

## Overview

<b>Programme Code</b>	36009
<b>Programme Title</b>	Positive Psychology and Wellbeing
<b>Awarding Institution</b>	Liverpool John Moores University
<b>Programme Type</b>	Masters
<b>Language of Programme</b>	All LJMU programmes are delivered and assessed in English
<b>Programme Leader</b>	Peter Malinowski
<b>Link Tutor(s)</b>	

## Awards

<b>Award Type</b>	<b>Award Description</b>	<b>Award Learning Outcomes</b>
Target Award	Master of Science - MS	See Learning Outcomes Below
Alternative Exit	Postgraduate Certificate - PC	Engage with advanced levels of theoretical positions and models in relation to the field of positive psychology. Demonstrate an understanding of research methodologies relevant to positive psychology. Demonstrate appropriate levels of critical analysis, reflection and contextual awareness in focused areas of study.
Alternative Exit	Postgraduate Diploma - PD	Engage with advanced levels of theoretical positions and models in relation to the field of positive psychology. Identify and apply appropriate research methodologies and analysis procedures. Take an informed position in relation to the field of positive psychology. Demonstrate personal skills in critical analysis, reflection and contextual awareness in a wide range of topics that are central to positive psychology and wellbeing studies.

<b>Alternate Award Names</b>	
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## External Benchmarks

<b>Subject Benchmark Statement</b>	
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## Programme Offering(s)

Mode of Study, Mode of Delivery	Intake Month	Teaching Institution	Programme Length
Part-Time, Face to Face	September	LJMU Taught	24 Months

## Aims and Outcomes

### Educational Aims of the Programme

Positive Psychology focuses on the scientific understanding of the factors that contribute to a meaningful, happy, fulfilled and socially engaged life. It uses this understanding to develop and implement approaches that promote and preserve these factors. This MSc takes a balanced approach to theory, psychological mechanisms and evidence-based practice to develop the skills and understanding needed for applying positive psychology approaches in a broad range of contexts

Specific programme aims are:

To provide an academically rigorous framework through which students can study scientifically, the psychological, biological, social and spiritual processes involved in psychological health and wellbeing

To develop an awareness and practical understanding of applied approaches that promote and preserve the factors that contribute to a meaningful, happy, fulfilled and socially engaged life.

To introduce strength-based self-reflection that empowers students to engage their individual strengths in their academic and professional work

To support students in developing a sustained mindfulness meditation practice.

### Learning Outcomes

Code	Description
PLO1	Evaluate, synthesise and apply theoretical models of psychological health, happiness and wellbeing
PLO2	Critically evaluate psychological, biological, social and spiritual contributions to flourishing and wellbeing
PLO3	Critically appraise relevant evidence of positive psychological functioning in relation to individual differences, lifespan and cultural perspectives
PLO4	Synthesise knowledge to design, apply and conduct research in positive psychology

<b>Code</b>	<b>Description</b>
PLO5	Synthesise information to design and evaluate applied approaches and interventions in positive psychology
PLO6	Critically analyse complex issues systematically
PLO7	Creatively appraise and integrate information from a variety of sources
PLO8	Analyse, interpret and summarise psychological data
PLO9	Plan, design, execute and report on a programme of original, empirical research
PLO10	Employ skills of self-reflection
PLO11	Select, adapt and apply research methods and theoretical approaches to contribute to the development of knowledge in positive psychology
PLO12	Compare and contrast a range of positive psychology interventions aiming at positive human functioning and wellbeing
PLO13	Retrieve and organise information effectively
PLO14	Use a variety of psychological tools, including specialist software and psychometric instruments
PLO15	Carry out an extensive piece of independent research, applying skills of choosing and applying appropriate research methodologies and the treatment of resulting data with appropriate analytical methods
PLO16	Apply skills of literature search, critical review and selection of relevant sources, and systematic synthesis and treatment of key material
PLO17	Implement and maintain systems for professional and ethical standards in applied psychology
PLO18	Present and explain applied positive psychology approaches and practices
PLO19	Use a variety of specialist data analysis software applications
PLO20	Demonstrate problem solving and reasoning skills
PLO21	Organise self-management of learning, utilising time-management skills and effective planning strategies
PLO22	Develop collaboration and co-operation in working with others
PLO23	Demonstrate effective oral and written communication skills
PLO24	Identify, select and use qualitative and quantitative approaches to data analysis

## Programme Structure

### Programme Structure Description

To exit the programme with a **Postgraduate Certificate** the students must achieve 60 credits.

To exit the programme with a **Postgraduate Diploma** the students must complete and pass all modules to achieve 120 credits (except 7000POSPSY Empirical Project 60 credits).

#### MODULE SEQUENCING:

In Year 1 students will engage with the modules:

7001POSPSY, 7002POSPSY, 7003POSPSY, 7004POSPSY

In Year 2 students will engage with the modules: 7005POSPSY, 7006POSPSY

The Empirical Project module (7000POSPSY) will be completed over the course of Year 1 and Year 2.

Programme Structure - 180 credit points	
Level 7 - 180 credit points	
Level 7 Core - 180 credit points	CORE
[MODULE] 7000POSPSY Empirical Project Approved 2022.01 - 60 credit points	
[MODULE] 7001POSPSY Concepts in Positive Psychology Approved 2022.01 - 10 credit points	
[MODULE] 7002POSPSY Research Skills for Positive Psychology Approved 2022.01 - 10 credit points	
[MODULE] 7003POSPSY Analysis for Positive Psychology Approved 2022.01 - 20 credit points	
[MODULE] 7004POSPSY Meditation and Mindfulness Approved 2022.01 - 20 credit points	
[MODULE] 7005POSPSY Pathways to Wellbeing Approved 2022.02 - 30 credit points	
[MODULE] 7006POSPSY Promoting and Preserving Wellbeing Approved 2022.04 - 30 credit points	
Level 7 Optional - No credit points	OPTIONAL

Module specifications may be accessed at <https://proformas.ljmu.ac.uk/Default.aspx>

### Approved variance from Academic Framework Regulations

Variance

Variance approved 11/17 to allow Meditation and Mindfulness (7004POSPSY) to operate as a yearlong module.

## **Teaching, Learning and Assessment**

Lectures and directed independent reading are used to introduce core knowledge. These are supplemented by seminar, workshop and practical activities in which students can explore ideas in more depth and contribute to, and benefit from, peer learning. These activities also provide opportunities for the development of declarative knowledge regarding positive psychology themes, with feedback from tutors and peers. Practical engagement with mindfulness meditation and other positive psychology applications will allow students to develop a felt sense of engaging in positive psychology interventions. Many of these learning activities will be tied to critical reflection, allowing students to develop their self-reflection skills.

In addition, students are expected to cover substantive course content through their own directed reading. These approaches are consistent with the learning outcomes of each specific module within the programme. While a number of course texts will be utilised to introduce students to the core concepts, critical examination of these concepts using primary sources including journal articles and reports will form a major component of the teaching strategy. Individual supervision meetings support students in developing, conducting and reporting an empirical investigation in positive psychology.

In line with the Positive Psychology perspective of the programme, a diagnostic strength-based approach integrated into module delivery will furthermore support students in identifying, applying and intentionally developing their personal strengths in relation to their academic work.

The assessment strategy aims to foster in-depth and active learning to achieve an appropriate match between teaching and learning methods and assessment tasks. It includes the provision of summative, formative and peer feedback, an appropriate balance of assessment tasks over the programme, and inclusivity of a range of student approaches to learning. A variety of assessment methods is therefore utilised across the programme.

Workshop activities provide opportunities for formative feedback from both peers and tutors. Similarly, dedicated coursework preparation seminars and online discussion forums within modules and individual tutor support during the preparation of coursework assignments provides opportunities for formative feedback and general guidance.

Coursework assessment is used to provide timely and detailed summative assessment. Individual tutors also build in opportunities for formative assessment during modules, and take advantage of opportunities to provide formative assessment that arise from students' work and engagement with the tasks. Assessment methods include essays, critiques, reports, reflective portfolios, presentations, practical demonstrations, research proposal and dissertation.

## **Opportunities for work related learning**

There is no formal work-based learning during this MSc, although students may conduct their research project in a range of professional settings. As such these research studies support the student to build real experience in the working environment and create professional relationships outside the university setting.

## Entry Requirements

Type	Description
Alternative qualifications considered	A lower second degree in Psychology (or above) or an upper second degree (or above) in related disciplines such as Social Sciences, Counselling, Educational Studies, Business Studies, Social Enterprise Studies or similar. In addition, a good second class mark (2.1) in the undergraduate dissertation (or similar work) will be required. Non-standard applications may also be considered.
Other international requirements	Overseas students whose qualifications are equivalent to those stated above (see other) will be admitted in accordance with the University's regulations. In addition, international students should hold IELTS English language score at a minimum of 6.5 or equivalent, with no less than 5.5 in any single component.

### Extra Entry Requirements