

# BEHV 1010 POSITIVE PSYCHOLOGY: THE SCIENCE OF HAPPINESS, RESILIENCE, AND WELLBEING

**Credit Points** 10

**Legacy Code** 102606

**Coordinator** Kell Tremayne ([https://directory.westernsydney.edu.au/search/name/Kell Tremayne/](https://directory.westernsydney.edu.au/search/name/Kell%20Tremayne/))

**Description** We live in an increasingly volatile, uncertain, complex, and ambiguous (VUCA) world which places greater emotional demands on people and organisations. This unit introduces the Positive Psychology theory, research and the practical evidence-based techniques to enhance wellbeing and resilience in an increasingly VUCA world. Positive psychology is an emerging field of academic study and practical application in personal and work settings which focuses on the creation of individual resilience, strengths and virtues, creativity and other indicators of human flourishing. Throughout this unit, students will be encouraged to actively engage and apply the positive psychology concepts taught within the course and to critically reflect on these experiences to bring about personal change.

**School** Psychology

**Student Contribution Band** HECS Band 4 10cp

Check your HECS Band contribution amount via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 1 subject

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Identify the major themes in the nature and history of positive psychology.
2. Discuss the important role of positive psychology in varying contexts.
3. Outline the key theoretical concepts and major empirical findings in the domains of positive psychology covered in the subject: optimism, resilience, wellbeing, motivation, cognition and emotion.
4. Critically reflect on positive psychology theory and empirical research.
5. Summarise the application of techniques learned in positive psychology.
6. Demonstrate the capacity to implement empirically-driven strategies explored within the subject.

## Subject Content

1. The Nature and History of Positive Psychology: Some of the questions we seek to answer are What is Positive Psychology? Where does Positive psychology fits into the history of psychology? Who should study/use positive psychology How Positive Psychology uses the Scientific Method?
2. Optimism and Resilience: What is the difference between irrational and realistic optimism? What is the evidence for optimism on various life outcomes? Can realistic optimism and resilience be learned? What are the different explanatory styles? How explanatory styles influence

resilience? Are there practical ways to have a flexible explanatory style in preparation for a stressor (rather than just response)?

3. Happiness: What is happiness and can it be measured? What is going on in the brain? Is happiness state or trait based? What is the research on the dynamic pursuit of happiness? How can we increase happiness and positive emotions? Is there a benefit to increasing happiness other than just feeling good? Are there practical evidence-based techniques to increase happiness?

4. Character strengths: Focus on individual differences in personality and strengths of character. Is there a 'happy' or 'successful' personality? Can we increase positive outcomes by first looking at individual strengths and individual weaknesses in performance/character?

5. Positive emotions and success outcomes. What is the relationship between positive emotions and many of life's success outcomes? Is this relationship causal? What are the theories that highlight this relationship? What practical evidence-based techniques can I bring into my daily life?

6. Meaning, purpose, and positive connections. What i

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/Group Task
Reflection Report on Activities	2 x 1000 words each	40	N	Individual
Quizzes	450 words in total	30	N	Individual
Final Exam	1 hour	30	N	Individual

Teaching Periods

## Autumn

### Bankstown

#### Day

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### Penrith (Kingswood)

#### Day

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### Parramatta - Victoria Rd

#### Day

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## **WSU Online TRI-1**

### **Wsu Online**

#### **Online**

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## **WSU Online TRI-3**

### **Wsu Online**

#### **Online**

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