

SYLLABUS

Çag University Faculty of Art and Sciences/ Psychology

Course Code	Course Title	Credits	ECTS Value	
PSY 244	Positive Psychology	3 (3-0-3)	6	
Prerequisite Courses:	--			
Course Language:	English	Course Delivery Mode:	Face-to-face	
Course Type and Level:	Elective/Spring Semester			
Instructor's Title, Name, and Surname		Course Hours	Office Hours	
Assist. Prof. Dr. Patrizia Muradi		Monday 10:00-12:20	--	
Course Coordinator:		patriziamuradi@cag.edu.tr		
Course Objectives				
Course Learning Outcomes	This course aims to introduce students to the scientific study of human strengths, wellbeing, and optimal functioning within the field of positive psychology. The course focuses on key theoretical models and empirical findings related to positive emotions, character strengths, resilience, optimism, hope, gratitude, meaning in life, and psychological wellbeing. Through the examination of research and applied interventions, students develop an understanding of how positive psychological processes contribute to individual wellbeing, mental health, and personal development. The course also aims to help students critically evaluate positive psychology research and apply its principles to educational, clinical, and everyday life contexts.		Relations	
			Program Outcomes	Net Contribution
	1	Defines and explains fundamental concepts, theoretical perspectives and historical development of Positive Psychology	1, 4, 8	4
	2	Differentiate and compare key constructs such as well-being, happiness, hope, optimism, character strengths, and psychological resilience.	1,4,8	4
	3	Analyze major theoretical models in positive psychology (e.g., PERMA, Hope Theory, Self-Efficacy) based on scientific literature.	1,4,8	4
	4	Evaluate positive psychology interventions aimed at enhancing individual and interpersonal well-being.	1, 4, 8	4
	5	Apply positive psychology principles to educational, health, organizational, and everyday life contexts.	1, 4, 8	4
6	Discuss well-being and psychological strengths within ethical and cultural sensitivity frameworks.	1, 4, 8	4	
Course Content:	<p>This course introduces the scientific foundations, core theories, and applied practices of positive psychology.</p> <p>Topics include the historical development of the field; major models of well-being and happiness; character strengths and virtues; hope, optimism, and self-efficacy; positive emotions and resilience; mindfulness, flow, and meaning in life; positive relationships and social well-being; and evidence-based positive psychology interventions designed to enhance individual and interpersonal functioning across educational, health,</p>			

organizational, and community contexts.
Ethical, cultural, and societal dimensions of well-being are also examined.

Course Schedule (Weekly Plan)

Week	Topic	Preparation	Teaching Methods and Techniques
1	History and Foundations of Positive Psychology	Chapter 1	Lecture, Q&A activities, and guided discovery of concepts using prompts
2	Perma Model & Varieties of Wellbeing	Chapter 1	Sharing cases related to Positive Psychology Perma Model to reinforce learned concepts, and using role-play to raise awareness of “choice decisions”
3	Goals	Chapter 2	Interactive lecture, guided discussion, case analysis, small-group activities, and reflective goal-setting exercises.
4	Gratitude, Hope & Optimism	Chapter 3	Interactive lecture, guided discussion, case analysis, and small-group activities.
5	Gratitude, Hope & Optimism& Meaning in Life	Chapter 3- Carr & Steger, selected reading	Interactive lecture, guided discussion, case examples, and question–answer sessions.
6	Savouring, flow, and mindfulness	Chapter 4	Interactive lecture, guided discussion, case examples, and question–answer sessions.
7	Emotional Intelligence	Chapter 5	Demonstrating the importance of emotional intelligence, Interactive lecture, guided discussion, case examples, role playing
8	Midterm Exam		
9	Midterm Exam		
10	Giftedness, creativity, and wisdom	Chapter 6	Interactive lecture, guided discussion, case examples, question–answer sessions, and in-class role playing.
11	Positive self	Chapter 7	Interactive lecture, guided discussion, case examples, question–answer sessions, and in-class role playing.
12	Self-Determination Theory and Basic Psychological Needs	Ryan&Decci selected readings	Interactive lecture, discussion of research findings, case examples,

			and question–answer activities.
13	Positive Relationships	Chapter 8	Analyzing cases through discussion under theoretical frameworks
14	Positive Psychology Interventions	Chapter 9	Lecture and Q&A; sharing experiences followed by brainstorming
15	Positive Psychology Interventions	Chapter 9	Reviewing what could be critiqued in the present context
16	General Review & Integration	Review of the major concepts and positive psychology interventions.	Comprehensive review of major concepts, theoretical models, and positive psychology interventions, with integrative discussion and preparation for final evaluation.
17	Final Exam		
18	Final Exam		

Course Resources

Textbook:	Carr, A. (2013). <i>Positive psychology: The science of happiness and human strengths</i> . Routledge; Ryan, R. M., & Deci, E. L. (2017). <i>Self-determination theory: Basic psychological needs in motivation, development, and wellness</i> . Guilford Press.
Recommended References:	<p>Csikszentmihalyi, M., & Seligman, M. (2000). Positive psychology. <i>American psychologist</i>, 55(1), 5-14.</p> <p>Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. <i>Journal of Personality and Social Psychology</i>, 57(6), 1069–1081.</p> <p>Linley, P. A., Nielsen, K. M., Wood, A. M., Gillett, R., & Biswas-Diener, R. (2010). Using signature strengths in pursuit of goals: effects on goal progress, need satisfaction, and well-being, and implications for coaching psychologists. <i>International Coaching Psychology Review</i>, 5(1).</p> <p>Wood, A. M., Froh, J. J., & Geraghty, A. W. (2010). Gratitude and well-being: A review and theoretical integration. <i>Clinical psychology review</i>, 30(7), 890-905.</p> <p>Schutte, N. S., & Malouff, J. M. (2023). The connection between mindfulness and flow: A meta-analysis. <i>Personality and Individual Differences</i>, 200, 111871.</p> <p>Mayer, J. D., Caruso, D. R., & Salovey, P. (2016). The ability model of emotional intelligence: Principles and updates. <i>Emotion review</i>, 8(4), 290-300.</p> <p>Deci, E. L., & Ryan, R. M. (2000). The “what” and “why” of goal pursuits: Human needs and the self-determination of behavior. <i>Psychological Inquiry</i>, 11(4), 227–268. https://doi.org/10.1207/S15327965PLI1104_01</p>

Course Assessment and Evaluation

Activities	Number	Percentile	Notes
Midterm Exam	1	%50	Written Exam
Participation/In-class activities	--	--	-
Final	1	%50	Written Exam

ECTS Table

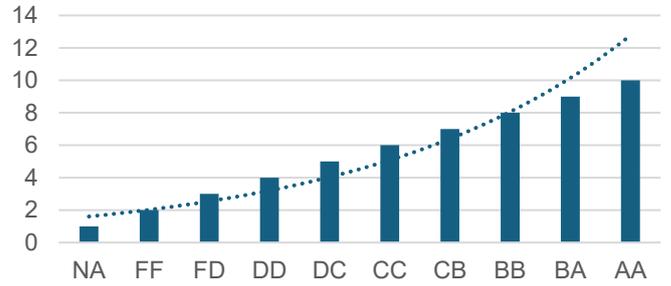
Content	Number	Hours	Total
Course Duration	14	3	42
Out-of-Class Study	14	3	42
Quiz	-	-	-
Presentation	--	--	--
Midterm Exam (Midterm Exam Duration + Midterm Exam Preparation)	1	40	40
Final Exam (Final Exam Duration + Final Exam Preparation)	1	40	40
Total:			164
Total / 30:			164/30 ≈5,5= 6
ECTS Credit:			6

Past Term Achievements

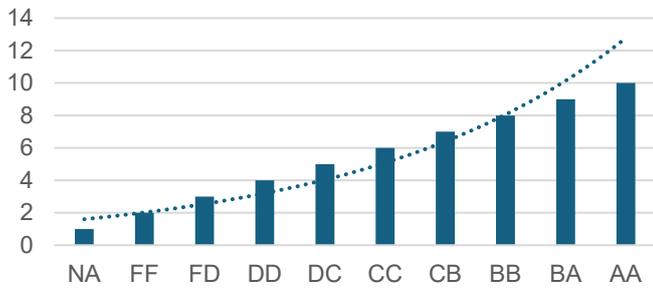
2024-2025 Fall Semester
Course Code and Name



2024-2025 Spring Semester
Course Code and Name



2025-2026 Fall Semester
Course Code and Name



2025-2026 Spring Semester
Course Code and Name

