

Psychology

Positive Psychology: A cross-cultural study of well-being ~ Rachael Clark

UD only (Upper Division 300-500)/3.0 credit hours

Through visits to the National Irish museum the Irish Famine Museum, and cultural centers, students will integrate positive psychology with the historical events important in the recent history of Ireland and Northern Ireland. * theoretical framework to be used is humanism (Carl Rogers & Abraham Maslow) ? Review of learned helplessness theory of depression, learned optimism and how they impact depression Reading List: Flourish by Martin Seligman; articles by Maslow; Pursuing Human Strengths by Bolt

Can the course be taken to fulfill major and minor requirements? YES

Can the course be taken to fulfill general elective credits? NO

Are there prerequisites for this course?

Introduction to Psychology (one semester)

Assessment Methods:

Major assignments for Ireland program – Rachael Clark, Northern KY University

A journal for scheduled field visits is required. A list of topics will be provided to you. Journal entries require integration of course readings with site visits.

Handwritten journal entries are fine while we are in Ireland. Journals are due the day following the activity on which the entry is based. One entry based on our course readings will be due before we leave for Dublin.

Final (Group) Project: You may choose from three options:

- 1) Create a resilience training program for young children (K-3). Include an outline of topics to be covered and information on how long your program will last, objectives, and assessment methods to determine effectiveness. You should draw heavily upon information from the Famine Museum for this project.
- 2) Create a presentation to a company designed to persuade them to use individual strengths in their career planning for employees. Include information from our field trips, class readings, and resilience research in your proposal. Use information from the presentation at Microsoft Dublin as a framework.
- 3) Create a plan to use positive psychotherapy in your practice. Include worksheets your clients can complete that will help them apply concepts to their life, include a list of surveys/questionnaires (or create your own) that you want your clients to complete before beginning treatment. Use information from our guest speaker in Dublin to draw upon for this project.

Participation 10%

Journals 30%

Final Project 60%