

## Vak: Creating and sharing Happiness

credits: 5

<b>Vakcode</b>	TPVM18POSPSYH	<b>Werkvormen</b>	Werkcollege
<b>Naam</b>	Creating and sharing Happiness	<b>Toetsen</b>	Assignment - Opdracht
<b>Studiejaar</b>	2019-2020		Reflection Assignment - Portfolio assessment
<b>ECTS credits</b>	5		
<b>Taal</b>	Engels		
<b>Coördinator</b>	M. Kingma		

### Leeruitkomsten

By the end of the semester the student:

- has experienced and discussed interventions and exercises based on Applied Positive Psychology;
- has 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.

### Inhoud

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.

### Opgenomen in opleiding(en)

Exchange Programme Applied Positive Psychology  
Minor Applied Positive Psychology

### School(s)

Academie voor Sociale Studies

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