

Positive Psychology

E-602-JASA



Year	2nd or 3rd
Semester	Spring
Type of course	Core
Prerequisites	Year 1 of BSc Psychology
Schedule	4 hours per week for 12 weeks; 6 ECTS
Lecturer	Dóra Guðrún Guðmundsdóttir and Ásgeir Rúnar Helgason
Content	
<p>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.</p>	
Learning outcome - On completing the course, each student should be able to:	
<ul style="list-style-type: none"> • 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	
<p>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.</p>	
Reading material	
<p>Baumgardner, S. and Crothers, M. (2010) <i>Positive Psychology</i>. Upper Saddle River, N.J: Pearson Prentice Hall.</p>	
Teaching and learning activities	
<p>Lectures, in class exercises and discussions.</p>	
Language of instruction	Icelandic