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|  | Syllabus of the educational component  Program of educational discipline |  |
| Positive Psychology |

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| Code and name of specialty  053 – Psychology | Institute The Faculty of Social and Humanitarian Technologies |
| Educational program Psychology | Department Pedagogy and Psychology of Social System Management (301) |
| Educational level Bachelor | Type of discipline Special (professional) |
| Semester 1 | Language of teaching English |

## Teachers, developers

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## Main information

### Abstract

The study of psychological features, leading theories, methodological principles of diagnosis and the development of such an approach as Positive Psychology is a necessary component of the preparation of a bachelor's degree applicant. As part of the "Positive Psychology" course, modern approaches to solving topical applied issues are studied. The key interest of science is the positive aspects of human life.

### Purpose and objectives of the disciplines

The purpose of the educational discipline "Positive Psychology" is to familiarize students with modern trends in psychological science. In the process of studying the discipline, the student develops the skill to notice the potential of the individual and develop it, receives information about the optimal functioning of the individual and about the criteria for such functioning in various spheres. The purpose of the discipline is not only theoretical clarification of the material, but also the formation of the need for self-development and helping others in this process

### Format of classes

Lectures, practical work, independent work, consultations. Final control - credit.

### Competencies

### MC1. Ability to apply knowledge in practical situations

### MC4. Ability to identify, pose and solve problems

### MC9. Ability to motivate people and move towards a common goal

### SC2. Ability to independently plan, organize and carry out psychological research with elements of scientific novelty and / or practical significance.

### SC3. Ability to choose and apply valid and reliable methods of scientific research and/or evidence-based methods and techniques of practical activity.

### SC4. Ability to carry out practical activities (training, psychotherapeutic, consulting, psychodiagnostic and other depending on specialization) using scientifically verified methods and techniques.

### SC9. The ability to adhere to the norms of professional ethics in professional activities and to be guided by universal human values.

### Learning outcomes

### PO1. Search, process and analyze professionally important knowledge from various sources using modern information and communication technologies.

### PO4. Make a psychological forecast regarding the development of individuals, groups, and organizations.

### PO10. Carry out an analytical search for scientific information relevant to the formulated problem and evaluate it according to adequacy criteria. PR11. Adapt and modify existing scientific approaches and methods to specific situations of professional activity.

### PO14. Provide psychological support for setting and achieving personal and professional goals of individuals and professional teams

**Scope of the discipline**

The total volume of the discipline is 120 hours. (3 ECTS credits): lectures – 32 hours, practical work – 32 hours, independent work – 62 hours, consultations – 2 hours, exam – 2 hours.

**Prerequisites for studying the discipline**

### To successfully pass the course, you need to know the disciplines "General Psychology", the section "Personality Psychology".

### Features of the discipline, methods and technologies of education

Lectures are conducted interactively using multimedia technologies. The following methods and technologies are used in lectures and practical classes: visual (illustration with practical examples); practical (exercises and diagnostic techniques); problematic (cases); interactive (mental maps, performances-presentations); independent (creative tasks, study of literature); training (reflection, discussion).

In practical work, students perform exercises and individual tasks with the aim of practical assimilation of the material discussed in the lecture.

According to the sources of knowledge, the following teaching methods are used: verbal - narration, explanation, instruction; visual - demonstration, illustration; practical work, group discussions, control works, testing.

According to the nature of the logic of knowledge, the following methods are used: analytical, synthetic, analytical-synthetic, inductive, deductive.

According to the level of independent mental activity, the following methods are used: problem-based, partially research-based, and research.

Educational materials are available to students in the Google Disk cloud environment.

## Program of educational discipline

### Topics of lectures

### Topic 1. The subject, tasks and methods of positive psychology

### Topic 2. Psychology of happiness

### Topic 3. Psychological well-being

### Topic 4 Positive emotions and emotional intelligence

### Topic 5. Optimism and hope

### Topic 6. Pursuit of goals and personal achievements

### Topic 7. The state of Flow

### Topic 8. The meaning of life

### Topic 9. Best sides and virtues f human personality

Topic 10 Wisdom and positive aging

Topic 11 Overcoming. Post-traumatic growth

### Topics of practical classes

Practice class 1 Scientific predecessors of positive psychology

Practice class 2 Actions of happiness, interventions of positive psychology

Practice class 3 Means of psychodiagnosis of psychological well-being

Practice class 4 Means of psychodiagnosis of self-assessment of the individual

Practice class 5 Strategies of optimism. Reframing..

Practice class 6 The SMART model of goal achievement.

Practice class 7 Attention as a factor of the Flow state.

Practice class 8 Value-meaning sphere of personality. Formation of personality meanings

Practice class 9 Means of psychodiagnosis of personality virtues and strengths

Practice class 10 Factors of positive aging of the personality

Practice class 11 Concept of psychological trauma and coping strategies in positive psychology

### Topics of laboratory works

Laboratory work within the discipline is not provided.

### Homework

The student's home work is limited to studying lecture material, preparing for practical classes, and performing calculation tasks.

Students are also recommended additional materials (videos, articles, textbooks) for independent study and analysis, preparation for lectures, practical and practical classes.

## Literature and educational materials

**Basic literature**

1. Argyle, M., (2001). The Psychology of Happiness. 2nd Edition. Routledge, Taylor & Francis Group, London and New York.
2. Hart, R., (2021). POSITIVE PSYCHOLOGY. THE BASICS. Routledge, Taylor & Francis Group, London and New York.
3. Boniwell, I., (2012) Positive Psychology in a Nutshell: the Science of Happiness. Open University Press.
4. Фоменко К.И., Кузнецова М.М. Оптимизм в структуре психической саморегуляции учебной деятельности студентов: к постановке проблемы. Перспективні питання психології. Збірник наукових праць «Актуальні проблеми реалізації адаптаційного потенціалу особистості в сучасних умовах життєздійснення». Випуск 1. Слов’янськ: Вид-во Б.І. Моторіна, 2016. С. 222–227.
5. Peterson, Ch., (2006). A Primer in Positive Psychology. Oxford University Press.
6. Fredrickson, B., (2009). Positivity. Published in the USA by Three Rivers Press.
7. Csiksztntmihalyi, M., (1991). Flow. The Psychology of Optimal Experience. Harper Perennial.
8. Lyubomirski, S., (2008). The How of Happiness. The Penquin Press, NY.
9. Carr, A. Positive Psychology. East Sussex: Routledge, 2004
10. Positive Psychology. Theory, Research and applications. London, Open university press, 2019. – 314 p..

**Additional literature**

1. Csiksztntmihalyi, M., (1997). Creativity. Flow and the psychology of discovery and invention. Harper Collins Publishers, NY.
2. . Diener, Ed., Biswas-Diener, R.,(2012). Happiness. Unlocking the Mysteries of Psychological Wealth. Blackwell Publishers
3. Linley, A. and Joseph, S. Positive Psychology in Practice. Hoboken, NJ: John Wiley and Sons, 2004.
4. Peterson, Ch., Seligman, M. (2004). Character Strengths and Virtues. A handbook and classification. Oxford University Press.
5. Wong, P. T. P. (2020). Existential Positive Psychology and Integrative Meaning Therapy
6. Wong, P. T. P. (2007). Viktor Frankl: Prophet of hope for the 21st century. In A. Batthyany & J. Levinson (Eds.), Anthology of Viktor Frankl’s Logotherapy. Phoenix, AZ: Zeig, Tucker & Theisen Inc.
7. Wong, P. T. P. (2010). What is Existential Positive Psychology? International Journal of Existential Psychology & Psychotherapy, 3(1), 1-10.

## Assessment system

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| Criteria for assess student performanceand distribution of points 100% of the final grade consists of assessment results in the form of an exam (20%) and ongoing assessment (80%).  Exam: written assignment (1 theory question + case) and oral presentation.  Current evaluation: completion of the calculation task (60%), and participation in practical classes (40%).. | Assessment scale  |  |  |  | | --- | --- | --- | | Total points | National marks | ECTS | | 90–100 | Excellent | A | | 82–89 | Good | B | | 75–81 | Satisfactory | C | | 64–74 | Bad | D | | 60–63 | Unsatisfactory | E | | 35–59 | Unsatisfactorily  (further study required) | FX | | 1–34 | Unsatisfactorily  (re-study required) | F | |

## Norms of academic ethics and policy of the course

The student must adhere to the Code of Ethics of Academic Relations and Integrity of NTU "KhPI": show discipline, education, benevolence, honesty, responsibility. Conflict situations should be openly discussed in study groups with the teacher, and if it is impossible to resolve the conflict, it should be brought to the attention of the employees of the institute's directorate.

Regulatory and legal support for the implementation of the principles of academic integrity of NTU "KhPI" is posted on the website: <http://blogs.kpi.kharkov.ua/v2/nv/akademichna-dobrochesnist/>

## Coordination

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| Syllabus agreed | Date of approval, signature | Head of Department Nina PIDBUTSKA |
|  | Date of approval, signature | Guarantor OP Anastasia KNYSH |