

Course Title	:	Positive Psychology
Course Code	:	GEK1016
Department	:	Psychology

Synopsis

This course aims at equipping students with knowledge in the major concepts and theories in positive psychology and skills to improve their psychological well-being, satisfaction, happiness and quality of life. Some key constructs in positive psychology will be highlighted and thoroughly discussed in the course. They are resilience, optimism and hope, flow, self-efficacy, elements in positive relationships (which include altruism, empathy, gratitude and forgiveness), and emotional competence. Drawing upon relevant theories and practices in the field of positive psychology, this course adopts the strength-based approach. Students will learn to identify their strengths and develop positive attitudes, purposes and engagement in their lives. In the course, students will have the opportunities to reflect on their life experiences and will be encouraged to apply the learned skills and attitudes to contribute to their present and future life contexts, such as family, schools, communities, and workplaces.