

<b>Course Title</b>	:	<b>Positive Education for Well-being in Everyday Life</b> 追求幸福感的正向教育
<b>Course Code</b>	:	<b>GEK2008</b>
<b>Department</b>	:	<b>Special Education and Counselling</b>

### **Synopsis**

This course examines the use of positive education for the promotion of individuals' psychological well-being and its application in everyday life. Positive education brings in the science of positive psychology that emphasizes individual strengths and personal motivation to promote learning. It introduces concepts and fundamental principles of positive education and factors that facilitate optimal human functioning, and puts an emphasis on the use of evidence-based approaches for the study of positive education. Its key dimensions will be introduced, such as character strengths, positive emotion, positive characters and positive relationships, aimed at developing and strengthening individuals' well-being and optimal functioning in various aspects of everyday life, such as academic, family and career. This course employs an interactive and experiential approach to learning, with the inclusion of community engagement and partnership with various organizations, including partner schools, NGOs, and government departments (like Wetland Park, Fishery and Agriculture Department, Countryside Parks, and so forth) in the process of learning.