Bemidji State University

PSY 3636: Positive Psychology

A. COURSE DESCRIPTION

Credits: 4
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course introduces students to the rapidly growing field of positive psychology. Positive Psychology encompasses the study of positive experiences, positive character traits, positive relationships, and the institutions (education, work, family, leadership) and practices that facilitate their development. This course reviews the history of positive psychology, empirical support for the field, measurement, and implications of deliberately attempting to increase happiness and well-being. Throughout the course students will engage in experiential learning and practical exercises to increase well-being, which will inform their theoretical and empirical understanding of important questions in positive psychology.

B. COURSE EFFECTIVE DATES: 08/01/2024 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. History and development of Positive Psychology
2. Culture and Positive Psychology
3. Classification and measures of strengths
4. Role of culture in developing strengths and living well
5. Living well through the lifespan
6. Principles of Pleasure (positive affect, emotions, happiness)
7. Positive cognitive states and processes (self-efficacy, optimism, hope)
8. Wisdom and courage
9. Mindfulness, flow and spirituality
10. Prosocial behavior (empathy, love, forgiveness)
11. Understanding and changing human behavior
12. Positive environments (schools, work)

D. LEARNING OUTCOMES (General)

1. explore and articulate key concepts, findings, and controversies in the emerging field of positive psychology.
2. evaluate and apply opportunities for growth using principles of positive psychology.
3. develop a basic understanding of the research methods (including measures, interventions, and research paradigms) in positive psychology.
4. review and evaluate with innovative programs and practices in positive psychology.
5. articulate from first-hand experience with positive psychology activities a perspective on how positive psychology is (or is not) relevant to your life.
E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted