

Positive Psychology

Textbook/material required: Boniwell, I. & Tunariu, A.D. (2019). Positive Psychology. Theory, research, and applications. McGraw Hill Education: Open University Press.

1 Course Description

This course introduces the knowledge established in Positive Psychology and the way we can apply it in business field. The course allows to use the gained knowledge and experience in their own lives empirically-validated strategies that help people develop a happier and more meaningful life. The two main goals are for students to (1) learn about the content and science that informs Positive Psychology, and (2) apply it in relation to the business framework. This course will include a positive view of human functioning and a review of research and practices in Positive Psychology. Emphasis will be placed on science and its applications concerning topics such as human strengths and values, neuroscience as it relates to happiness, mindfulness, gratitude, cultural (eastern/western) aspects of happiness, values, process vs. outcome, optimism, mindset the new field of self-compassion, positive affect, coping, and resilience.

2 Course Objectives

This course aims to:

- familiarize students with the basics of positive psychology,
- discuss selected theories of positive psychology,
- help students develop a positive and growth mindset,
- emphasize the application of positive psychology tools, techniques and strategies.

3 Learning Outcomes

By the end of this course, students will,

1. Understand the basic assumptions, principles, and concepts of positive psychology.
2. Demonstrate critical thinking skills necessary to evaluate positive psychology theory and research.
3. Investigate positive psychology phenomena through real-life situations.
4. Develop a mindset directed on improving well-being and maintaining happiness.
5. Exhibit teamwork and interpersonal skills.
6. Demonstrate the ability to communicate their knowledge.

4 Course Weekly Calendar

DATE	CLASS TOPIC & DESCRIPTION	REFERENCE IN THE TEXTBOOK	LEARNING OUTCOMES	ASSESSMENT (WILL BE ADJUSTED TO THE CURRICULUM expectations)
WEEK ONE	DAY1: INTRODUCTION & SYLLABUS REVIEW DAY2: INTRODUCTION TO POSITIVE PSYCHOLOGY	SYLLABUS CHAPTER 1	1,3	
WEEK TWO	DAY1: MEASUREMENT OF HAPPINESS IN POSITIVE PSYCHOLOGY. PRACTICAL SELF-EVALUATION OF HAPPINESS	CHAPTER 1	1,2,3	

	DAY2: PERMA AND ORGANIZATION			
<i>WEEK THREE</i>	DAY1: UNDERSTANDING EMOTIONS. PERSONALITY AND EI DAY2: EMOTIONS, EI AND BUSINESS	CHAPTER 2	1,3,6	
<i>WEEK FOUR</i>	DAY1: EUDAIMONIC WELL-BEING. THE CONCEPT OF HAPPINESS. HAPPINESS AND SUBJECTIVE WELL-BEING DAY2: ESSENTIAL ELEMENTS FOR WELL-BEING: WORK, INCOME, WORK-FAMILY BALANCE, RELATIONSHIPS	CHAPTER 4	1,2,3,6	
<i>WEEK FIVE</i>	DAY1: OPTIMISM, EXPLANATORY STYLE, AND HOPE DAY2: APPLYING FOR BUSINESS FIELD. BOOSTING CREATIVITY	CHAPTER 5	1,2,3,6	
<i>WEEK SIX</i>	DAY1: GOALS AND POSITIVE PSYCHOLOGY MOTIVATION AND SELF-DETERMINATION. MEANING AT WORKPLACE DAY2: VALUES. FAILING TO REACH GOALS TIME PERSPECTIVE	CHAPTER 7	1,2,6	
<i>WEEK SEVEN</i>	DAY1: MOTIVATION AT WORK AND WELL-BEING DAY2: MINDSET. POSITIVE PSYCHOLOGY INTERVENTIONS	CHAPTER 8	1,2,3,4	
<i>WEEK EIGHT</i>	DAY1: PPI AND REINFORCING THE GROWTH MINDSET (AMONG FUTURE WORKERS AND MANAGERS) DAY2: PHYSICAL ACTIVITY AND POSITIVE PSYCHOLOGY	CHAPTER 9	1,2,3,5	
<i>WEEK NINE</i>	DAY1: INTERVENTIONS FOR ENHANCING ENGAGEMENT IN PA. Its IMPACT ON EMPLOYEES WELL-BEING DAY2: STRENGTHS AND TALENTS. SELF-MEASUREMENT. APPLYING POSITIVE PSYCHOLOGY	CHAPTER 9	1,2,3,4	
<i>WEEK TEN</i>	DAY1: POSITIVE PSYCHOLOGY AND LEADERSHIP DAY2: POSITIVE PSYCHOLOGY AND ORGANIZATIONAL CHANGE	CHAPTER 10	1,2,3,6	
<i>WEEK ELEVEN</i>	DAY1-2: POSITIVE THERAPY WORKSHOP APPLYING POSITIVE PSYCHOLOGY TO YOURSELF		1,2,3,4 ,5,6	
<i>WEEK TWELVE</i>	DAY1-2: POSITIVE THERAPY WORKSHOP APPLYING POSITIVE PSYCHOLOGY TO YOURSELF		1,3,4,5 ,6	

<i>WEEK THIRTEEN</i>	DAY1: TALKS ON HAPPINESS DAY2: DISCUSSION: THE STATE OF POSITIVE EDUCATION			
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