1 Name, Scope and Level of the Course
The course is provided by the University of Skövde and is named Positive Psychology and Wellbeing G1N. It comprises 7.5 credits and is on basic level. The level of progression of the course is G1N.

2 Objectives
After the completed course the student should be able to:

- describe how positive psychology is related to other areas of psychology and other science,
- describe the philosophical foundations of positive psychology and the science of happiness,
- describe the main areas of positive psychology (happiness, life satisfaction, human strengths and virtues),
- give an account of the leading theories of positive psychology,
- give an account of the most important empirical findings and new discoveries in this field,
- discuss and explain practical applications of positive psychology (happiness interventions),
- plan and carry out a personal happiness intervention program,
- describe the measurement of happiness, life-satisfaction, character strengths etc. in positive psychology,
- use scientifically validated methods of happiness measurement

3 Course Content
This course is an introduction to positive psychology. It is a new branch of science that studies happiness, subjective well-being, human strengths and virtues, and positive states of consciousness. The practical applications of positive psychology aim to increase the subjective quality of life, life satisfaction, and they promote flourishing, and fulfillment. The results and methods of positive psychology can be used to strengthen positive mental health and prevent negative states of consciousness. This course gives an introduction to this new and rapidly growing field, its main theories, theorists and empirical results as well as their practical applications.

The theoretical knowledge will be applied in measurements, tests, demonstrations, personal interventions and practical activities.

4 Forms of Teaching
The teaching comprises lectures and seminars/group discussions.

The teaching is conducted in English.

5 Examination
The course is graded A (Excellent), B (Very good), C (Good), D (Satisfactory), E (Sufficient) or F (Fail).

Registration of examination results:
<table>
<thead>
<tr>
<th>Name of examination</th>
<th>Credits</th>
<th>Grading</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervised examination(^1)</td>
<td>4 credits</td>
<td>A/B/C/D/E/F</td>
</tr>
<tr>
<td>Written assignment</td>
<td>3.5 credits</td>
<td>G/U</td>
</tr>
</tbody>
</table>

\(^1\) Determines the final grade of the course.

Students with a permanent disability who have been approved for special educational support may be offered adapted or alternative examinations.

6 Admission Requirements

General requirements for university studies (or the equivalent).

7 Subject, Main Field of Study and Disciplinary Domain

The course forms a part of the academic subject area of Cognitive Neuroscience. The course is a part of the main field of study in Cognitive Neuroscience at the University of Skövde. The course can also be a part of the main field of study in Cognitive Science. The disciplinary domain of the course is Natural Sciences.

Every course at the University of Skövde belongs to a subject. The division of subjects is used for follow-up and quality assurance. A main field of study is an area in which a degree can be awarded. Disciplinary domain is a division which is used by the government for the allocation of resources for studies at basic level and advanced level.

8 Approval of Course and Course Syllabus

The course was approved by the Curriculum Committee for Bioscience on 26 April 2018. This course syllabus was approved by the Curriculum Committee for Bioscience on 22 November 2018. It is valid from 1 July 2019.

9 Overlapping with Another Course

This course cannot constitute a part of a degree also containing a course the content of which is totally or partly equivalent to the content of this course.

10 Additional Information

Further information will be available on the university’s website before a course is given.

National and local regulations for higher education are available on the university’s website.

Upon completion of the course there will be a follow-up. The main purpose of this follow-up is to contribute to improvements of the course. The students’ experiences and views constitute one of the criteria for the follow-up and are gathered by means of course evaluations. The students will be informed of the results of the follow-up and any decisions regarding actions that are to be taken.

11 Course Literature and Other Educational Materials

Main literature


Scientific articles and other relevant material according to the teacher’s instructions may be added.

Reference
