

EDUC90788 Applications of Positive Psychology

Credit Points:	25						
Level:	9 (Graduate/Postgraduate)						
Dates & Locations:	2016, Parkville This subject commences in the following study period/s: August, Parkville - Taught on campus. Pre-teaching period: During the pre-teaching period students will be required to complete reading that will be provided via LMS.						
Time Commitment:	Contact Hours: 36 hours Total Time Commitment: 340 hours						
Prerequisites:	Admission to the Master of Applied Positive Psychology (MC-APP). Students who have not previously completed EDUC90787 Principles of Positive Psychology must complete EDUC90787 Principles of Positive Psychology as a corequisite. <table border="1" data-bbox="389 674 1485 819"> <thead> <tr> <th>Subject</th> <th>Study Period Commencement:</th> <th>Credit Points:</th> </tr> </thead> <tbody> <tr> <td>EDUC90787 Principles of Positive Psychology</td> <td>February</td> <td>25</td> </tr> </tbody> </table>	Subject	Study Period Commencement:	Credit Points:	EDUC90787 Principles of Positive Psychology	February	25
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EDUC90787 Principles of Positive Psychology	February	25					
Corequisites:	None						
Recommended Background Knowledge:	None						
Non Allowed Subjects:	None						
Core Participation Requirements:	<p><p>For the purposes of considering request for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Student Support and Engagement Policy, academic requirements for this subject are articulated in the Subject Overview, Learning Outcomes, Assessment and Generic Skills sections of this entry.</p> <p>It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and Student Equity and Disability Support: http://services.unimelb.edu.au/disability</p></p>						
Coordinator:	Assoc Prof Lindsay Oades						
Contact:	Contact Us (Contact%20Us%20https://enquiry.app.unimelb.edu.au/?cc=MGSE-ALL&fn=MGSE) Call: 13 MELB (13 6352)						
Subject Overview:	This subject will examine the full range of positive interventions that can be delivered to individuals, groups and communities using face to face, on-line, coaching/counselling, smartphone applications and group formats. Information about multi-level assessments measuring affective, cognitive, behavioural and physiological aspects of well-being will be presented for discussion. Standards for conducting positive interventions will be identified and critiqued and criteria for evaluating the efficacy and effectiveness of positive interventions will be presented for critical review. Ethical issues associated with researching and applying positive interventions will be discussed using standards and guidelines from various disciplines. Issues related to fostering innovation whilst maintaining evidence-based practice will be raised and potential strategies for complying with both these important objectives will be formulated.						
Learning Outcomes:	Students will: <ul style="list-style-type: none"> # Demonstrate a thorough understanding of the range of positive interventions and programs available for a variety of common contexts. 						

	<ul style="list-style-type: none"> # Demonstrate applied knowledge in identifying and selecting appropriate interventions for individuals, groups and communities. # Select and develop comprehensive and relevant measurement approaches which will provide information about program efficacy and effectiveness. # Practice using a variety of positive psychology interventions through assessment tasks. # Apply gold standard criteria for determining the strength of the evidence-base associated with various positive interventions. # Demonstrate a good understanding of ethical issues associated with the delivery of positive interventions for research and professional practice.
Assessment:	There are four assessment tasks: 2,500 word critical review of a positive intervention. Due 1/3 of the way into semester, 25% 3,000 word case study (includes on-line discussions). Due mid semester, 30% On-line open book test (90 minutes). Due mid-late semester, 15% 3 on-line coaching sessions, session notes and reflection (3,000 words). Due end of semester, 30% This subject has a minimum hurdle requirement of 80% attendance at all tutorials, seminars and workshops.
Prescribed Texts:	Parks-Sheiner, A. (Ed.) (in press). The Handbook of Positive Psychological Interventions. Hoboken, NJ: Wiley-Blackwell.
Breadth Options:	This subject is not available as a breadth subject.
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	<ul style="list-style-type: none"> # Critical thinking will be fostered through reviewing the strengths and limitations of empirical studies using positive interventions. # Creative thinking will be promoted by encouraging innovative assessment methods which draw on knowledge gained from other disciplines and from best practice approaches. # Written and oral communication skills will be developed through subject assessment. # Team work and collaborative skills will be engaged through the group presentation assessment.
Related Course(s):	Master of Applied Positive Psychology