

## **COURSE SPECIFICATION DOCUMENT**

**NOTE:** ANY CHANGES TO A CSD MUST GO THROUGH ALL OF THE RELEVANT APPROVAL PROCESSES, INCLUDING LTPC.

**Academic School/Department:** School of communications, Arts and Social Sciences

**Programme:** Psychology

**FHEQ Level:** 6

**Course Title:** Psychology of Happiness and Wellbeing

**Course Code:** PSY 6430

**Course Leader:** Dr Annita Ventouris

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| <b>Student Engagement Hours:</b> | 120 |
| Lectures:                        | 30  |
| Seminar / Tutorials:             | 15  |
| Independent / Guided Learning:   | 75  |

|                  |        |
|------------------|--------|
| <b>Semester:</b> | Spring |
|------------------|--------|

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| <b>Credits:</b> | 12 UK CATS credits |
|                 | 6 ECTS credits     |
|                 | 3 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:** PSY 4210 Developmental Psychology and PSY 5200 Theories of Personality

### **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:**

6A.i, 6B.i, 6C.i, 6C.iv, 6D.i

A detailed list of the programme outcomes are found in the Programme Specification.

This is located at the archive maintained by the Academic Registry and found at: <http://www.richmond.ac.uk/content/academic-schools/academic-registry/program-and-course-specifications.aspx>

### **Learning Outcomes:**

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 Richmond University Standard Assessment Norms approved at Learning and Teaching Policy Committee found at: <http://www.richmond.ac.uk/content/academic-affairs/academic-standing.aspx>.

### **Teaching Methodology:**

The course material will be covered in the following ways:

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

**Bibliography:**

See syllabus for complete reading list

***IndicativeText(s):***

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/)

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:

