



香港教育大學

The Education University
of Hong Kong

Master of Arts in Positive Psychology in Education

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Faculty of Education
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教育及人類發展學院



Department of
PSYCHOLOGY
心理學系



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 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 “Youth Mental Health First Aid”, 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:

PILO₁	demonstrate a comprehensive understanding of professional knowledge in positive psychology and positive education;
PILO₂	utilise major positive psychological theories/principles to identify and analyse factors influencing well-being through different perspectives;
PILO₃	integrate major theories/principles of positive psychology to innovatively and sensibly address real life issues and challenges in educational and community settings;
PILO₄	evaluate theoretical foundations and practical applications of positive psychology and positive education using rigorous scientific principles and ethical standards; and
PILO₅	design and implement professional, effective, and ethical positive psychology interventions and positive education programmes in local, regional, and global contexts.



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.
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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
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Courses

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

Diversify and extend the knowledge and skills in different contexts

- Mindfulness in Education
- Parenting and Child Flourishing
- Youth Mental Health First Aid

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

- Capstone Project

Courses

Mode of Study	Year	Semester	Courses	Course Title
Full-time	1	I	4 Core	<ul style="list-style-type: none"> Positive Psychology Positive Education Positive Psychology Interventions Research Methods in Psychology
			1 Core	<ul style="list-style-type: none"> Engagement, Meaning, and Happiness in Learning and Teaching
		II	3 Elective	<ul style="list-style-type: none"> Mindfulness in Education Parenting and Child Flourishing Youth Mental Health First Aid Capstone Project
Part-time	1	I	2 Core	<ul style="list-style-type: none"> Positive Psychology Positive Education
			1 Core	<ul style="list-style-type: none"> Engagement, Meaning, and Happiness in Learning and Teaching
		II	1 Elective	<ul style="list-style-type: none"> Mindfulness in Education Parenting and Child Flourishing Youth Mental Health First Aid
	2	I	2 Core	<ul style="list-style-type: none"> Positive Psychology Interventions Research Methods in Psychology
		II	2 Elective	<ul style="list-style-type: none"> Mindfulness in Education Parenting and Child Flourishing Youth Mental Health First Aid Capstone Project

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

Programme Information

- www.eduhk.hk/mappe

Programme Enquiries

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