

Vak: Exploring Positive Psychology

credits: 5

Vakcode	TPVM18POSPSYT
Naam	Exploring Positive Psychology
Studiejaar	2019-2020
ECTS credits	5
Taal	Engels
Coördinator	A.T. Sinnema

Werkvormen	Werkcollege
Toetsen	Assessment: Assignment - Opdracht Project Assignment - Opdracht

Leeruitkomsten

By the end of the semester the student 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 the student has identified best practices of PP in his/her home country
By the end of the semester the student can relate the best practices to the PERMNA model

Inhoud

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.

Opgenomen in opleiding(en)

Exchange Programme Applied Positive Psychology
Minor Applied Positive Psychology

School(s)

Academie voor Sociale Studies

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