

Course Title	:	Positive Psychology and Positive Living
Course Code	:	BEH301
No. of Credits/Term	:	3
Mode of Tuition	:	Lecture/Tutorial
Class Contact Hours	:	42 hours (3 hours per week)
Category in Major Programme	:	Stream Elective – BSMS, CSIP, minor in Behavioural Science
Prerequisite(s)	:	BEH102, BEH103, or BEH201
Co-requisite(s)	:	None
Exclusion(s)	:	None
Exemption Requirement(s)	:	None

Brief Course Description

This course introduces the new development of positive psychology, specifically the applied positive psychology perspective, to enhance personal happiness and resilience, individual health, and productivity of institutions. The course also highlights positive psychology ideas and science, and some ideas of Buddhism in psychological intervention work in different settings.

Aims

1. To provide students with a new focus and development in psychology on the positive aspects of life
2. To equip students with an initial scientific overview of the positive in humankind
3. To investigate what makes life worth living by positive emotion, positive character, positive relations, and positive institutions
4. To gain understanding of some empirically documented interventions of human strengths such as optimism, hope, positive affect, humour, and self-efficacy in different settings
5. To help students to show more enthusiasm to life

Learning Outcomes

On completion of this course students should be able to:

1. Give a brief account of human virtues as strengths among individuals
2. Apply human strengths in solving some social problems in societies
3. Compare and contrast some philosophical ideas and practices of Buddhism and positive psychology in psychological intervention.
4. Learn more about the fascinating world of applied psychology
5. Appreciate better the merits of the empirical world

Indicative Content

I. Introduction

Historical Development of Positive Psychology and the Applied Positive Psychology Perspective

Psychology and Buddhism

Philosophical Foundations: Character Strengths and Virtues across Cultures

II. Values in Pursuit of Good Lives

Healthy Values to Well-being

Subjective Well-being & Life Satisfaction: The Science of Happiness & Positive Affect

A Good Lives Model: Nine Primary Goods

III. Human Strengths in Practice

A Model of Resilience/Resiliency in Western and Chinese Societies

Strengths of Courage: Persistence (Perseverance), Vitality (Zest, Enthusiasm, Vigor, Energy)

Strengths of Humanity: Social Intelligence, Positive Relations, Positive Communication

Strengths of Temperance: Forgiveness

Strengths of Transcendence: Gratitude, Hope (Optimism), Humour

IV. Positive Living & Psychological Interventions in Different Settings

Applying to Mental Health: Positive Psychotherapy, Mindfulness Training

Applying to Workplace: Positive OB, Psychological Capitals, Work Engagement

Applying to Ageing: Positive Ageing

Teaching Method

Lectures combined with tutorials. Students are encouraged to choose topics to conduct mini-projects relating to positive living in Chinese societies for presentation during tutorials. Guest speakers will be invited for some lectures. Audio-visual aids such as videos will be supplemented during lectures and tutorials.

Measurement of Learning Outcomes

- Students' comprehension and synthesis of positive psychology ideas and science can be assessed in term paper and examination
- Students' communication skills can be assessed by their presentations in class and the ways they handle Q & A.
- Students' critical thinking can be assessed by doing critics on a chosen journal articles, evaluating the strengths and weaknesses of an empirical study.

- Students' application of positive psychology theories to real-life examples through the topics they choose in tutorial presentations, essays, and examination
- Students' attitudes to life by showing more love and concern to family members, friends and others in the community

Assessment

Continuous assessment :	50% (tutorial presentation – 20%, mini project and term paper – 30%)
Examination :	50%

Required Text

Hanna, S.L., Suggett, R., Radtke, D., and Person to Person, New Jersey: Pearson-Prentice Hall, 2nd Ed., 2008.

Linley, P. A., and Joseph, S., Positive psychology in practice. Hoboken, N.J.: Wiley, 2004.

Supplementary Readings

Books:

Aponte, J. F., and Wohl, J., Psychological intervention and cultural diversity. Boston : Allyn and Bacon, 2000.

Dockett, K. H., Dudley-Grant, G. R., and Bankart, C. P., Psychology and Buddhism : from individual to global community. New York: Kluwer Academic/Plenum Publishers, 2003.

Glantz, M. D., and Johnson, J. L., Resilience and development: positive life adaptations. New York: Kluwer Academic/Plenum Publishers, 2002.

Kahneman, D., Diener, E., and Schwartz, N., Well-being: the foundations of hedonic psychology. New York: Russell Sage Foundation, 1999.

Keyes, C. L. M., and Haidt, J. (Eds.), Flourishing: Positive Psychology and The Life Well-lived, Washington, DC: American Psychological Association, 2003

Luthans, F., Youssef, C.M., and Avolio, B. J., Psychological Capital: Developing the Human Competitive Edge. New York: Oxford University Press, 2007.

Nelson, D.L., and Cooper, C.L., Positive Organizational behavior. London: SAGE Publications Ltd, 2007.

Peterson, C., A primer in positive psychology. New York: Oxford University Press,

2006.

Peterson, C., and Seligman, M., *Character strengths and virtues: A handbook and classification*. New York: Oxford University Press, 2004.

Seligman, M. E. P., *Learned Optimism: How to change your mind and your life*, New York: Free Press, 1990.

Seligman, M. E. P., *Authentic Happiness*, New York: Free press, 2002.

Snyder, C. R., and Lopez, S. J., (Eds.), *Handbook of Positive Psychology*, New York: Oxford, 2002.

Key Journals:

Journal of Psychology in Chinese Societies, Vol. 8, No.1, The Hong Kong Psychological Society and The Chinese University Press.

The Journal of Positive Psychology, Routledge: Taylor & Francis Group

Articles and Book Chapter

林琳 ,時勘, 蕭愛鈴. (2008). 工作投入的研究現狀與展望 (The review of work engagement). **Management Review 管理评论**, 19, (2), 50-57.

Bonanno, G. A. (2004). Loss, trauma, and human resilience: have we underestimated the human capacity to thrive after extremely aversive events? *American Psychologist*, 59, 20-28.

Diener, E. Subjective well-being: The science of happiness and a proposal for a national index. *American Psychologist*, 55,34-43..

Luthans, F., and Youssef, C.M., Emerging positive organizational behavior, *Journal of Management*, 33, 321-349, 2007.

Luthans, F., Avolio, B.J., Walumbwa, F.O., & Li, W. (2005). The psychological capital of Chinese workers: exploring the relationship with performance. *Managerial and Organization Review*, 1, 247-269.

Seligman, M. E. (2000). Positive psychology: An introduction. *American Psychologist*, 55, 5-14.

Siu, O.L. (2006). Resilience. *Peking U Business Review*, April 2006, 72-74. (in Chinese)

- Siu, O.L. (2007). Locus of control. In S. Rogelberg (Ed.), *Encyclopedia of Industrial/Organizational Psychology*, Vol 1, pp.461-462. CA, Thousand Oaks SAGE publications.
- Siu, O.L., Chow, S.L., Phillips, D.R., & Lin, L. (2006). An Exploratory Study of Resilience Among Hong Kong Employees: Ways to Happiness. In L.S. Ho and Y. K. Ng (Eds.), *Happiness and Public Policy: Theory, Case Studies, and Implications*. Pp. 209-220. Palgrave Macmillan.
- Siu, O.L., Lu, C.Q., & Spector, P.E. (2007). Employees' well-being in Greater China: The direct and moderating effects of general self-efficacy. *Applied Psychology: An International Review*, 56, 288-301.
- Siu, O. L., Phillips, D. R., & Lin, L. (2007). Exploring Psychological Capital to Face New Challenges of Global Business: Evidence from Chinese employees. In conference proceedings of AIB conference held in Hangzhou, China, 6-8 Dec, 2007.