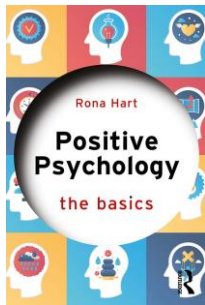


POSITIVE PSYCHOLOGY
GRADUATE ONLINE ELECTIVE
PSYC 554-501

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REQUIRED READING:

Hart, R. (2021). Positive Psychology: the Basics. New York: NY: Routledge.
Additional readings and video materials available on PLATO.



ABOUT THE COURSE:

Positive Psychology is the scientific study of the human strengths and virtues that make life worth living and allow individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, cultivate what is best within themselves, and enhance their experiences of love, work, and play.

In this online elective class, each week there will be a reading, video/audio clip, and a multiple choice quiz. During the course of the semester you will perform evidenced-based positive psychology exercises so you can experience and reflect on the concepts from class first hand. We will not meet in person and this is a class that is largely about social connections. So, after week 1, you will be placed onto a team where you will support and provide feedback to each other. You will meet with your team once a month (virtual or in-person at a time agreed upon by the team).

Students love the content of the class, and find the structure to be clear, organized, and engaging. Please note that this is a class about the broad discipline of Positive Psychology, and is not a class about Positive Counseling, Positive Therapy, nor Positive Psychotherapy. We will skirt around those other areas, and I hope this class will spur your interest in those more focused disciplines, but the exercises and skills you learn in this class are primarily for YOU as a human, and only with the secondary benefit of placing you in a good position to help others be their best.