



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**
- Our programme offers credit-bearing training on **mental health first aid** by qualified instructor(s). Students who complete the training module, which is subject to quota, can become qualified mental health first aiders, with a Certificate 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.

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 elective courses** for graduation
 - Each course carries 3 cps
- Full-time students will attend 4 classes per week and part-time students will attend 2 classes per week. Classes in the same or different semester(s) may be scheduled on **weekday evenings** (6:30pm – 9:20pm), **weekends** and/or **during long holidays** at the Tai Po Campus / Tseung Kwan O Study Centre / North Point Study Centre / Kowloon Tong Satellite Study Centre and/or other locations as decided by the University.

Courses

	Credit Points
Core Courses <ul style="list-style-type: none"> Positive Psychology 正向心理學 Positive Education 正向教育 Positive Psychology Interventions 正向心理干預 Engagement, Meaning, and Happiness in Learning and Teaching 學習與教學的參與、意義和幸福感 Research Methods in Positive Psychology 正向心理學研究方法 	15
Elective courses <ul style="list-style-type: none"> Mindfulness in Education 正念與教育 Parenting and Child Flourishing 親職與兒童心盛發展 Mental Health Support for Young People 青年精神健康支援 Capstone Project 統整項目 Cultural Perspectives on Well-being 幸福感的文化角度 Human Development across the Lifespan^ 人類發展心理學 Stress and Coping^ 壓力與處理 Interpersonal Communication Skills^ 人際關係的溝通技巧 	9
Total	24

^ This is a cross-listed course with the Master of Social Sciences in Psychology (Schools and Community Settings) [MSocScP(SCS)] programme

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
- Cultural Perspectives on Well-being

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

- Capstone Project

Courses

Mode of Study	Year	Semester	Courses	Course Title
Full-time (4 courses per semester for 1 year)	1	I	4 Core	<ul style="list-style-type: none"> Positive Psychology Positive Education Positive Psychology Interventions Research Methods in Positive Psychology
			1 Core	<ul style="list-style-type: none"> Engagement, Meaning, and Happiness in Learning and Teaching
		II	3 Elective	
Part-time (2 courses per semester, for 2 years)	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	
	2	I	2 Core	<ul style="list-style-type: none"> Positive Psychology Interventions Research Methods in Positive Psychology
		II	2 Elective	

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 qualification was 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

The results of IELTS/TOEFL provided should be within two years (i.e., for the 2025/26 intake, the IELTS/TOEFL test must be obtained on or after 1 Jan 2023); and

The results of IELTS/TOEFL should be “taken in test centres” (i.e., tests taken online such as IELTS indicator/IELTS Online and TOEFL Home Editions are NOT accepted).

Tuition Fee

- **HK\$151,200** (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

Programme Enquiries

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