7.1 Module Overview

Module Number		Module Title	Positive Psychology						
Stage of Principal Programme			**3**	**Semester**	**2**	**Duration.** *(Weeks F/T)*	**12**	**ECTS**	**5**
Mandatory / Elective (M/E)	E	**Hours of Learner Effort / Week**	**2**						

Analysis of required hours of learning effort		
Teaching and Learning Modalities	**✓if relevant to this module**	**Approx. proportion of total (hours)**
Contact Hours		
In person face-to-face	✓	24
Synchronous		
Indirect/Non-Contact Hours		
Asynchronous		
Work Based		
Other: • Independent reading, engagement with VLE, research and preparation of assessments	✓	101
Total		125

Pre-Requisite Module, if any. Module # and Title	N/A
Co-Requisite Module, if any. Module # and Title	N/A
Maximum number of learners per instance of the module	120

Specification of the qualifications (academic, pedagogical and professional/occupational) and experience required of staff working in this module.		
Role e.g., Tutor, Mentor, Lecturer, Research Supervisor, etc.	**Qualifications & experience required**	**Staff - Learner Ratio X:Y**
Lecturer	A minimum level 9 qualification in Psychology or closely cognate area	1:120

Assessment Techniques – percentage contribution					
Continuous Assessment	100%	**Proctored Exam – in person**		**Practical Skills Based**	
Project		**Proctored Exam - online**		**Work Based**	
Capstone (Y/N)?	N	**If Yes, describe**			

7.2 Minimum Intended Module Learning Outcomes (MIMLOs)

MIMLO On completion of this module a learner will be able to:	Related MIPLO #
1. Identify the relationship that positive psychology has with more traditional sub-disciplines in psychology.	1, 2, 3
2. Describe the cognitive, emotional, personality and biological foundations of wellbeing.	2

3.	Critically analyse the VIA character strengths approach to measuring personality compared to traditional personality measures.	**1, 2**
4.	Define and explain the different strategies identified by positive psychology that can be applied to improve wellbeing.	**2, 3**
5.	Demonstrate an understanding of the outcome measurements used by positive psychologists to research wellbeing.	**3**

7.3   Indicative Module Content, Organisation and Structure

Positive psychology is the science of human wellbeing which uses an applied approach to cultivate optimal functioning. The aim of positive psychology is to promote human flourishing through scientific research on what makes a life good. The aim of the module is to introduce learners to the core areas researched by positive psychologists. These include the cognitive, biological, emotional and social aspects of wellbeing and the key theories, concepts and definitions within these areas. Throughout the course, the learners will also examine how the findings from positive psychology can be used to improve wellbeing i.e. mindfulness, resilience and sustainable happiness across the lifespan.

Over the course of 12 weeks, the learner will cover topics such as:

1. **The Positive Psychology Perspective**
- The place of positive psychology within psychology
- Eastern and western perspectives
- Classifying, researching and measuring positive outcomes

2. **Biological Foundations of Happiness**
- The neuropsychology of positive emotions
- The role of the heart in creating and maintaining positive emotions
- Brain plasticity and positive emotions

3. **Emotions of Happiness**
- Emotional intelligence
- Emotional creativity
- Flow theory
- Self-esteem, the six pillars

4. **Positive Cognitive States**
- Cultivating curiosity and interest
- Self-efficacy and self-determination
- Hope theory
- Sense of personal control
- Optimism

5. **Personality Traits of Happiness**
- Trait theories of personality
- Character strengths and virtues
- VIA classification and measurement of strengths
- VIA implications and controversies

6. **The Happiness Mindset**
- Hedonic adaption
- Perfectionism
- Wealth and happiness
- Pro-social behaviour

7. **Mindfulness Meditation**
- The science and mechanisms of meditation

- Self-compassion and non-judgement
- Mindfulness-based strengths practice (MBSP)

8. Positive Relationships
- Neurobiology of positive relationships
- Infant and adult attachment security
- Positive relationship behaviours
- The triangular theory of love
- The self-expansion theory of love

9. Fostering Positive Environments
- Positive family environment
- Positive workplaces
- Positive schools and colleges
- Positive communities

10. Coping Strategies
- Psychological resilience
- Coping styles and strategies
- Positive emotion-based coping strategies
- Social support

11. Life Satisfaction
- Positive aging
- Practicing gratitude
- The ability model of emotional intelligence
- Wisdom related knowledge

12. Review of Course

| 7.4 | Work-based learning and practice-placement *(if applicable)* |
N/A

| 7.5 | Specific module resources required *(if applicable)* |
N/A

| 7.6 | Application of programme teaching, learning and assessment strategies to this module |

The content of this module is delivered in lectures. The lecturer uses research informed theories, analysis and critique in delivering the content. Learners are encouraged to develop their critical thinking and research skills. Learners are given the opportunity to apply psychological theories and research to real world scenarios.

Essay
The essay assignment will help develop learners' research, academic writing and referencing skills. Learners have the opportunity to demonstrate understanding of material and ability to compare, contrast and critique psychological theories (MIMLO 2, 3, 4, 5).

Presentation
The presentation gives learner an opportunity to showcase their knowledge of key theories and research in positive psychology and consider their implications. Learners present their work in a presentation, utilizing their digital literacy, communication and creative skills (MIMLO, 1, 2, 3, 4, 5).

7.7	Summative Assessment Strategy for this module	
MIMLOs	**Technique(s)**	**Weighting**
2- 5	Essay	**60%**
1- 5	Presentation & 500 word written piece	**40%**

7.8	Sample Assessment Materials

Essay:

The essay is based on a critique of a positive psychology topic. The essay requirements:

- Times New Roman Font 12 Line-spacing 1.5
- Word Count: 1,500-2,000
- Soft-copy submission through Turnitin
- Criteria used for marking: structure, content, grammar, spelling and referencing.

In-Class Presentation:

The in-class presentation will be based on a positive psychology topic (i.e. resilience, the science of mindfulness meditation, VIA character strengths). The presentation requirements:

- Clarity of presentation (speech, length, etc.)
- The use of interactive tools (PowerPoint, Prezi, web-based interactions)
- An accompanied 500-word written piece.

Marking of assessments will be in line with the Marking Assessment Guidelines as outlined in Section 3.3 of the College's Regulations in Relation to Assessment and Standards unless otherwise indicated.

7.9	Indicative reading lists and other information resources

Indicative Core Reading:

American Psychiatric Association. (2022). Diagnostic and statistical manual of mental disorders (5th ed., text rev.). https://doi.org/10.1176/appi.books.9780890425787

Krumov, K.. (2013). *Cross-Cultural Psychology: Why Culture Matters*. Information Age Publishing.

Lopez, S.J., Pedrotti, J. T., & Synder, C. R. (2018). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*, (4th ed.). London: Sage.

Hefferon, K., & Boniwell, I. (2019). *Positive Psychology: Theory, Research and Applications*, (2nd ed.). UK: Open University Press.

Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding of Happiness and Wellbeing*. Washington: Free Press.

Other Reading:

Lopez, S.J., & Synder, C. R. (2021). *The Oxford Handbook of Positive Psychology*, (3rd ed.). Oxford: Oxford University Press.

Journal articles as posted on Moodle by the Lecturer

Recommended Viewing:

TED Talks-Various Social Psychology Researchers