**PSY-302**

**COURSE NAME: Positive Psychology**

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| Resource Person: | Sameen Fatima Asghar |
| Email: | [Sameen.asghar@umt.edu.pk](mailto:Sameen.asghar@umt.edu.pk) |
| Consultation Hours | Thursday 10 AM-12PM |
| School & Department | School of Professional Psychology  Department of Applied Psychology |
| Degree Program: | BS PSychology |
| Section: |  |
| Semester: | VIII |
| Course Pre-requisite(s): | - |
| Credit Hours: | 3 |
| Course Type: (Theory/Lab) | Theory |
| Venue/Day/Time: | Monday 2:00-3:15  Tuesday 12:30-1:45 |
| Course URL (if any): |  |

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| 1. **Faculty Profile / Introduction** |
| Ms. Sameen Fatima Asghar is working as Lecturer at Department of applied Psychology, university of Management and Technology, Lahore. She has done MPhil Psychology, from Government College University, Lahore. Her areas of interest are social psychology, Cross cultural Psychology, Positive psychology and Educational psychology.  Her dissertation towards fulfillment of the MPhil degree requirement is entitled ‘’Adolescents’ Career Decision Making: A Qualitative Study’’ .  After completing MPhil Psychology, she worked in various institutes of Lahore, Pakistan and taught a variety of courses to undergraduate level, which includes but are not limited to, Applied Areas of Psychology, Positive Psychology, Cross cultural psychology, Educational Psychology, Health Psychology, Cognitive Psychology, Introduction to Psychology, Personality Theories, Quantitative Research Methodology, Qualitative Research Methods.  During her short stay at UMT, she has managed to publish one article in a Y category journal and some more are also in pipeline. She is also supervising thesis / dissertations of undergraduate students at the university.  She aims to pursue her PhD in the areas of educational and developmental psychology. |

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| 1. **Course Description:** |
| Positive psychology is new and rapidly expanding field which focus on the human strengths. It is a science of positive subjective experience, positive individual traits, and positive institutions. It promises to improve quality of life and prevent pathology that arises when life is barren and meaningless. Positive psychology focuses on the nature, development, and impact of emotions, beliefs, and behaviors that lead to a heightened sense of personal satisfaction, and a more adaptive relationship to our social world. This contrasts with and complements abnormal psychology, which typically deals with emotions, beliefs, and behaviors that have a negative impact on our functioning. The course is largely experiential and therefore includes classroom activities including movies on character strength. The present course will adopt a hand on approach to positive psychology. Students will examine their own strengths and also learn to develop positive skills and attitudes in their personalities. Through group and class discussions, involved exercises, presentations, videos, and review of journal articles, students will: (i) gain an understanding of positive psychological concepts; (ii) have the opportunity to experience and apply positive psychological concepts and principles to personal growth and well-being, (iii) become familiar with the methodologies used in the scientific study of positive psychology; and (iv) learn to think critically and analytically about issues related to positive psychology. |

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| 1. **Course Teaching Methodology:** |
| Classroom lectures, Discussions, problem solving exercises, videos. |

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| 1. **Program Educational Objectives (PEOs):** | |
| PEO-1 | Graduate will be able to describe and apply concepts and theories relevant to the disciplines of psychology. |
| PEO-2 | Graduate will demonstrate effective written and oral skills in various formats. |
| PEO-3 | Graduate will be able to conduct and evaluate research addressing psychology related issues. |
| PEO-4 | Graduate will demonstrate ethical behavior in all aspects of psychology. |
| PEO-5 | Graduates will exhibit a life-long learning approach towards life with psychological science |

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| 1. **Program Learning Outcomes (PLOs):**   **After completing this degree program, students shall be able to:** | | |
|  | | **Mapping the PLOs with PEOs** |
| PLO-1 | **Psychology Knowledge:** The students will have a good knowledge and understanding of the subject and its implication in different areas and to apply knowledge of Psychology to both theoretical and practical social problems. | PEO1 |
| PLO-2 | **Communication:** The students will demonstrate effective verbal and written skills. Able to communicate mindfully and respectfully to individuals and professionals of diverse ethnic, religious, and cultural backgrounds. An ability to communicate effectively, orally as well as in writing, on various social events held by the Psychologists’ community, including conferences, seminars, workshops etc. | PEO2 |
| PLO-3 | **Research:** An ability to identify, formulate, search literature, and  analyze complex social and psychological problems reaching substantiated conclusions using ethical principles related to its sub-fields. | PEO3 |
| PLO-4 | **Ethics:** Apply ethical principles to practice psychology in the community. Understanding about ethical practice and best practices as psychologists. | PEO4 |
| PLO-5 | **Life-Long Learning:** Able to develop significant professional goal for life after being graduate. An ability to recognize the importance of psychology and its implacability in their personal and professional lives. | PEO5 |

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| 1. **Course Educational Objectives (CEOs)** | |
| CO-1 | Providing an introduction to students and fostering an understanding of ideas of theorists who have dealt with optimal human functioning |
| CO-2 | Acquainting students with the growing body of research evidence concerning the nature, development, maintenance, and individual and social effects of beliefs, emotions, and behaviors that have positive effects on our personal psychological state, and on our interaction with others. |
| CO-3 | This course will focus on the nature of happiness and the good life from a positive psychology perspective. |
| CO-4 | The course will survey core human strengths and virtues, advise practical ways of using one’s character strengths and maintaining well being and happiness. |
| CO-5 | Learning how to identify and classify positive traits and strengths and their impact of institutions and subjective well being in family, schooling, work environment . |
| CO-6 | Developing an awareness of role of religion & culture in the mental health and well being of people and learning applications of positive psychology in everyday life. |
| CO-7 | Students will examine their own strengths and also learn to develop positive skills and attitudes in their personalities. |

**Mapping of CLOs to Program Learning Outcomes (PLOs):**

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| **Semester** | **Course Code** | **Title** | **Course Learning Outcomes** | **PLO 1** Psychology. Knowledge | **PLO 2** Communication | **PLO 3** Research | **PLO 4** Ethics | **PLO 5** Life-Long Learning |
| **8th** | **Psy302** | **Positive Psychology** | 1. Understanding of ideas of theorists who have dealt with optimal human functioning |  |  |  |  |  |
| 1. Familiarize with the growing body of research evidence concerning the nature, development, maintenance, and individual and social effects of beliefs, emotions, and behaviors that have positive effects on our personal psychological state, and on our interaction with others. |  |  |  |  |  |
| 1. Conceptualize the nature of happiness and scope of the good life from a positive psychology perspective. |  |  |  |  |  |
| 1. Understanding of core human strengths and virtues, advising of practical ways of using one’s character strengths and maintaining well being and happiness. |  |  |  |  |  |
| 1. Identifying positive traits and strengths and their impact on institutions and subjective well-being in family , schooling and work environment. |  |  |  |  |  |
|  |  |  | 1. Infusing role of religious and cultural practices in mental health and well-being of people and learning applications of positive psychology in everyday life. |  |  |  |  |  |
|  |  |  | 1. Students will examine their own strengths and also learn to develop positive skills and attitudes in their personalities. |  |  |  |  |  |

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| 1. **Assurance of Learning and Assessment Items:**   *Specify Assessment Items that will assure student learning through application and achieve objectives of specific PLOs / CLOs* | |
| **Assessment Item** | **Application/ Objectives**  **PLO / CLO** |
| 1. Describe the works of some prominent figures in Psychology who have worked in understanding optimal human functioning. | **PLO1/ CLO1** |
| 1. What emotions, and behaviors have positive effects on our personal psychological state, and on our interaction with others? Support your answers with some evidence from the researches conducted in the past. | **CLO2/ PLO1/PLO3** |
| 1. What is the nature of happiness? How can good life be achieved from positive psychology perspective? | **CLO3/ PLO1/ PLO2/ PLO5** |
| 1. What are some core human strengths and virtues? Device some practical ways of using one’s character strengths and maintaining well being and happiness. | **CLO4/ PLO1/ PLO5** |
| 1. Describe and evaluate the impact of positive traits and strengths on institutions and subjective well-being in family , schooling and work environment. | **CLO5/ PLO1/ PLO2/ PLO5** |
| 1. Assimilate the role of religious and cultural practices in mental health and well-being of people on the applications of positive psychology in everyday life. | **CLO6/ PLO5** |
| 1. Device a plan to examine your own strengths and develop positive skills and attitudes. | **CLO7/ PLO4/ PLO5** |

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| 1. **Assessment Structure and Grading Policy\*:** | | |
| **Assessment Item(s)** | **Weight (%)** | **When will be assessed** |
| Quiz 1 | 10% | Formative Assessment ( during semester) |
| Quiz 2 | 10% | Formative Assessment ( during semester) |
| Assgnment 1 | 5% | Formative Assessment ( during semester) |
| Assignment 2 | 5% | Formative Assessment ( during semester) |
| Presentation | 5% | Formative Assessment ( during semester) |
| Mid-term exam | 25% | One-time assessment |
| Final Term Exam | 40% | One-time assessment |
| **Total** | **100** |  |
| **Notes – Norms and Important Class Policies:**   * Attendance will be taken in the first 10 minutes. * Minimum 80% attendance is required for successful completion of the course * All the assignments should be submitted on the assigned dates in hard form. * Use of foul language and misbehavior will not be tolerated. | | |

*\*Rubrics for all assessments (including mid and final exams) will be provided separately to the students.*

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| 1. **Weekly Sessions Plan:** | | | |
| **Week** | **Topics / Contents** | **Activity** | **Application/Objectives**  **PLO / CLO** |
| 1 | **Introduction to Positive Psychology**  History, emergence and need of positive psychology in present scenario | Lecture, video and discussion | **PLO1/ CLO1** |
| 2 | **Happiness**  Happiness, interesting facts regarding happiness, researches on happiness | Discussion on movie ( pursuit of happiness)  Debate  Does money buy happiness? | **CLO2/ PLO1/PLO3/ CLO6** |
| 3 | **Flow**  Introduction of flow as an experience, characteristics of flow, theories on flow | Lecture | **CLO3/ PLO1/ PLO2/ PLO5** |
| 4 | **Subjective well-being**  Introduction to SWB, theories of SWB and famous researches and their findings on SWB | Quiz -1 | **CLO4/ PLO1/ PLO5/ CLO7** |
| 5 | **Optimism**  Introduction to optimism, different perspectives on optimism, positive illusion vs. optimism, controversies on optimism, Is optimism always fruitful? | lecture | **CLO5/ PLO1/ PLO2/ PLO5** |
| 6 | **Hope**  What is hope? How it is developed? Factors affecting hope? Theories of hope. | Class activity | CLO1/ PLO1/ PLO2/ PLO5 |
| 7 | **Emotional Intelligence**  Intelligence, types of intelligence, emotional intelligence, models of emotional intelligence | Assignment-1 | CLO2/ PLO3/ PLO5/ CLO7 |
| 8 | **Wisdom vs. Intelligence**  Wisdom, difference between wisdom and intelligence, theories on wisdom | Lecture  Class discussion | PLO2/ CLO2/PLO3 |
| 9 | **Creativity**  Creativity, personality factors of creative people, creativity vs. madness | Class discussion | PLO5/ CLO2 |
| 10 | **Love and Kindness**  Love vs. kindness, variables of love, qualities of kind people, how to enhance love, discussion on different articles on love | Discussion on researches related to love and kindness | CLO3/ PLO2/ PLO5 |
| 11 | **Gratitude**  Gratitude, real meaning of gratitude, symbols of gratitude in different cultures, role of parents in developing gratitude in children | Presentation | PLO5/ CLO3/ CLO4 |
| 12 | **Forgiveness**  Forgiveness, types of forgiveness, religious perspectives on forgiveness | Lecture and discussion on religious perspectives of forgiveness | PLO1/ CLO3/ CLO4 |
| 13 | **Altruism & Social Intelligence**  Altruism, altruistic behaviors; social intelligence, altruism vs. social intelligence, factors affecting social intelligence, discussion on Pakistani researches on social intelligence | Quiz 2 | PLO2/ PLO3/ CLO3 |
| 14 | **Positive Psychology at work**  Positive attributes at work, motivation, empathy, altruism, creativity, flow, mindfulness, and others. | Assignment 2 | PLO5/ PLO4 |
| 15 | Discussion on various researches on positive psychology | Class presentation and discussion on findings on latest researches in the field of positive psychology | PLO5 |
| 16 | Final Term Examination |  | PLO1/ PLO2/ PLO3/PLO4/PLO5/CLO1/ CLO2/CLO3/CLO4/CLO5/CLO6/CLO7 |

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| 1. **Primary Text Book (s):** |
| Snyder, C. R., & Lopez, S. J. (2002). *Handbook of positive psychology.* NY: Oxfords Publishers. |

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| 1. **Reference / Supplementary Reading (s):** |
| Seligman, M. E. P. (2002). Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment. New York: Free Press. |

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| 1. **Useful Online / Web Resources:** |
| * https://www.authentichappiness.sas.upenn.edu/ |