

NAME OF THE COURSE		Positive psychology				
Code	PMS150	Year of study				
Course teacher	doc.dr. sc. Nikola Marangunić	Credits (ECTS)	2,0			
Associate teachers		Type of instruction (number of hours)	L	S	E	F
			15	15		
Status of the course		Percentage of application of e-learning				
COURSE DESCRIPTION						
Course objectives	Knowledge about concept of happiness, satisfaction and meaning of life as well as motivating personal strengths in its accomplishment.					
Course enrolment requirements and entry competences required for the course	No					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>Upon completion of the course students will be able to:</p> <ol style="list-style-type: none"> 1. Interpret position of Positive psychology as a scientific discipline in the field of psychology. 2. Describe fundamental concepts from the field of happiness, well being, positive motivation and emotions. 3. Describe new psychological models which are standing in the basis of human well being and life meaning research. 4. Define theoretical research directions of positive emotions. 5. Name a motivational cycle of encouraging personal strengths in reaching more positive life stand. 6. Interpret ways of educating children to become creative, brave, tolerant and kind adults. 					
Course content broken down in detail by weekly class schedule (syllabus)	<ol style="list-style-type: none"> 1. Course introduction; 2. Introduction to the field of positive psychology; 3. What is happiness?; 4. Positive states: positive emotions; 5. Positive states: subjective well being; 6. Happy and unhappy people/children: position, traits, motivation; 7. Positive relationships Part 1; 8. Positive relationships Part 2; 9. Positive community Part 1; 10. Positive community Part 2; 11. Positive community Part 3; 12. Positive psychology in practice: pre-school education; 13. Positive psychology in practice: optimistic child; 14. Positive psychology in practice: positive adolescence; 15. Future of positive psychology. 					
Format of instruction						
Student responsibilities	Attending lectures, active participation, written seminar.					

Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)	Name	Ects	Name	Ects	Name	Ects
Grading and evaluating student work in class and at the final exam	The presence and activity in class, seminar papers.					
Required literature (available in the library and via other media)	Title			Number of copies in the library	Availability via other media	
				0		
Optional literature (at the time of submission of study programme proposal)	1. Miljković, D. i Rijavec, M. (2004). Tri puta do otoka sreće. IEP, Zagreb.					
Quality assurance methods that ensure the acquisition of exit competences	Conversation, active participation, evaluation of subject and teacher.					
Other (as the proposer wishes to add)	-					