



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Positive Psychology Practices in Schools							
Course Code		PDR511		Couse Level		Second Cycle (Master's Degree)			
ECTS Credit	5	Workload	125 ( <i>Hours</i> )	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		The aim of this course is to develop positive psychology field, basic theories and applications. to introduce. Throughout the historical process of psychology, the negative aspects of life are always he was more interested. Today, negative affect, behavior, and thoughts Advanced on the classification and diagnosis of psychopathologies dealt with while there are systems, enough about human well-being, development, and positive properties no research has been done. Positive psychology, as a developing sub-field, discusses their positive experiences.							
Course Content		History of positive psychology, positive affect, happiness and subjective well-being, psychological well-being, psychological resilience, motivation, positive psychology interventions							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion, Case Study, Individual Study, Problem Solving					
Name of Lecturer(s)		Prof. Yalçın ÖZDEMİR							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	20
Final Examination	1	60
Assignment	1	20

### Recommended or Required Reading

1	Hefferon, K., & Boniwell, I. (2014). Pozitif Psikoloji: Kuram, Araştırma ve Uygulamalar. Nobel Akademik Yayıncılık
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Week	Weekly Detailed Course Contents	
1	Theoretical	What is positive psychology?
2	Theoretical	Introduction to positive psychology
3	Theoretical	Understanding feelings
4	Theoretical	Happiness and personal well being among countries
5	Theoretical	Psychological well being
6	Theoretical	Optimism and hope
7	Theoretical	Psychological durability
8	Intermediate Exam	Midterm Exam
9	Theoretical	Development after trauma
10	Theoretical	Values
11	Theoretical	Motivation
12	Theoretical	Goal Theories
13	Theoretical	Interventions in positive psychology
14	Theoretical	Practising positive psychology
15	Theoretical	General Evaluation
16	Final Exam	Final Exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	3	3	84
Assignment	1	11	3	14
Midterm Examination	1	10	3	13



Final Examination	1	10	4	14
Total Workload (Hours)				125
[Total Workload (Hours) / 25*] = ECTS				5
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	Knowing the history of positive psychology
2	To be able to understand the concepts of positive affect, happiness and subjective well-being
3	To be able to comprehend psychological well-being and psychological resilience
4	Knowing the motivation theories
5	Having theoretical and practical knowledge about positive psychology interventions

### Programme Outcomes (Guidance and Counseling Master)

1	To deepen the general knowledge in the field of guidance and psychological counseling within the framework of basic theories and practices, to have a comprehensive understanding of guidance and psychological counseling theories and models
2	Ability to apply appropriate psychological counseling skills, interventions and strategies at school level by conceptualizing child and adolescent clients' problems within the framework of psychological counseling theories.
3	Establishing, maintaining and terminating the professional help relationship by making use of psychotherapeutic theories, skills and conditions so that children and adolescents can recognize, understand, accept and develop themselves.
4	Knows contemporary educational theories and approaches, using these theories and approaches while supporting the development of the individual, society and education system
5	To have an understanding of the expertise area of psychological counseling on the basis of school
6	Developing a unique understanding of psychological counseling on a school basis
7	To follow national and international publications in the field of guidance and psychological counseling and to follow scientific activities (congress, summer school programs) publications.
8	Carrying out the necessary studies for the implementation of psychological counseling and guidance programs to the life of the clients and the continuous development of the clients.
9	To be able to conduct scientific research in the field of guidance and psychological counseling.
10	Being able to pay attention to prioritizing the scientific method and perspective in their work.
11	To be able to establish and maintain the determination of guidance and psychological counseling services in school-based services in accordance with ethical principles, rules and laws.
12	Being determined to act in accordance with school psychological counseling professional identity
13	Developing culture sensitive psychological counseling skills and using them in school practices.

### Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P1	4	5	3	5	4
P2	5	5	5	4	5
P3	4	5	5	5	4
P4	5	5	4	4	5
P5	4	5	5	5	4
P6	5	5	5	4	5
P7	4	4	5	5	4
P8	5	5	5	4	5
P9	4	4	5	5	4
P10	5	5	5	4	5
P11	4	4	5	5	4
P12	5	5	5	4	5
P13	4	4	5	5	4

