



Integral University, Lucknow

Effective from Session: 2023-2024							
Course Code	CP511	Title of the Course	Applied Positive Psychology	L	T	P	C
Year	I	Semester	IV	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To acquaint students with the basic concepts of cognitive psychology. To develop an understanding of attention, perception, memory and imagery.						
Course Outcomes							
CO1	Students will be able to Recognize, understand the Basic Concepts Various Perspectives,						
CO2	Students will be able to understand and Analyze Understanding basic principles and terminologies in positive psychology.						
CO3	To understand the Assessment of positive emotions, character strengths, and Reliability and Validity						
CO4	Students will be able to understand the various approaches of Positive Psychology						
CO5	Students will be able to understand the theoretical, empirical, and experiential nature of positive interventions.						

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	Historical back ground, Various Perspectives, Basic Concepts	10	CO1
2	Psychological Testing in Positive Psychology	Importance of assessment in positive psychology Ethical Issues Areas of Assessment (Optimism, Life Satisfaction, Gratitude, Happiness, Strength, Motivation, Close relationships, Attachment	8	CO2
3	Research Methods and Evaluation	Descriptors/Topics Assessment of positive emotions, character strengths, and meaning in life. Reliability and Validity	10	CO3
4	Approaches in Individual and Positive Psychology	Emotion-Focused Approaches Self- Based/Narrative Approaches Behavioural Approaches Cognitive Approaches Interpersonal Approach	8	CO4
5	Positive Interventions	Theoretical, empirical, and experiential nature of positive interventions.	8	CO5

Reference Books:

- Goleman & Daniel, Emotional Intelligence
- C. R. Snyder, Shane J. Lopez, The Handbook of Positive Psychology
- C. R. Snyder, Shane J. Lopez, Positive Psychology: The Scientific and Practical Explorations of Human Strengths
- Rich Gilman, Michael Furlong, E. Scott Huebner, A Handbook of Positive Psychology in Schools
- Ilona Boniwell, Positive Psychology in a Nutshell
- Seligman Martin: Authentic Happiness
- Frankl, Victor: Man's search for meaning

e-Learning Source:

- <https://positivepsychology.com/positive-psychology-an-introduction-summary/>
- <https://www.studysmarter.us/explanations/psychology/issues-and-debates-in-psychology/positive-psychology/>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	1	2	2	1	2	3	1	2	3	2	2	2
CO2	2	1	1	2	2	1	2	2	3	3	1	2
CO3	2	2	1	1	2	2	2	2	1	3	2	2
CO4	2	2	2	2	2	2	3	2	3	2	2	2
CO5	1	1	2	2	1		1	2	2	2	2	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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