

### Selected courses in English in the academic year 2010/2011

KUL institute/department:	Institute of Psychology
Course title:	<b>Positive psychology</b>
Lecturer (name, surname):	Mariola Łaguna
Title/position:	dr
ECTS credits:	3
Course duration (1 <sup>st</sup> , 2 <sup>nd</sup> or both semesters):	1 <sup>st</sup> semester
Number of hours per week:	2
Course type:	Nonobligatory lecture
Level:	IV and V years psychology students and others
Course description:	<ol style="list-style-type: none"> <li>1. Introduction – the field of positive psychology, general ideas, representatives, links between different concepts, current discussions</li> <li>2. Optimism – Scheier and Carver’s conception of the optimism, optimism in the Seligman’s conception, methods of measure, empirical research grounded in these theories, applications</li> <li>3. Hope – the Snyder’s concept of hope, Trzebiński and Zięba’s basic hope conception, methods of measure, empirical research grounded in these theories, applications</li> <li>4. Self-efficacy – Bandura’s conception of self-efficacy, general and specific self-efficacy, methods of measure, empirical research grounded in the theory, applications</li> <li>5. Self-esteem – low, high, optimal self-esteem and its consequences, method of measure, empirical research, applications</li> <li>6. Positive emotions – the role of positive emotions in humans’ functioning – Fredrickson’s explanations, method of measure, empirical research, applications</li> <li>7. Mindfulness and flow – the Ryan and Deci’s concept of mindfulness, the McCullough’s concept of mindful attentiveness, the</li> </ol>

	<p>Csikszentmihalyi's concept of flow, methods of measure, empirical research grounded in these theories, applications</p> <ol style="list-style-type: none"> <li>8. Happiness – the approaches to happiness and subjective well-being, global assessment of life satisfaction, method of measure, empirical research</li> <li>9. Gratitude and forgiveness - McCullough, Emmons, and Tsang's conception of the grateful disposition, Enright's conception of forgiveness, methods of measure, empirical research grounded in the theories, applications</li> <li>10. Goals – Little's conception of personal projects, Locke and Latham's goal setting theory, Gollwitzer's model of action phases, methods of measure, empirical research, applications</li> <li>11. Strengths and virtues – Peterson and Seligman's conception, Linley's conception, methods of measure, empirical research, applications</li> <li>12. Summary – positive diagnosis, history and critique of positive psychology movement</li> </ol>
<p>Required reading list:</p>	<p>Bandura, A. (2001). Social cognitive theory: An agentic perspective. <i>Annual Review of Psychology</i>, 52, 1-26.</p> <p>Held, B.S. (2004). The negative side of positive psychology. <i>Journal of Humanistic Psychology</i>, 44, 9-46.</p> <p>Linley, P. A., &amp; Joseph, S. (Eds.). (2004). <i>Positive psychology in practice</i>. Hoboken: John Wiley &amp; Sons.</p> <p>Seligman, M.E. &amp; Csikszentmihalyi, M. (2000). Positive psychology: An introduction. <i>American Psychologist</i>, 55, 5-14.</p> <p>Snyder, C.R. &amp; Lopez, S. (2002). <i>Handbook of positive psychology</i>. New York: Oxford University Press.</p>
<p>Prerequisites:</p>	<p>Not required</p>
<p>Assessment method:</p>	<p>Attendance and active participation</p>
<p>Contact person for further information (name, surname, e-mail, phone):</p>	<p>Mariola Łaguna laguna@kul.pl 081 445 33 38</p>

