



# PSYC20037 Introduction to Positive Psychology: Perspectives on Wellbeing

## Term 1 - 2023

Profile information current as at 09/05/2024 04:11 pm

All details in this unit profile for PSYC20037 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

## General Information

### Overview

This unit will introduce you to the paradigm of positive psychology, and explore the development of this specialist area over the past 20 years. In this unit, you will explore the discipline's emphasis on flourishing and strengths-based approaches, and examine how these differ from traditional psychological frameworks. The unit examines conceptualisation and measurement of wellbeing and the application of positive psychology at the individual, group, community, and organisational level.

### Details

Career Level: *Postgraduate*

Unit Level: *Level 8*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

### Pre-requisites or Co-requisites

There are no requisites for this unit.

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

### Offerings For Term 1 - 2023

- Online

### Attendance Requirements

All on-campus students are expected to attend scheduled classes - in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

### Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

## Class and Assessment Overview

### Recommended Student Time Commitment

Each 6-credit Postgraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

### Class Timetable

#### [Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

#### [Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

### Assessment Overview

#### 1. **Written Assessment**

Weighting: 20%

#### 2. **Essay**

Weighting: 40%

#### 3. **Presentation**

Weighting: 40%

### Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

## CQUniversity Policies

**All University policies are available on the [CQUniversity Policy site](#).**

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

## Previous Student Feedback

### Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

#### Feedback from Student Unit and Teacher Evaluation responses and student emails.

**Feedback**

Students appreciated the encouragement provided by the Unit Coordinator, including prompt support and guidance.

**Recommendation**

The Unit Coordinator will continue to use this supportive communication approach.

#### Feedback from Student Unit and Teacher Evaluation responses and student emails.

**Feedback**

Students valued the detailed and constructive feedback provided on their assessment pieces.

**Recommendation**

The Unit Coordinator will continue with the provision of detailed and constructive assessment feedback.

#### Feedback from Student Unit and Teacher Evaluation responses and tutorial discussions.

**Feedback**

Students reported the assessment tasks were clearly explained and facilitated the application of knowledge gained from the unit content.

**Recommendation**

The Unit Coordinator will maintain the use of the assessment tasks and instructions.

#### Feedback from Student Unit and Teacher Evaluation responses.

**Feedback**

Students found the unit content relevant and the zoom tutorials and drop-in sessions beneficial, with a few students suggesting they would like more visual demonstrations on topics such as evaluating measurement tools.

**Recommendation**

The Unit Coordinator will continue providing drop-in sessions and tutorials, and will add more visual demonstrations to the unit, particularly in relation to evaluating measurement tools.

## Unit Learning Outcomes

**On successful completion of this unit, you will be able to:**

1. Analyse the key theoretical and empirical developments in positive psychology
2. Apply the major principles and theories of Positive Psychology in an applied context
3. Identify and evaluate ways to conceptualise and measure wellbeing in an applied context.

N/A - no external accreditation requirement.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

| Assessment Tasks             | Learning Outcomes |   |   |
|------------------------------|-------------------|---|---|
|                              | 1                 | 2 | 3 |
| 1 - Written Assessment - 20% | •                 |   |   |
| 2 - Essay - 40%              | •                 | • | • |
| 3 - Presentation - 40%       |                   | • | • |

### Alignment of Graduate Attributes to Learning Outcomes

| Graduate Attributes                                | Learning Outcomes |   |   |
|----------------------------------------------------|-------------------|---|---|
|                                                    | 1                 | 2 | 3 |
| 1 - Knowledge                                      | ○                 | ○ | ○ |
| 2 - Communication                                  | ○                 | ○ | ○ |
| 3 - Cognitive, technical and creative skills       | ○                 | ○ | ○ |
| 4 - Research                                       | ○                 | ○ | ○ |
| 5 - Self-management                                |                   |   | ○ |
| 6 - Ethical and Professional Responsibility        |                   |   |   |
| 7 - Leadership                                     |                   |   |   |
| 8 - Aboriginal and Torres Strait Islander Cultures |                   |   |   |

## Textbooks and Resources

### Textbooks

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#### Supplementary

##### **Positive Psychology: Theory, Research and Applications**

Second Edition (2019)

Authors: Boniwell, Illona., & Tunariu, Aneta.

McGraw-Hill Education

London , England

ISBN: PRINT ISBN: 9780335262182; EBOOK ISBN: 9780335262199

Binding: Other

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#### Supplementary

##### **The Oxford Handbook of Positive Psychology**

Third Edition (2021)

Authors: Snyder, C.R., Lopez, Shane J., Edwards, Lisa M., & Marques, Susana C.

Oxford University Press USA

New York , USA

ISBN: ISBN: 9780199396511; EISBN: 9780199396528

Binding: Other

#### Additional Textbook Information

There are no prescribed textbooks for this introductory unit. However, the Graduate Certificate in Positive Psychology, the Graduate Diploma of Positive Psychology, and the Master of Applied Positive Psychology, will all draw heavily upon these recommended texts as we move through each of the units.

The "Positive Psychology: Theory, Research and Applications" textbook is an introductory text designed specifically for tertiary education. Versions of this book are available through the CQU Library as a paperback or e-book. This text is a good starting point for those who have not previously studied or worked within the positive psychology area. The "Oxford Handbook of Positive Psychology" textbook is a more advanced text, focused on research and applications within the positive psychology space. Versions of this book are also available through CQU Library.

[View textbooks at the CQUniversity Bookshop](#)

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### IT Resources

**You will need access to the following IT resources:**

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

## Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 7th Edition \(APA 7th edition\)](#)

For further information, see the Assessment Tasks.

## Teaching Contacts

**Lauren Miller-Lewis** Unit Coordinator

[l.miller-lewis@cqu.edu.au](mailto:l.miller-lewis@cqu.edu.au)

## Schedule

| <b>Week 1 - 06 Mar 2023</b>                               |                                                        |                                                                                                                                                                                |
|-----------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Module/Topic</b>                                       | <b>Chapter</b>                                         | <b>Events and Submissions/Topic</b>                                                                                                                                            |
| Foundations of Positive Psychology                        | Please see selected readings and activities on Moodle. | <b>Zoom Tutorial 1:</b> Week 1 Wednesday (8 March 2023) 6:30-8pm AEDT                                                                                                          |
| <b>Week 2 - 13 Mar 2023</b>                               |                                                        |                                                                                                                                                                                |
| <b>Module/Topic</b>                                       | <b>Chapter</b>                                         | <b>Events and Submissions/Topic</b>                                                                                                                                            |
| Positive Mental Health and Flourishing                    | Please see selected readings and activities on Moodle. | <b>Facilitated Assessment-Planning Workshop:</b> Week 2 Wednesday (15 March 2023) 6:30-7:30pm AEDT                                                                             |
| <b>Week 3 - 20 Mar 2023</b>                               |                                                        |                                                                                                                                                                                |
| <b>Module/Topic</b>                                       | <b>Chapter</b>                                         | <b>Events and Submissions/Topic</b>                                                                                                                                            |
| Wellness, Emotions, and Motivation                        | Please see selected readings and activities on Moodle. | <b>Zoom Tutorial 2:</b> Week 3 Wednesday (22 March 2023) 6:30-8pm AEDT                                                                                                         |
| <b>Week 4 - 27 Mar 2023</b>                               |                                                        |                                                                                                                                                                                |
| <b>Module/Topic</b>                                       | <b>Chapter</b>                                         | <b>Events and Submissions/Topic</b>                                                                                                                                            |
| Happiness, Subjective Wellbeing, and Eudaimonic Wellbeing | Please see selected readings and activities on Moodle. | <b>Assessment 1:</b><br><br><b>Positive Psychology Foundations Written Assessment</b> Due: Week 4 Monday (27 Mar 2023) 5:00 pm AEST                                            |
| <b>Week 5 - 03 Apr 2023</b>                               |                                                        |                                                                                                                                                                                |
| <b>Module/Topic</b>                                       | <b>Chapter</b>                                         | <b>Events and Submissions/Topic</b>                                                                                                                                            |
| Positive Health Psychology                                | Please see selected readings and activities on Moodle. |                                                                                                                                                                                |
| <b>Vacation Week - 10 Apr 2023</b>                        |                                                        |                                                                                                                                                                                |
| <b>Module/Topic</b>                                       | <b>Chapter</b>                                         | <b>Events and Submissions/Topic</b>                                                                                                                                            |
| No module/topic this week                                 | No set readings this week                              |                                                                                                                                                                                |
| <b>Week 6 - 17 Apr 2023</b>                               |                                                        |                                                                                                                                                                                |
| <b>Module/Topic</b>                                       | <b>Chapter</b>                                         | <b>Events and Submissions/Topic</b>                                                                                                                                            |
| Optimism and Positive Coping                              | Please see selected readings and activities on Moodle. |                                                                                                                                                                                |
| <b>Week 7 - 24 Apr 2023</b>                               |                                                        |                                                                                                                                                                                |
| <b>Module/Topic</b>                                       | <b>Chapter</b>                                         | <b>Events and Submissions/Topic</b>                                                                                                                                            |
| Resilience and Psychological Growth                       | Please see selected readings and activities on Moodle. | <b>Zoom Tutorial 3:</b> Week 7 Wednesday (26 April 2023) 6:30-8pm AEST<br><br><b>Assessment 2:</b><br><br><b>Wellbeing Essay</b> Due: Week 7 Monday (24 Apr 2023) 5:00 pm AEST |
| <b>Week 8 - 01 May 2023</b>                               |                                                        |                                                                                                                                                                                |
| <b>Module/Topic</b>                                       | <b>Chapter</b>                                         | <b>Events and Submissions/Topic</b>                                                                                                                                            |
| Character Strengths and Positive Traits                   | Please see selected readings and activities on Moodle. |                                                                                                                                                                                |
| <b>Week 9 - 08 May 2023</b>                               |                                                        |                                                                                                                                                                                |
| <b>Module/Topic</b>                                       | <b>Chapter</b>                                         | <b>Events and Submissions/Topic</b>                                                                                                                                            |
| Positive Education                                        | Please see selected readings and activities on Moodle. |                                                                                                                                                                                |
| <b>Week 10 - 15 May 2023</b>                              |                                                        |                                                                                                                                                                                |
| <b>Module/Topic</b>                                       | <b>Chapter</b>                                         | <b>Events and Submissions/Topic</b>                                                                                                                                            |

Positive Organisations

Please see selected readings and activities on Moodle.

**Zoom Tutorial 4:** Week 10  
Wednesday (17 May 2023) 6:30-8pm  
AEST

### Week 11 - 22 May 2023

| Module/Topic                 | Chapter                                                | Events and Submissions/Topic |
|------------------------------|--------------------------------------------------------|------------------------------|
| Applying Positive Psychology | Please see selected readings and activities on Moodle. |                              |

### Week 12 - 29 May 2023

| Module/Topic                      | Chapter                                                | Events and Submissions/Topic                                                                  |
|-----------------------------------|--------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| The Future of Positive Psychology | Please see selected readings and activities on Moodle. | <b>Assessment 3:</b><br><b>Presentation</b> Due: Week 12 Monday<br>(29 May 2023) 5:00 pm AEST |

### Review/Exam Week - 05 Jun 2023

| Module/Topic                            | Chapter                   | Events and Submissions/Topic |
|-----------------------------------------|---------------------------|------------------------------|
| There are no examinations for this unit | No set readings this week |                              |

### Exam Week - 12 Jun 2023

| Module/Topic                            | Chapter                   | Events and Submissions/Topic |
|-----------------------------------------|---------------------------|------------------------------|
| There are no examinations for this unit | No set readings this week |                              |

## Assessment Tasks

### 1 Positive Psychology Foundations Written Assessment

#### Assessment Type

Written Assessment

#### Task Description

The purpose of this written assessment is to demonstrate your knowledge and critical understanding of the foundational principles of positive psychology.

Your task is to describe two similarities between 'positive psychology' and 'psychology as usual', and two differences that distinguish 'positive psychology' from 'psychology as usual'.

This short written piece should commence with a definition of positive psychology, and should include at least 5 academic peer-reviewed references to support your comparative analysis. These references must be cited appropriately using APA referencing style in-text and in the reference list.

The maximum word count for this assessment task is 600 words (+/- 10%). This word limit includes in-text citations but excludes any reference section. Meeting the word count is included as a part of the marking criteria in your marking rubric on Moodle. See the Psychology Word Count Information document on Moodle for a rationale for using this type of word limit restriction.

Further information is provided in the Unit and Assessment Guide on the unit Moodle site.

#### Assessment Due Date

Week 4 Monday (27 Mar 2023) 5:00 pm AEST

#### Return Date to Students

Vacation Week Monday (10 Apr 2023)

Marks and feedback will be provided within 2 weeks of submission.

#### Weighting

20%

#### Assessment Criteria

You will be assessed on:

- The accuracy and appropriateness of the introductory definition of positive psychology
- The relevance of the positive psychology comparative and distinguishing features chosen, with theoretical and conceptual knowledge demonstrated
- The quality of comparative analysis of the key principles of positive psychology as compared to standard 'psychology as usual'

- The quality, clarity, and conciseness of written communication, including adherence to the word-limit
- Correct adherence to APA referencing style for in-text citations and the reference list.

Detailed information regarding assessment requirements and marking criteria for assessment can be found in the Unit and Assessment Guide on Moodle.

### Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

### Submission

Online

### Submission Instructions

A submission portal will be provided in the Assessment section of the unit Moodle site.

### Learning Outcomes Assessed

- Analyse the key theoretical and empirical developments in positive psychology

## 2 Wellbeing Essay

### Assessment Type

Essay

### Task Description

The overall aim of this assessment task is to explore the alignment between wellbeing theory, research, and practices, and the implications for fostering wellbeing in a specific setting/context.

For Assessment 2, you will write a 2100 word essay (+/- 10%) using a theory of wellbeing to explore wellbeing issues faced in an applied setting/context, and then evaluate strategies that can be used to increase/build wellbeing in that setting/context.

You will:

- Choose one applied setting/context as the focus of the essay (e.g., school, aged-care, small-business, new parents, etc.)
- Research and then summarise the wellbeing considerations/issues/challenges faced in the chosen setting.
- Describe one positive psychology theoretical framework for understanding wellbeing that can help explain the wellbeing issues identified in the chosen setting.
- Examine how empirical research studies have previously attempted to influence (i.e., increase, build, improve) wellbeing in the chosen setting, including what the interventions entailed, how they were assessed, and what was found, and then evaluate the strengths and weaknesses of these attempts.

The essay should focus on integrating wellbeing theory and research from the published academic literature and how this could be usefully applied in a practical setting/context.

The maximum word count for this essay is 2100 words (+/- 10%). This word limit includes in-text citations but excludes any reference section. Meeting the word count is included as a part of the marking criteria in your marking rubric on Moodle. See the Psychology Word Count Information document on Moodle for a rationale for using this type of word limit restriction.

Further information is provided in the Unit and Assessment Guide on the unit Moodle site.

### Assessment Due Date

Week 7 Monday (24 Apr 2023) 5:00 pm AEST

### Return Date to Students

Week 9 Monday (8 May 2023)

Marks and feedback will be provided within 2 weeks of submission.

### Weighting

40%

### Assessment Criteria

You will be assessed on:

- Introduction (introduce the chosen wellbeing context/setting and outline what will be covered in the essay)
- Discussion of wellbeing issues/challenges faced within the chosen applied setting
- Rationale for the chosen theoretical framework of wellbeing and demonstration of relevant application to the applied setting
- Evaluation of ways to increase/build wellbeing in the applied setting
- Conclusion (summing up of essay, including implications and recommendations for future work)
- The quality, clarity, and conciseness of written communication, including adherence to the word-limit



- Correct adherence to APA referencing style for in-text citations and the reference list.

Detailed information regarding assessment requirements and criteria for assessment can be found in the Unit and Assessment Guide on Moodle.

### **Referencing Style**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

### **Submission**

Online

### **Submission Instructions**

A submission portal will be provided in the Assessment section of the unit Moodle site.

### **Learning Outcomes Assessed**

- Analyse the key theoretical and empirical developments in positive psychology
- Apply the major principles and theories of Positive Psychology in an applied context
- Identify and evaluate ways to conceptualise and measure wellbeing in an applied context.

## **3 Presentation**

### **Assessment Type**

Presentation

### **Task Description**

For this Assessment, you will produce a recorded audio-visual presentation that examines different strategies to measure/assess wellbeing in an applied setting/context.

You will:

- Choose one particular applied setting/context as the focus of the presentation
- Choose two relevant wellbeing measurement/assessment tools that have been used in the published academic literature as strategies to measure wellbeing in your chosen setting
- Plan, prepare, and produce a 10-minute recorded presentation that describes the chosen setting and why it is important to understanding wellbeing in that setting, followed by an analysis and evaluation of the two different strategies for assessing/measuring and understanding wellbeing in the chosen setting. Your presentation will begin with an Acknowledgement of Country and end with a presentation slide containing a reference list.

The maximum length for this presentation assessment task is 10:00 minutes. Meeting the time limit is included as a part of the marking criteria in your marking rubric on Moodle. See the Psychology Word Count Information document on Moodle for a rationale for using this type of restriction.

Further information is provided in the Unit and Assessment Guide on the unit Moodle site.

### **Assessment Due Date**

Week 12 Monday (29 May 2023) 5:00 pm AEST

Students will submit their recorded presentation and presentation slides into the Moodle portal.

### **Return Date to Students**

Exam Week Monday (12 June 2023)

Marks and feedback will be provided within 2 weeks of submission.

### **Weighting**

40%

### **Assessment Criteria**

You will be assessed on:

- Presentation opening
- Justification for setting/context choice
- Presentation depth and accuracy in analysis of relevant academic literature on two wellbeing measurement/assessment tools
- Concluding recommendations on the use of the measurement tools in the chosen setting/context
- Presentation organisation and coherence
- Creativity utilised in the presentation
- Presenting style
- Use of communication aids
- Adherence to APA referencing and copyright in presentation aids
- Length of presentation

Detailed information regarding assessment requirements and criteria for assessment can be found in the Unit and

Assessment Guide on Moodle.

### Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

### Submission

Online

### Submission Instructions

Submission portals will be provided in the Assessment section of the unit Moodle site.

### Learning Outcomes Assessed

- Apply the major principles and theories of Positive Psychology in an applied context
- Identify and evaluate ways to conceptualise and measure wellbeing in an applied context.

## Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

### What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

### Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

### Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

### What can you do to act with integrity?



**Be Honest**

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



**Seek Help**

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



**Produce Original Work**

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem