

Course: Creating and sharing Happiness

credits: 5

Course code	TPVM18POSPSYH	Modes of delivery	Tutorial
Name	Creating and sharing Happiness	Assessments	Assignment - Assignment
Study year	2019-2020		Reflection Assignment - Portfolio assessment
ECTS credits	5		
Language	English		
Coordinator	M. Kingma		

Learning outcomes

By the end of the semester you:

- have experienced and discussed interventions and exercises based on Applied Positive Psychology;
- have practiced mindfulness exercises at a basic level;
- can critically reflect on the value of the theories and different interventions and exercises on both personal development as well as for professional practice.

Content

Is there a recipe for happiness? Does one size fit all or does everyone have their own recipe? Do you know the recipe for your happiness? Could there be other recipes? At the end of this course students have the answers to these questions. Positive Psychology is not a spectator sport. It is an applied science, which has brought about not only knowledge of happiness and wellbeing but also a lot of interventions and exercises to boost your happiness. In this course students will experience their own Happiness Project in which they try out different exercises for themselves in order to find a personal recipe for happiness. Students will share their experience with the exercises with fellow students. But not only that, they will actually share the things that make them happy.

Included in programme(s)

Exchange Programme Applied Positive Psychology
Minor Applied Positive Psychology

School(s)

School of Social Studies

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