

PS378-15 Positive Psychology: The Science of Wellbeing.

26/27

Department

Psychology

Level

Undergraduate Level 3

Module leader

Luke Hodson

Credit value

15

Module duration

12 weeks

Assessment

40% coursework, 60% exam

Study location

University of Warwick main campus, Coventry

Description

Introductory description

Positive psychology is an increasingly popular field of study, facilitating an alternative perspective on many of the key phenomena psychologists are interested in. Central to positive psychology, much as the name suggests, is the exploration of positives; be they experiences, traits, or even wider institutions. However, in practice this extends beyond 'happiness', and into what allows people to develop, flourish and enhance their well-being.

Module aims

This module aims to provide students with an introduction and overview of positive psychology, the impact positive psychology has on psychology, and our understanding of behaviour more generally, and a focused understanding of positive-psychology based interventions.

Outline syllabus

This is an indicative module outline only to give an indication of the sort of topics that may be covered. Actual sessions held may differ.

This module will take a 'positive approach' to the following topics: wellbeing and health, emotions, character strengths, cognition, embodiment and the body, applications of positive psychology, relationships, intervention development and application. The module will also cover positive institutions and society, and positive psychology as a critical perspective on psychology.

Learning outcomes

By the end of the module, students should be able to:

- Demonstrate a critical understanding of positive psychology
- Evaluate the methods and research used to develop the core ideas of positive psychology.
- Evaluate the various applications of positive psychology.
- Show an understanding of how positive psychology can complement and develop our understanding of other fields of Psychology
- Demonstrate an understanding of positive psychology interventions and their application.

Indicative reading list

[Reading lists can be found in Talis](#)

[Specific reading list for the module](#)

Research element

Students will conduct an applied research project in the form of a planned positive psychology intervention. This will involve reviewing relevant literature to better understand interventions, evaluating and selecting appropriate methodologies for assessing their proposed interventions, and exploring the potential application of the proposed intervention in a 'real-world' setting, and presenting this in a format appropriate to the general public.

Subject specific skills

Understanding of positive psychological theories, research methods (including qualitative, quantitative, and mixed-methods approaches), and practices. Understanding, evaluation, and application of positive-psychology based interventions.

Transferable skills

Project planning and delivery. Collecting and organising information. Critical thinking. Creative problem-solving. Bringing data to bear on problems. Written and oral communication. Group cooperation. Research and data interpretation. Disseminating academic concepts in an accessible format.

Study

Study time

| Type | Required |
|---------------|------------------------------|
| Lectures | 12 sessions of 2 hours (16%) |
| Seminars | 10 sessions of 1 hour (7%) |
| Private study | 45 hours (30%) |
| Assessment | 71 hours (47%) |
| Total | 150 hours |

Private study description

Private reading and study

Costs

No further costs have been identified for this module.

Assessment

You must pass all assessment components to pass the module.

Assessment group D4

| Assessment component | Weighting | Study time | Eligible for self-certification |
|--|-----------|------------|---------------------------------|
| Seminar participation/Reflection. | 10% | 10 hours | No |
| Each student will turn in a summary reflecting on what they learned throughout the positive psychology module. This assessment should be completed at regular intervals throughout the module, and can be presented as a document, blog post, Padlet wall etc., Students will be asked to complete at least ten pieces of reflection (approx. 100 words each), and each entry will be weighted as 1% (10% in total) and marked as pass/fail. | | | |
| Reassessment component is the same | | | |
| Intervention vlog/podcast | 27% | 30 hours | No |

Weighting**Study time****Eligible for self-certification**

Develop and present a vlog/podcast about a positive psychology intervention with the aim of informing the audience on wellbeing. Students are expected to research and review relevant theories and literature, select an appropriate positive psychology intervention (supported by empirical evidence) to present, and detail the procedure/practical elements of the intervention. The presentation should include (where relevant) details on theory, literature, and methodology, presented for a non academic audience.

The vlog should be accessible and informative to the general public. The presentation should be recorded, and last no longer than five minutes. The vlog should be accompanied by visual aids (e.g., slides) which will also be assessed. Students are typically expected to work in pairs.

Reassessment component

Intervention vlog/podcast

Yes (extension)

Develop and present a vlog/podcast about a positive psychology intervention with the aim of informing the audience on wellbeing. Students are expected to research and review relevant theories and literature, select an appropriate positive psychology intervention (supported by empirical evidence) to present, and detail the procedure/practical elements of the intervention. The presentation should include (where relevant) details on theory, literature, and methodology, presented for a non academic audience.

The vlog should be accessible and informative to the general public. The presentation should be recorded, and last no longer than five minutes. The vlog should be accompanied by visual aids (e.g., slides) which will also be assessed. Students will work alone.

Assessment component

Peer feedback of vlog/podcast plan

3%

1 hour

No

Students will be awarded a pass/fail mark for contributing to the peer feedback session. Students will be expected to review peer plans for their vlog/podcast, discuss ideas, and contribute ideas.

Reassessment component is the same**Assessment component**

Centrally-timetabled examination (Online)

60%

30 hours

No

Final exam on all topics covered in lectures and seminars. Students will see example questions in advance of the final assessment.

Weighting

Study time

Eligible for self-certification

~Platforms - WAS

- Online examination: No Answerbook required

Reassessment component is the same

Feedback on assessment

Standardised feedback form used by module convenor to give feedback on the intervention vlog/podcast presentation. Exam results will be available online.

[Past exam papers for PS378](#)

Availability

Courses

This module is Optional for:

- Year 3 of UPHA-VL78 BA in Philosophy with Psychology
- UPHA-L1CA Undergraduate Economics, Psychology and Philosophy
 - Year 3 of L1CA Economics, Psychology and Philosophy
 - Year 3 of L1CC Economics, Psychology and Philosophy (Behavioural Economics Pathway)
 - Year 3 of L1CD Economics, Psychology and Philosophy (Economics with Philosophy Pathway)
 - Year 3 of L1CE Economics, Psychology and Philosophy (Philosophy and Psychology Pathway)
 - Year 3 of L1CF Economics, Psychology and Philosophy (Tripartite Pathway)
- Year 3 of UPSA-C800 Undergraduate Psychology
- Year 4 of UPSA-C801 Undergraduate Psychology (with Intercalated year)
- Year 3 of UIPA-C8L8 Undergraduate Psychology and Global Sustainable Development
- Year 3 of UPSA-C804 Undergraduate Psychology with Education Studies
- UPSA-C802 Undergraduate Psychology with Linguistics
 - Year 3 of C802 Psychology with Linguistics
 - Year 3 of C802 Psychology with Linguistics