

## **COURSE SPECIFICATION DOCUMENT**

<b>Academic School/Department:</b>	Psychology
<b>Programme:</b>	Psychology
<b>FHEQ Level:</b>	6
<b>Course Title:</b>	Psychology of Happiness and Wellbeing
<b>Course Code:</b>	PSY 6106
<b>Total Hours:</b>	160
Timetabled Hours:	45
Guided Learning Hours:	15
Independent Learning Hours:	100
<b>Credits:</b>	16 UK CATS credits 8 ECTS credits 4 US credits

### **Course Description:**

Positive psychologists argue that traditional psychology has tended to focus on dysfunction and unhappiness and that balance needs to be restored by research into what makes life go well. This course focuses on the science of happiness and wellbeing, integrating findings from Positive Psychology studies and theories. During this course, students will critically evaluate the teaching of Positive Psychology as a means of enhancing happiness and understand the difference between weaknesses and strengths, and how positive psychology emphasises the latter in contrast to traditional psychology's emphasis on the former. Students will appreciate some of the factors that lead to happiness and learn how to capitalise on these factors in order to achieve lasting happiness, especially by getting to know their own strengths; students will also understand and use a variety of techniques and interventions designed to enhance happiness and wellbeing.

### **Prerequisites:**

GEP 4180 Research & Writing II

**Aims and Objectives:**

This course is designed to explore the concepts underlying Positive Psychology and provide an overview and understanding of the techniques and exercises associated with wellbeing. The format of the course will be didactic, experiential, and interactive.

**Programme Outcomes:**

Psychology: 6Ai, 6Bi, 6Ci, 6Civ, 6Di

A detailed list of the programme outcomes are found in the Programme Specification. This is located at the archive maintained by Registry and found at:

<https://www.richmond.ac.uk/programme-and-course-specifications/>

**Learning Outcomes:**

By the end of this course, successful students should be able to:

- Understand and evaluate key concepts in positive psychology.
- Assess the research basis for interventions designed to increase wellbeing.
- Reflectively consider application of research to one's own life.

**Indicative Content:**

- Subjective Wellbeing
- Hedonic and Eudaimonic Approaches to Happiness Authentic Happiness
- Positive Emotions
- Strengths and Virtues
- Happiness, Wealth and Materialism
- The Body in Positive Psychology
- Applications of Positive Psychology

**Assessment:**

This course conforms to the University Assessment Norms approved at Academic Board and located at: <https://www.richmond.ac.uk/university-policies/>

**Teaching Methodology:**

The course material will be covered in the following ways:

- I. Formal lectures
- II. Discussions of key ideas
- III. Supervision meetings
- IV. Recommended readings and websites
- V. Films

**Indicative Texts:**

Boniwell, I., & Tunariu, A. (2019). Positive psychology (2nd ed.). Open University Press.

Hefferon, K. & Boniwell, I. (2011). Positive Psychology: Theory, Research and Application. Open University Press: Maidenhead.

Peterson, C. (2006). A Primer to Positive Psychology. Oxford: Oxford University Press.

Seligman, M (2003). Authentic Happiness. Nicholas Brealey: London

Seligman, M. (2011). Flourish: A New Understanding of Happiness and Wellbeing –

and How to Achieve Them. Nicholas Brealey: London.

### **Journals**

Happiness Studies

Journal of Positive Psychology

### **Web Sites**

[www.authentichappiness.org](http://www.authentichappiness.org)

[www.generallythinking.com/positive-psychology-resources/](http://www.generallythinking.com/positive-psychology-resources/)

<http://www.cambridgewellbeing.org/>

[www.actionforhappiness.org/](http://www.actionforhappiness.org/)

See syllabus for complete reading list

Please Note: The core and the reference texts will be reviewed at the time of designing the semester syllabus

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Change Log for this CSD:

Major or Minor Change?	Nature of Change	Date Approved & Approval Body	Change Actioned by Registry Services
Major	Number of credits, course leader and pre-requisites	09.11.2021, Psychology Department	
	Various updates as part of the UG programme review	AB Jan 2022	
	Revision – annual update	May 2023	
	Total Hours Updated	April 2024	