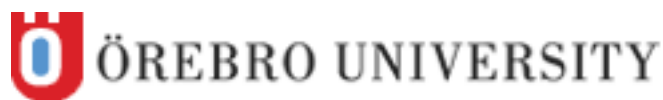

This course syllabus is discontinued or replaced by a new course syllabus.



Course Syllabus

School of Behavioural, Social and Legal Sciences

Positive Psychology: The Science of Happiness and Wellbeing, 15 Credits

Course Code:	PS706G	Subject Area:	Field of Social Science
Main Field of Study:	Psychology	Credits:	15
Education Cycle:	First Cycle	Subject Group (SCB):	Psychology
Established:	2016-12-22	Progression:	GXX
Valid from:	Autumn semester 2017	Last Approved:	2017-04-03
		Approved by:	Head of School

Aims and Objectives

General aims for first cycle education

First-cycle courses and study programmes shall develop:

- the ability of students to make independent and critical assessments
- the ability of students to identify, formulate and solve problems autonomously, and
- the preparedness of students to deal with changes in working life.

In addition to knowledge and skills in their field of study, students shall develop the ability to:

- gather and interpret information at a scholarly level
- stay abreast of the development of knowledge, and
- communicate their knowledge to others, including those who lack specialist knowledge in the field.

(Higher Education Act, Chapter 1, Section 8)

Course Objectives

After completing the course students should have achieved the following learning objectives:

In the areas of knowledge and understanding:

- identify and describe research methods which are predominantly used in positive psychology
- identify and compare strengths and weakness of the different research methods which are used as well as to identify the methods used in the scientific literature
- use and explain the basic principles for the planning, execution, discussion and presentation of a positive psychology research/experiment
- describe different concepts, definitions, and theories within positive psychology
- critically compare the different perspectives
- actively discuss and identify how positive psychology can be applied
- actively discuss and identify gender and multicultural aspects within the area of positive psychology
- actively show knowledge about social psychological phenomena within the area of positive psychology
- actively show deep knowledge in one or several areas of positive psychology in a scientific report.

Within the areas of comprehension and approach:

- write a laboratory report using scientific and professional language, relevant research methods and design, appropriate statistical analyses, ethics
- interpret and critically analyze ones scientific results in relation to earlier research and theories
- professionally identify and describe weakness and strengths with ones and others design and

research methods

- identify and actively follow the different ethical guidelines that one must consider in the field.

Within the area of skills and abilities:

- discuss, produce, and present scientific work independently within a group
- discuss and critically analyze the scientific work of other classmate's work in a professional and ethical manner
- prepare a critical analysis of other scientific works
- actively participate and independently discuss scientific work in seminar
- show academic honesty in scientific writing and in oral discussions
- consistently follow the formal writing guidelines within the field of psychology.

Main Content of the Course

Lectures and seminars in positive psychology, 12 credits with laboratory work in positive psychology, 3 credits

The course covers theories within positive psychology with emphasis on the integration of personality, biological, cognitive and social factors. The course includes theoretical, empirical and historical surrounding the field as well as common methodological approaches used within the field. The focus will be on health promotion from an individual, group and society perspective. The concepts include coping skills, happiness, well-being, creativity, community involvement and positive emotions. Gender and cultural perspectives will be addressed throughout the course.

Teaching Methods

Lectures and seminars. Lectures and seminars are conducted in English.

Students who have been admitted to and registered on a course have the right to receive tuition and/or supervision for the duration of the time period specified for the particular course to which they were accepted (see, the university's admission regulations (in Swedish)). After that, the right to receive tuition and/or supervision expires.

Examination Methods

Positive Psychology, 12 Credits. (Code: 0100)

Written examination

Laboratory work in Positive Psychology, 3 Credits. (Code: 0200)

Final Scientific Paper, written Report in group with Discussion and opponent.

For further information, see the university's local examination regulations (in Swedish).

Grades

According to the Higher Education Ordinance, Chapter 6, Section 18, a grade is to be awarded on the completion of a course, unless otherwise prescribed by the university. The university may prescribe which grading system shall apply. The grade is to be determined by a teacher specifically appointed by the university (an examiner).

According to regulations on grading systems for first- and second-cycle education (vice-chancellor's decision 2010-10-19, reg. no. CF 12-540/2010), one of the following grades is to be used: fail, pass, or pass with distinction. The vice-chancellor or a person appointed by the vice-chancellor may decide on exceptions from this provision for a specific course, if there are special reasons.

Grades used on course are Fail (U), Pass (G) or Pass with Distinction (VG).

Positive Psychology

Grades used are Fail (U), Pass (G) or Pass with Distinction (VG).

Laboratory work in Positive Psychology

Grades used are Fail (U) or Pass (G).

The grade of Pass with Distinction [Väl Godkänd] for the course requires a grade of Pass with Distinction [Väl Godkänd] on the final essay, a grade of Pass [Godkänd] on the laboratory work as well as active participation during the seminars and lectures.

For further information, see the university's local examination regulations (in Swedish).

Specific entry requirements

Psychology, basic course, 30 ECTS credits.

For further information, see the university's admission regulations (in Swedish).

Transfer of Credits for Previous Studies

Students who have previously completed higher education or other activities are, in accordance with the Higher Education Ordinance, entitled to have these credited towards the current programme, providing that the previous studies or activities meet certain criteria.

For further information, see the university's local credit transfer regulations (in Swedish).

Other Provisions

The grading scale includes pass (G, godkänd), fail (U, underkänd) and pass with distinction (VG;välgodkänd) for Swedish students and an Re-examination:

1. A student who fails has the right to sit a new examination. In the normal case an additional opportunity is given after the ordinary examination.
2. For a course that has been cancelled or significantly changed in content or scope, there may be examinations on three occasions within 18 months after the changes have been made.
3. A student who has failed an exam for a certain course or part of course on two occasions have the right to request the head of the department to appoint another examiner.
4. A student who has been awarded the grade Pass on a specific course may not be given a new exam in order to achieve the grade Pass with Distinction.

ECTS based grade for international students. ECTS based grading system includes A (VG +), B (VG), C (G +), D (G), E (G-; sufficient; pass), FX (fail, some work is needed in order to receive a passing grade), and F (Fail, considerable work is necessary). A student who receives a passing grade on the exam may not retake an exam to receive a higher grade. A student who fails an exam has the right to retake the exam. A student who has failed two retake examination can request from the Head of Department that another teacher is appointed to grade their examination. To pass the entire course the examination and participation in seminars must have been passed. The grade is an integrated judgment of the results from the exam and active participation in seminars and is given when all parts have been passed.

Reading List and Other Teaching Materials

Required Reading

Compton, William C. & Hoffman, Edward 2013/2 ed (International edition)

Positive psychology: The science of happiness and flourishing

Wadsworth, Cengage Learning, 381 sidor/pages

Lopez, Shane J., Pedrotti, T. Jennifer & Snyder, Charles R. 2014/3 ed

Positive Psychology: The scientific and practical explorations of human strengths

SAGE Publications Inc, 571 sidor/pages

Additions and Comments on the Reading List

Scientific articles, about 250 pages.

Last editions applies to the literature.

Vetenskapliga artiklar, ca 250 sidor.

Senaste upplaga gäller för kurslitteratur.