hefferon K., Boniwell, I., (2011). *Positive Psychology. Theory, Research, and Applications*. UK: McGraw Hill.

Ivtzan, I., Lomas, T., Hefferon, K., Worth, P. (2016). *Second Wave Positive Psychology: Embracing the Dark Side of Life*. Routledge

Lomas, T., Hefferon, K., Ivtzan, I., (2014) *Applied Positive Psychology: Integrated Positive Practice*. SAGE Publications Ltd.

Lyubomirsky, S. (2014). *The Myths of Happiness: What Should Make You Happy, but Doesn't, What Shouldn't Make You Happy, but Does*. New York: Penguin

Peterson, C. (2006). *A primer in positive psychology*. New York: Oxford University Press.

Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. Washington, DC: American Psychological Association.

Seligman, M. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. New York: Free Press.

Seligman, M.E.P. (2012). *Flourish: A Visionary New Understanding of Happiness and Well-Being*. Atria Books.

Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55, 5-14.

VIA Character Survey (2014), Available online at <http://www.viacharacter.org/www/The-Survey>

Watkins, P. (2015). *Positive Psychology 101*. New York: Springer

Wong, P. T. P. (2011). Positive psychology 2.0: Towards a balanced interactive model of the good life. *Canadian Psychology*, 52(2), 69-81. Available online at <http://www.drpaulwong.com/positive-psychology-2-0-towards-a-balanced-interactive-model-of-the-good-life/>.

Young, M. E., & Hutchinson, T. S. (2012). The rediscovery of gratitude: implications for counseling practice. *The Journal of Humanistic Counseling*, 51(1), 99-113.

E-books / E-readings:

https://www.academia.edu/6495556/Positive_Psychologists_on_Positive_Psychology_ebook_2013