



PSYC20039 *Inter-disciplinary Approaches to Positive Psychology*

Term 1 - 2017

Profile information current as at 04/05/2024 03:48 am

All details in this unit profile for PSYC20039 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

Positive psychology, wellbeing and resilience are concepts that have largely emerged from a body of research in western societies. In this unit you will take a critical approach to examining the applicability of wellbeing in a cross-cultural context and in comparison to spiritual and religious practices across the globe. You will explore whether the factors affecting wellbeing are relative or absolute and gain understanding about how wellbeing is determined in different cultural settings.

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 - 2017

- Distance

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).

Residential Schools

This unit has a Optional Residential School for distance mode students and the details are:

Click here to see your [Residential School Timetable](#).

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: 50%

2. **Practical Assessment**

Weighting: 50%

Assessment Grading

This is a pass/fail (non-graded) unit. To pass the unit, you must pass all of the individual assessment tasks shown in the table above.

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](#).

Unit Learning Outcomes

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

1. Discuss how the concept of 'happiness' has permeated cultures and societies to both unite and divide humans throughout history
2. Compare and contrast how different cultures define and articulate wellbeing
3. Assess practices used by different cultures to build and sustain wellbeing
4. Examine how wellbeing is articulated in a cross-cultural context, particularly in relation to Australian Indigenous peoples.





Alignment of Learning Outcomes, Assessment and Graduate Attributes

 N/A Level	 Introductory Level	 Intermediate Level	 Graduate Level	 Professional Level	 Advanced Level
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


Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Written Assessment - 50%	•	•		
2 - Practical Assessment - 50%			•	•

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes			
	1	2	3	4
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				

Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes							
	1	2	3	4	5	6	7	8
1 - Written Assessment - 50%								
2 - Practical Assessment - 50%								

Textbooks and Resources

Textbooks

PSYC20039

Supplementary

Positive Psychology. Theory, Research and Applications (2011)

Authors: Kate Hefferon and Illona Boniwell

Open University Press. McGraw Hill

New York , New York , USA

ISBN: 978-0-335-24195-8 (pb), eISBN: 978-0-335-24196-5

Binding: Paperback

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Supplementary

The Oxford Handbook of Positive Psychology

Edition: 2nd (2009)

Authors: Shane J. Lopez & C.R. Snyder

Oxford University Press

New York , New York , USA

ISBN: 9780199862160

Binding: Paperback

Additional Textbook Information

There are no prescribed text books for this unit, however, the overall Graduate Certificate in Positive Psychology course, and the first year of the Masters of Applied Positive Psychology, will draw heavily upon these recommended texts as we move through each of the units. The Hefferon and Boniwell textbook is an introductory text designed specifically for tertiary education, and is also available as an e-book or in pdf online - this is a good starting point for those who have not previously studied or worked within the Positive Psychology area. The Lopez and Snyder text is a more advanced and much denser text, focused on research and applications within the positive psychology space.

[View textbooks at the CQUniversity Bookshop](#)

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 6th Edition \(APA 6th edition\)](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Andrew McClelland Unit Coordinator

a.mcclelland@cqu.edu.au

Schedule

Week 1 - 06 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
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Psychology and Wellbeing	Please see Moodle for set readings and activities
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Week 2 - 13 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Economics and Wellbeing	Please see Moodle for set readings and activities	

Week 3 - 20 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Philosophy and Wellbeing	Please see Moodle for set readings and activities	

Week 4 - 27 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Sociology and Wellbeing	Please see Moodle for set readings and activities	

Week 5 - 03 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Education and Wellbeing	Please see Moodle for set readings and activities	

Vacation Week - 10 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
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Week 6 - 17 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Public Policy and Wellbeing	Please see Moodle for set readings and activities	

Week 7 - 24 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Technology and Wellbeing	Please see Moodle for set readings and activities	

Week 8 - 01 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Biology and Wellbeing	Please see Moodle for set readings and activities	

Week 9 - 08 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Religion, Spirituality and Wellbeing	Please see Moodle for set readings and activities	

Week 10 - 15 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Global wellbeing	Please see Moodle for set readings and activities	

Week 11 - 22 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Cross-cultural wellbeing	Please see Moodle for set readings and activities	

Week 12 - 29 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
The future of wellbeing	Please see Moodle for set readings and activities	Written Assessment Due: Week 12 Friday (2 June 2017) 5:00 pm AEST

Review/Exam Week - 05 Jun 2017

Module/Topic	Chapter	Events and Submissions/Topic
There are no examinations for this Unit		

Exam Week - 12 Jun 2017

Module/Topic	Chapter	Events and Submissions/Topic
There are no examinations for this Unit		

Term Specific Information

Please note that this unit will NOT be coordinated by A/Prof Burke.

Staffing details will be made available via the unit Moodle site prior to the beginning of term 1.

Assessment Tasks

1 Written Assessment

Assessment Type

Written Assessment

Task Description

Assessment 1 (Practical Assessment), and Assessment 2 (Written Assessment) are integrated around a practical task of examining different perspectives on wellbeing from outside of Psychology.

Students will choose between a number of practical tasks available on Moodle and follow the instructions related to their chosen task in order to complete this assessment. These will be released on Moodle during Week 2 of term.

Completion of a specific practical assessment will require completion of the corresponding written assessment.

The specific scope of the written assessment task will vary based on the practical assessment completed. However, students are expected to adhere to a word count of between 3000 and 3500 words for their submission. Written assessments will be required to focus on integrating theory/research (from the literature) and how this could be usefully applied in a practical setting, based on their specific practical experience.

Assessment Due Date

Week 12 Friday (2 June 2017) 5:00 pm AEST

Return Date to Students

Exam Week Friday (16 June 2017)

Weighting

50%

Assessment Criteria

This is a Pass/Fail Assessment.

Students will be assessed on the following criteria:

1. Introduction (explanation/description/summary of specific issue)
2. Analysis of theory/research- application links
3. Evaluation of theory/research - application links
4. Quality of literacy and written communication skills
5. Adherence to APA referencing/ presentation style

Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

Submission

Online

Learning Outcomes Assessed

- Discuss how the concept of 'happiness' has permeated cultures and societies to both unite and divide humans throughout history

- Compare and contrast how different cultures define and articulate wellbeing

Graduate Attributes

- Knowledge
- Communication
- Cognitive, technical and creative skills
- Research

2 Practical Assessment

Assessment Type

Practical Assessment

Task Description

Assessment 1 (Practical Assessment), and Assessment 2 (Written Assessment) are integrated around a practical task of examining different perspectives on wellbeing from outside of Psychology.

Students will choose between a number of practical tasks available on Moodle and follow the instructions related to their chosen task in order to complete this assessment. These will be released on Moodle during Week 2 of term.

Completion of a specific practical assessment will require completion of the corresponding written assessment.

Assessment Due Date

Due dates may differ depending on the chosen practical assessment. Students are instructed to ensure they adhere to the requirements as outlined on Moodle.

Return Date to Students

Feedback will be provided within 2 weeks (10 working days) of completion of a relevant practical task. Please see Moodle for specific details.

Weighting

50%

Assessment Criteria

The assessment and completion criteria may vary based on the different practical assessment task chosen.

Please see the practical assessment information provided on Moodle during Week 2.

Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

Submission

Offline Online Group

Submission Instructions

Submission will vary dependent on the nature of the chosen task - please see Moodle for specific details and instruction.

Learning Outcomes Assessed

- Assess practices used by different cultures to build and sustain wellbeing
- Examine how wellbeing is articulated in a cross-cultural context, particularly in relation to Australian Indigenous peoples.

Graduate Attributes

- Knowledge
- Communication
- Cognitive, technical and creative skills
- Ethical and Professional Responsibility
- Leadership

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