



香港教育大學

The Education University  
of Hong Kong

# Master of Arts in Positive Psychology in Education



Faculty of Education  
and Human Development  
教育及人類發展學院



Department of  
PSYCHOLOGY  
心理學系



## **Disclaimer**

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## What is Positive Psychology?

- **Positive psychology** is the scientific study of positive subjective experiences, positive individual traits, and positive institutions that promote quality of life and prevent pathologies from occurring.

## What is Positive Education?

- **Positive education** is an approach that integrates evidence-based means of promoting character, life skills, and well-being with traditional education principles for academic learning.



# Special Features of MA(PPE)

- **One of the first in Hong Kong** to address the interplay between positive psychology and positive education
- **One of the first in Asia** to provide training in positive psychology and positive education
- Emphasises the **integration of theory and practice**
- On successful completion of the course “Mental Health Support for Young People”, students become qualified **Youth Mental Health First Aiders**, with a Certificate in Youth Mental Health First Aid issued by the Mental Health Association of Hong Kong

# Programme Intended Learning Outcomes

- Upon successful completion of the programme, students should be able to:

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**PILO<sub>1</sub>** **demonstrate** a comprehensive understanding of professional knowledge in positive psychology and positive education;

**PILO<sub>2</sub>** **utilise** major positive psychological theories/principles to identify and analyse factors influencing well-being through different perspectives;

**PILO<sub>3</sub>** **integrate** major theories/principles of positive psychology to innovatively and sensibly address real life issues and challenges in educational and community settings;

**PILO<sub>4</sub>** **evaluate** theoretical foundations and practical applications of positive psychology and positive education using rigorous scientific principles and ethical standards; and

**PILO<sub>5</sub>** **design and implement** professional, effective, and ethical positive psychology interventions and positive education programmes in local, regional, and global contexts.

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## **Participants**

- Bachelor degree holders, especially those who wish to build a career or pursue further studies in areas of psychology and education.

## **Medium of Instruction**

- The medium of instruction is English.

# Programme Structure

- The programme comprises **24 credit points (cps)**
  - **One year of full-time** or **Two years of part-time**
- Students are required to complete
  - **5 core courses** and **3 (out of 4) elective courses** for graduation
  - Each course carries 3 cps
- Classes are scheduled on **weekday evenings** (6:30pm – 9:20pm) and/or **Saturdays** at the EdUHK Tai Po campus

# Courses

	Credit Points
<b>Core Courses</b> <ul style="list-style-type: none"><li>■ Positive Psychology</li><li>■ Positive Education</li><li>■ Positive Psychology Interventions</li><li>■ Engagement, Meaning, and Happiness in Learning and Teaching</li><li>■ Research Methods in Positive Psychology</li></ul>	15
<b>Elective courses (choose 3 out of 4 courses)</b> <ul style="list-style-type: none"><li>■ Mindfulness in Education</li><li>■ Parenting and Child Flourishing</li><li>■ Mental Health Support for Young People</li><li>■ Capstone Project</li></ul>	9
<b>Total</b>	24

# Courses

**Know theoretical foundations and practical applications in positive psychology and positive education**

- Positive Psychology
- Positive Education
- Positive Psychology Interventions
- Engagement, Meaning, and Happiness in Learning and Teaching

**Evaluate research evidence in positive psychology and positive education**

- Research Methods in Positive Psychology

**Diversify and extend the knowledge and skills in different contexts**

- Mindfulness in Education
- Parenting and Child Flourishing
- Mental Health Support for Young People

**Develop, plan, and execute an individual inquiry-based project**

- Capstone Project

# Courses

Mode of Study	Year	Semester	Courses	Course Title
<b>Full-time</b> (4 courses per semester for 1 year)	1	I	<b>4 Core</b>	<ul style="list-style-type: none"> <li>• Positive Psychology</li> <li>• Positive Education</li> <li>• Positive Psychology Interventions</li> <li>• Research Methods in Positive Psychology</li> </ul>
			<b>1 Core</b>	<ul style="list-style-type: none"> <li>• Engagement, Meaning, and Happiness in Learning and Teaching</li> </ul>
		II	<b>3 Elective</b>	<ul style="list-style-type: none"> <li>• Mindfulness in Education</li> <li>• Parenting and Child Flourishing</li> <li>• Mental Health Support for Young People</li> <li>• Capstone Project</li> </ul>
<b>Part-time</b> (2 courses per semester, for 2 years)	1	I	<b>2 Core</b>	<ul style="list-style-type: none"> <li>• Positive Psychology</li> <li>• Positive Education</li> </ul>
			<b>1 Core</b>	<ul style="list-style-type: none"> <li>• Engagement, Meaning, and Happiness in Learning and Teaching</li> </ul>
		II	<b>1 Elective</b>	<ul style="list-style-type: none"> <li>• Mindfulness in Education</li> <li>• Parenting and Child Flourishing</li> <li>• Mental Health Support for Young People</li> </ul>
	2	I	<b>2 Core</b>	<ul style="list-style-type: none"> <li>• Positive Psychology Interventions</li> <li>• Research Methods in Positive Psychology</li> </ul>
		II	<b>2 Elective</b>	<ul style="list-style-type: none"> <li>• Mindfulness in Education</li> <li>• Parenting and Child Flourishing</li> <li>• Mental Health Support for Young People</li> <li>• Capstone Project</li> </ul>

# Prospects

- Provide incremental values of professional development for:
  - **Principals, teachers**, teaching assistants, and programme coordinators in kindergarten, primary, and secondary **school settings**
  - **Counsellors and social workers** in school and community settings
  - **Project and liaison officers** in public organisations, private enterprises, advocacy and social policy groups, and community **agencies that provide children and youth services**
  - **Human resources** officers and managerial staff in public and private sections that provide training and support to staff
  - **Administrators** in government, academic institutions, and non-governmental **organisations that promote mental health among general public**
- Provide a strong foundation for further studies
  - to be a **researcher or practitioner** in areas of psychology and education

# General Admission Requirements

- Applicants should hold a recognised **Bachelor's degree**.
- Applicants whose entrance qualifications were obtained from an **institution in a non-English speaking system** should normally fulfil one of the following minimum English proficiency requirements:
  - IELTS 6.0; or
  - Grade C or above in GCSE / GCE OL English; or
  - TOEFL score of 80 (internet-based test); or
  - Band 6 in the Chinese Mainland's College English Test (CET) (a total score of 430 or above and the test result should be valid within two years); or
  - Other equivalent qualifications

# Tuition Fee

- **HK\$132,000** (provisional and subject to adjustment)
- Extension fees will be charged to students who have to extend their studies beyond the normal duration (i.e. 1 year for full-time and 2 years for part-time).

## Programme Information

- [www.eduhk.hk/mappe](http://www.eduhk.hk/mappe)

## Programme Enquiries

- Tel: 2948 8544
- Fax: 2948 8454
- Email: [mappe@eduhk.hk](mailto:mappe@eduhk.hk)

www.

