

POSITIVE PSYCHOLOGY

INTERNATIONAL MINOR PROGRAMME - 30 EC

Financially, we have never been better off. Our real income has almost tripled over the last 50 years. And yet we have not become any happier. In fact, depression is about ten times more common now than it was fifty years ago. How is this possible and what can we do about it? In the international Positive Psychology minor, we will work on these questions using scientific knowledge and developing useful interventions for society, city life, work places and individuals.

WHAT IS POSITIVE PSYCHOLOGY?

Positive psychology is a recent movement within the wider field of psychology that focuses on the scientific study of human well-being, resulting in an applied approach to enhance flourishing within individuals, organisations and communities. It has also been defined as the study of strengths and virtues associated with happiness and the positive aspects of human experience.

COURSE DESCRIPTION AND GOAL

The course will focus on the basic areas of research in positive psychology and the methods that researchers use to study aspects of positive psychology. Simultaneously, you will apply

this knowledge in the real world of the City of Amsterdam to develop your practical skills. In the first few weeks you will get acquainted with theories of well-being. Later on in the programme, you will apply this knowledge to yourself, other individuals, groups and organisations. The lecturers will support and guide you through this process. You will work both individually as well as in groups.

The Positive Psychology minor includes lectures, research and training that will be relevant to the personal and professional lives of the students. In addition, the minor is likely to have a truly transformative effect on those who participate.



POSITIVE PSYCHOLOGY

The Positive Psychology minor will be taught in English, and is accessible to all AUAS- and international students. Please note that your level of English needs to be level B2 or higher to completely understand the content of this minor. In addition, we strongly encourage you to read into 'basic psychology'. Once you register, we are happy to advise you on what book(s) to read to be well prepared.

LEARNING OUTCOMES

Upon completing the course, you will be able to apply research findings from positive psychology to your own life and within your own professional environment. You will be able to help 'healthy people' to enhance their well-being. You will do this by bringing a positive psychological perspective to the table in order to approach situations differently - by looking at situations in terms of opportunities and strengths, rather than in terms of problems and mistakes. You can apply scientific research from the field of positive psychology in a practical way and describe the effects of interventions involving positive psychology.

LEARNING GOALS

- ▶ Summarize the main scientific research results of positive psychology

This minor will present a wide range of areas in which positive psychology has been researched. You will thus gain a solid base of knowledge that you can use throughout this minor.

- ▶ Apply research results of Positive Psychology in selected settings

You will learn to apply the findings of positive psychological research in personal and professional settings. You are also encouraged to apply positive psychology in daily life, implement your knowledge to increase well-being and monitor the effects.

- ▶ Develop and implement an intervention for a (group of) citizen(s) of Amsterdam.

In the second half of the minor, you are asked to develop an intervention based on insights from positive psychology to enhance the lives of citizens of Amsterdam. You will also observe demonstrations of existing positive psychology interventions. The focus is to create an innovative intervention for a chosen target group. This is how you contribute to the advancement of the field of positive psychology. You will do this, by developing and hosting an inspiring workshop at the Positive Psychology Conference 2018. Positive psychology is a relatively new field of psychology and is fully in development. In this minor, you need to share your insights with your colleagues in the field of (positive) psychology.

DURATION AND COURSE DAYS

The programme takes place during the second semester of the 2020-21 academic year, from February - July (20 weeks). The course days are a combination of lectures, training courses, workshops, coaching and developing an intervention.

CURRICULUM

The first period of the minor focuses on themes from positive psychology such as happiness, meaning, mindfulness, strengths, health, learned optimism, resilience and subjective well-being. The second period of the curriculum focuses on creating and implementing an intervention the workshop that you will be hosting at the Positive Psychology Conference 2020.

WEEK	THEME	CONCURRENT ACTIVITIES
03/02 week 1	Introduction to the minor: getting to know each other	<i>mindfulness training, free space, workshop design thinking, intervention support, and much more</i>
10/02 week 2	Introduction to Positive Psychology	
17/02 week 3	Study week, no classes	
24/02 week 4	Relations	
02/03 week 5	Positive Emotions	
09/03 week 6	Meaning	
16/03 week 7	Exam 1	
23/03 week 8	Positive Psychology and Health	
30/03 week 9	Positive Psychology in Culture and Politics	
06/04 week 10	Intervention and Culture and Politics	
13/04 week 11	Study week, no classes	
20/04 week 12	Intervention and Education	
27/04	Study week, no classes	
04/05 week 13	Exam 2	
11/05 week 14	Finalizing the intervention	
18/05 week 15	Finalizing the intervention	
25/05 week 16	Intervention try-outs	
01/06 week 17	Handing in intervention report	
08/06 week 18	Positive Psychology Conference (delivering your intervention)	
15/06 week 19	Intervention evaluation / resit Exam 2	
22/06 week 20	Resit intervention report	

APPLICATION

- ▶ AUAS-students: apply from 23 September 8 AM.
- ▶ International students: register online at [amsterdamuas.com](https://www.amsterdamuas.com): exchange programmes - applied social sciences and law - positive psychology - application form.

CONTACT

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EDUCATION IN THE NETHERLANDS

GENERALLY, THE TEACHING STYLE USED IN THE NETHERLANDS CAN BE DESCRIBED AS INTERACTIVE, PARTICIPATIVE AND STUDENT-CENTRED. PUTTING THE STUDENT AT THE CENTRE MEANS THAT STUDENTS GET ALL THE ATTENTION AND FREEDOM THEY NEED IN ORDER TO DEVELOP THEIR OWN OPINIONS AND CREATIVITY.

SYSTEM OF CREDITS AND GRADING

The work done by students is measured in European Credits (ECs). One credit represents 28 hours of work and 60 credits represents one year of full-time study. The grading system used in the Netherlands ranges from a scale of 1 (very poor) to 10 (outstanding). The pass mark is 5.5; in practice a grade 9 is seldom given and a 10 is extremely rare. Grades 1 to 3 are hardly ever used.

Teaching methods can include lectures and guest lectures, discussions, presentations, training courses, individual and group research, group work, field trips and workshops. Students are assessed using written examinations or assignments (essays, papers, reflection reports and project proposals), role-play assessments, presentations and research papers.

STUDENT FACILITIES

Amsterdam University of Applied Sciences invests in modern study facilities to safeguard the best possible conditions for successful studies. Foreign guests are guaranteed an inspiring educational environment, where studying and recreation go hand in hand.

AUAS has a wide range of facilities, including:

- ▶ Extensive ICT facilities with wireless networks
- ▶ Media libraries with access to catalogues, databases, books and magazines
- ▶ Multimedia rooms
- ▶ Bookshops
- ▶ Copy shops
- ▶ Restaurants

Students can join the international Student Network (ISN) to help getting settled in Amsterdam. This is an organisation run by students from both AUAS and the University of Amsterdam which aims to help international students to integrate in the Netherlands both socially and culturally, with a particular focus on living in Amsterdam.

FEES AND HOUSING

There are no tuition fees for students from Erasmus bilateral partners. Students should contact the international office at their own university to find out more. Tuition fees for students from institutions without a bilateral partner agreement amount to €2,100.

Students who apply before the deadline are eligible for student accommodation. Please note that accommodation is offered for a maximum duration of one year.

APPLICATION

For information about our application procedure, please visit our website at www.amsterdamuas.com, under Exchange Programmes ▶ Applied Social Sciences and Law.



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