

The Hebrew University of Jerusalem

Syllabus

POSITIVE PSYCHOLOGY: SELECTED TOPICS - 51791

Last update 11-07-2016

HU Credits: 2

Degree/Cycle: 1st degree (Bachelor)

Responsible Department: psychology

Academic year: 0

Semester: Yearly

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Nurit Yirmiya

Coordinator Email: NYirmiya@gmail.com

Coordinator Office Hours: After class and by appointment

Teaching Staff:

Prof Nurit Yirmiya

Course/Module description:

Students will be exposed to selected topics in the area of Positive psychology via personal experience in the group and as part of ongoing homework in addition to reading selected papers and watching international lectures by leaders in the field.

Course/Module aims:

In-depth acquaintance with the field of Positive Psychology - Theory and Practice

Learning outcomes - On successful completion of this module, students should be able to:

Students will acquire theoretical and practical knowledge and experience in the field of Positive Psychology. They will each become an expert in at least one topic.

Attendance requirements(%):

100

Teaching arrangement and method of instruction: Lectures, Personal experience in the group and by completing tasks between meetings at home

Course/Module Content:

What is Positive Psychology? Learning about Positive Psychology, Flow and positive experience, Happiness, Positive thinking, Strength and Values, Well-being, Positive interpersonal relationships.

Required Reading:

Peterson, C. (2006). A Primer in Positive Psychology. Oxford University Press

Additional Reading Material:

Will be provided in class

Course/Module evaluation:

End of year written/oral examination 30 %

Presentation 10 %

Participation in Tutorials 20 %

Project work 0 %

*Assignments 40 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 0 %*

Additional information:

Please keep all Wed. times available. We will meet on some consecutive weeks