

Global Summer School 2024

15 - 26 July



Applications are open now!

Well-being Masterclass: Discovering and Applying the Science of Positive Psychology - 10cps

Overview: This course will guide you through the philosophical and practical foundations of strengths, well-being and other areas associated with positive psychology.

A great aspect of the psychology of well-being is its capability to be applied to the individuals studying it. For example, students will be encouraged to take part in surveys measuring their strengths, mindfulness, grit (among others), and will discover interventions to enhance their lives in these areas.

Furthermore, the psychology of well-being is relatively new and offers an exciting opportunity to engage with cutting edge theories and research in this area.

In this course you will:

- explore the philosophical and practical foundations of strengths, well-being and other areas associated with positive psychological phenomena, including love; gratitude; time perspective; nature connectedness; forgiveness; altruism; mindfulness; flow; and strengths.
- Explore different types and conceptualisations of psychological well-being, and different models and ways of measuring it
- Examine the ‘Science of Strengths and Virtues’ and their impact on health, well-being, and society
- Learn about time-perspective and how it can impact many areas of our lives, including our well-being, psychological and physical health, relationships, and success
- Learn about ‘Positive Psychological Interventions’ (PPIs) including Three Good Things, and how these could be designed for a range of people and settings.

This course is multi-disciplinary and would be suitable for students with an interest in this area.



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Application Form



Teaching on this course will be delivered by lectures and workshops, and online learning supplementary activities such as quizzes or directed online discussion forums.

Your tutors are Ed Griffin, Glenn Williams, and Ryan Lumber, Senior and Principal Lecturers in Psychology, School of Social Sciences.