

COURSE SPECIFICATION DOCUMENT

Academic School / Department:	Humanities & Social Sciences
Programme:	Psychology
FHEQ Level:	6
Course Title:	Psychology of Happiness and Wellbeing
Course Code:	PSYC 6103
Total Hours:	160 (Lev 3-5) (4 US Credit)
Timetabled Hours:	45
Guided Learning Hours:	15
Independent Learning Hours:	100
Credit	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:

70 credits

Aims and Objectives:

- To enable students to explore the concepts underlying Positive Psychology.
- To provide students with an overview and understanding of the techniques and exercises associated with wellbeing.
- To provide a background for eventual careers in fields (including work in government, international organisations, business and the media) which require articulate, clear-thinking individuals with a grasp of the psychology of happiness and wellbeing.
- To provide a framework to assist concerned citizens to think critically about issues that are of increasing importance in the 21st century.
- To promote critical engagement with a wide range of literature, and the development of both a succinct writing style, and the ability to present complex arguments orally.

Programme Outcomes:

6AI; 6BI; 6CII; 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:

- Demonstrates a systematic understanding of concepts and approaches in positive psychology.
- Demonstrates a systematic understanding of practical issues and problems faced in interventions designed to increase wellbeing.
- Demonstrates the systematic ability to gather, organise and deploy highly complex ideas, evidence and information.
- Demonstrates the ability to engage in self-reflection, use feedback to analyse own capabilities, appraise alternatives, and plan and implement actions.

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:

This course will be delivered face to face through a combination of lectures and interactive sessions. In addition to classroom activities, there are guided learning elements that are tutor led and arranged through Blackboard. These activities can be asynchronous online sessions, flipped classrooms, set readings with discussion boards or set guest lectures for example. Set activities are monitored by the instructor to ascertain student engagement. Students are encouraged to prepare for class and to play an active part, to raise questions, following-up ideas and interact with a wide range of provided material.

Indicative Text(s):

Boniwell, I. and Tunariu, A. (2019) *Positive Psychology: Theory, Research and Applications*. 2nd edn. Open University Press.

Lomas, T., Hefferon, K., Ivtzan, I. and Gardiner, K. (2024) *Applied Positive Psychology: Integrated Positive Practice*. 2nd edn. Sage.

Peterson, C. (2006) *A Primer in Positive Psychology*. Oxford University Press.

Seligman, M.E.P. (2011) *Flourish: A new understanding of happiness and wellbeing – and how to achieve them*. Nicholas Brealey.

See syllabus for complete reading list.

Change Log for this CSD:

Nature of Change	Date Approved & Approval Body (School or AB)	Change Actioned by Registry Services
First edition	November 2024	