

SCHOOL OF EDUCATIONAL SCIENCES AND SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY AND SOCIAL WORK
(CIP file- Classification of instructional programmes)

Course unit title:	POSITIVE PSYCHOLOGY		
Course unit code:	PPSY401		
Type of course unit:	CORE		
Level of course unit:	B.SC		
Year of study:	4th		
Semester when the unit is delivered:	FALL		
Number of ECTS credits allocated :	6		
Name of lecturer(s):	Dr. LOUKIA DEMETRIOU		
Learning outcomes of the course unit:	<p>Upon completion of the course students are expected to :</p> <ul style="list-style-type: none"> • Describe, compare and discuss central theories of Positive Psychology. • Understand the scientific framework of positive psychology as defined by the bio-psycho-social model of mental health approach. • Develop critical thinking and use scientific reasoning to evaluate different approaches and research results • Evaluate the existing research methods and applications of Positive Psychology taking into account multiculturalism as an approach. • Become familiar with the basic principles, methods, limitations and effectiveness of applications of positive psychology. • Understand the applications of therapeutic interventions of positive psychology in various fields, such as education, work, mental and physical health. 		
Mode of delivery:	<ul style="list-style-type: none"> • Lectures using slides [PowerPoint] • Short documentary screenings on issues relevant to development • Group assignments • Discussion in class – development of critical thinking • Presentations by students 		
Prerequisites:	NONE	Co-requisites:	NONE
Course contents:	<p>Introduction: The philosophical and historical evolutions of positive psychology</p> <ul style="list-style-type: none"> • Basic Concepts of Positive Psychology: Happiness, Hope, Optimism, "Enjoyment", Durability • Positive elements of character and virtues • Optimal well-being throughout life. • Positive emotions and cardiovascular diseases, positive emotions and motherhood. • Positive psychology from an intercultural perspective. • Positive psychology and organizational culture 		

	• The "curse" and the future of positive psychology
Recommended and/or required reading:	<ul style="list-style-type: none"> • Compton, W. & Hoffman, E. (2013). Positive Psychology: The Science of Happiness and Flourishing. Belmont, CA: Wadsworth. • Lopez, S. Et al. (2014). Positive Psychology: The Scientific and Practical Explorations of Human Strengths. Sage Publications.
Textbooks:	Μπούτρη, Α., Σταλίκας, Α. (2011). Εισαγωγή στη Θετική Ψυχολογία. Αθήνα: Εκδόσεις Τόπος
References:	<ul style="list-style-type: none"> • Muller, G. (2016). Η Τέχνη της προσωπικής επικοινωνίας. Αθήνα: Εκδόσεις Διόπτρα • Peiffer, V. (1994). Θετική Σκέψη. Αθήνα: Εκδόσεις Διόπτρα • Other selected articles and / or chapters
Planned learning activities and teaching methods:	<ul style="list-style-type: none"> ✓ Presentation / Lecture – with the use of PowerPoint slides). ✓ Discussion (s) in class: Small group discussions using case studies ✓ Presentation of short assignments by students.
Assessment methods and criteria:	<ol style="list-style-type: none"> I. Mandatory class attendance II. Completion of assignments and participation in classroom activities (discussions). III. Completion of personal or group assignments [20%] IV. Participation in the Midterm(s) [30%] V. Participation in the final exams [50%]
Language of instruction:	GREEK
Work placement(s):	NONE