Positive Psychology
E-602-JASA

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<thead>
<tr>
<th>Year</th>
<th>2nd or 3rd</th>
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<tr>
<td>Semester</td>
<td>Spring</td>
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<tr>
<td>Type of course</td>
<td>Core</td>
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<tr>
<td>Prerequisites</td>
<td>Year 1 of BSc Psychology</td>
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<tr>
<td>Schedule</td>
<td>4 hours per week for 12 weeks; 6 ECTS</td>
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<tr>
<td>Lecturer</td>
<td>Dóra Guðrún Guðmundsdóttir and Ásgeir Rúnar Helgason</td>
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Content
The objective of this course is to provide an in-depth overview of the growing field of positive psychology, a scientific study dedicated to maximizing human potential, well-being, and happiness. Current principles, theories and research will be discussed including themes such as human resiliency, coping, strengths, resources, wellness, optimism, and happiness. In the course students will develop an understanding of positive psychology and positive intervention.

Learning outcome - On completing the course, each student should be able to:
- Describe the major principles and theories within the field of positive psychology.
- Discuss critically how positive psychology has given a different perspective to assumptions and questions on how human beings prosper in the face of adversity.
- Describe, discuss and evaluate empirical evidence on how human potential, well-being, and happiness can be maximized.
- Identify ways to use the principles and evidence from the field of positive psychology to structure and implement positive interventions.
- Participate actively and cooperatively in group tasks.
- Presenting the work of their group in class.

Course assessment
Participation in class, assignment, group assignment and final exam. Grades are given on a 0 – 10 point scale. The minimum grade to pass the course is 5.0. The student needs to get a minimum grade of 5.0 in the final exam and a minimum average grade of 5.0 for all course assessment.

Reading material

Teaching and learning activities
Lectures, in class exercises and discussions.

Language of instruction | Icelandic