

Exchange programme / minor (Applied) Positive Psychology

Programme structure and credits

The semester will be divided into two ten-week periods. In each period there will be a mixture of lectures, workshops, training days, coaching and project time. If you pass all the assignments, you will receive 30 ECTS (1 ECTS = 28 hours = 840 hours).

Exchange Programme / minor Applied Positive Psychology 30 EC
Exploring Positive Psychology Theory and interventions 5 ECTS
Positive coaching skills 5 ECTS
Creating and sharing Happiness Mindfulness 5 ECTS
Positive Psychology in Practice: Developing and implementing interventions 15 ECTS

Competencies & Learning outcomes

By the end of the semester you will be able to:

- describe and explain major relevant theories and areas of research within the field of Positive Psychology;
- identify and discuss interventions based on Applied Positive Psychology;
- critically reflect on the value of the theories and different interventions on both personal development as well as for professional practice;
- apply positive coaching skills at a basic level;
- develop and implement an intervention based upon the knowledge of Positive Psychology for a specific group, organization or community using the method of Appreciative Inquiry.

Courses

As you can see in the schedule above the programme Applied Positive Psychology has 4 separate but interconnected courses.

Exploring Positive Psychology 5 ECTS

What makes people happy in the long run? Is it exercising or meditating on a regular basis? Is it starting new classes? Is it a raise in salary? Is it moving to a more sunny country? Is it making compliments? Is it buying a new Iphone? Is it counting your blessings? Is it winning the lottery? Is it moving to a town with lots of cultural facilities? Is it buying other people presents? Is it spending time with friends? Is it starting a hobby? Or is it loosing weight?

In this theoretical course you will be introduced to the body of knowledge of Positive Psychology. We will look at the questions above and you will learn which factors lead to an enduring sense of happiness. During classes theory is presented and discussed and you will do small exercises. You are invited to actively search for best practices in your home country.

Learning outcomes:

By the end of the semester you

- will be able to identify, describe and explain major relevant theories, areas of research and interventions within the field of Positive Psychology;
- have identified best practices of Positive Psychology in your home country.

Assessment

With a group of students you are going to study a topic of your interest. You are going to look for best practices in your home country. You will gather all the information and design a magazine on the topic.

Positive coaching skills 5 ECTS

Positive Psychology is not a spectator sport, it is all about doing! We will introduce you to some of the skills and techniques based on the ideas of Positive Psychology. To name but a few: mindfulness, creative writing, reflective listening, deep democracy, strenghts based interviewing, positive technology, etcetera. In the workshops you will learn about the techniques and during and in between the workshops you will practice them and reflect on them.

Learning outcomes:

By the end of the semester you can

- apply positive coaching techniques at a basic level;
- critically reflect on the value of the techniques on both personal development as well as for professional practice.

Assessment

After each workshop you will do a specific assignment in which you reflect on learning about, applying and experiencing that specific positive coaching skill.

Creating and sharing happiness (including Mindfulness) 5 ECTS

One size doesn't fit all! In this course we will zoom in on what makes **you** happy. You will test positive psychological interventions and exercises yourself and you will share your experiences with your classmates. You will not only share your experience with the interventions and exercises but you will actually share the things that make you happy. If you like to sing, we will sing. If you like to listen to specific music, we will do so!

Learning outcomes:

At the end of the semester you

- know what makes you happy
- can critically reflect on the value of the interventions on both personal development as well as for professional practice.

Assessment

During the semester you will keep a positive psychology diary in which you weekly reflect on the interventions.

Positive Psychology in Practice 15 ECTS

The question central to this course is: 'How can we make life better for a specific group of people, for an organization or for a community'. Within a multidisciplinary and multicultural team of students you will answer this question and you will develop and implement an intervention based on the knowledge and techniques of Positive Psychology you are gaining during the programme. The aim of the intervention is to create more happiness and wellbeing. In the first ten-week period you will develop the intervention using the method of Appreciative Inquiry. In the second ten-week period you will implement and evaluate the intervention.

Learning outcome:

- By the end of the semester you will be able to develop and implement an intervention to create more happiness and wellbeing for a specific group, organization or community based on the knowledge of Positive Psychology using the method of Appreciative Inquiry.

Assessment

At the end of the first period you will hand in your Action Plan which is the result of the appreciative inquiry. In the second period you will implement the intervention and you will present the outcome in the closing seminar and with the final report.