

## Course: Exploring Positive Psychology

credits: 5

**Course code** TPVM18POSPSYT  
**Name** Exploring Positive Psychology  
**Study year** 2019-2020  
**ECTS credits** 5  
**Language** English  
**Coordinator** A.T. Sinnema

**Modes of delivery** Tutorial  
**Assessments** Assessment: Assignment - Assignment  
 Project Assignment - Assignment

### Learning outcomes

*No content available*

### Content

#### Learning outcomes

By the end of the semester you will be able to identify, describe and explain major relevant theories, areas of research and interventions within the field of PP.

By the end of the semester you have identified best practices of PP in your home country

By the end of the semester you can relate the best practices to the PERMNA model

#### Content

In this course we will describe and explain major relevant theories and areas of research within the field of Psychology in general and within the field of Positive Psychology in particular. We will also identify and discuss interventions based on PP. Questions being addressed are: why do people behave the way they do? What motivates people? What is happiness and do we really know what makes us happy? Do we give happiness enough priority? Can we influence our own happiness and the happiness of others and how? We will look at these questions from a positive psychological point of view and you will translate them to your own field of expertise.

### Included in programme(s)

Exchange Programme Applied Positive Psychology  
 Minor Applied Positive Psychology

### School(s)

School of Social Studies

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