

COURSE SPECIFICATION DOCUMENT**Academic School/Department:** Communications, Arts and Social Sciences**Programme:** Psychology**FHEQ Level:** 6**Course Title:** Psychology of Happiness and Wellbeing**Course Code:** PSY 6430**Course Leader:** Dr. Ira Konstantinou**Student Engagement Hours:** 120

Lectures: 30

Seminar / Tutorials: 15

Independent / Guided Learning: 75

Semester: Spring**Credits:** 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 and PSY 5200

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 is found in the Programme Specification. This is maintained by Registry and located at:

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

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 University Assessment Norms approved at Academic Board.

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
www.generallythinking.com/positive-psychology-resources/
<http://www.cambridgewellbeing.org/>
www.actionforhappiness.org/

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

Change Log for this CSD:

