



Detailed Course Syllabus

Academic Year	2023./2024.	Semester	Winter
Study Program	Undergraduate University Study	Specialization/Major in	For Student Incoming Mobility
		Year of Study	1-3
I. BASIC COURSE INFORMATION			
Name	POSITIVE PSYCHOLOGY		
Abbreviation	IZBEPSIH2	Code	251844
Status	elective	ECTS	3
Prerequisites	None		
Total Course Workload			
Teaching Mode	Total Hours	Teaching Mode	Total Hours
Lectures	15	Seminars	15
Class Time and Place	Catholic University of Croatia – according to the published schedule		

II. TEACHING STAFF

Course Holder

Name and Surname	Marina Merkaš		
Academic Degree	PhD	Professional Title	Associate Professor
Contact E-mail	marina.merkas@unicath.hr	Telephone	+385 (1) 3706 647
Office Hours	according to the published schedule		

Associates in the Course

Name and Surname	Barbara Balaž		
Academic Degree	PhD	Professional Title	Postdoctoral Researcher
Contact E-mail	barbara.balaz@unicath.hr	Telephone	+385 (1) 3706 657
Office Hours	according to the published schedule		

III. DETAILED COURSE INFORMATION

Teaching Language	English
Course Description	Objectives of the course: Familiarization with positive psychology and its establishment within psychology. Developing capacities for personal and professional use of the basic principles of positive psychology.

Course content: The establishment of positive psychology; Critiques of positive psychology researchers to existing psychological research and paradigms; Basic concepts of positive psychology: Positive subjective experiences, positive person, positive community; Critiques and shortcomings of the positive psychology

Expected Educational Outcomes	Describe the historical and contemporary direction of the development of the field of positive psychology. Analyze the conditions that lead to positive states and traits. Describe the conditions that encourage the development of positive relationships. Analyze characteristics of positive communities. Propose a program aimed to improve the lives and well-being of individuals and groups. Critically judge knowledge about the conditions that encourage positive emotions, thinking and motivation.
--------------------------------------	---

Textbooks and Materials

Required	Peterson, C. (2006). <i>A primer in positive psychology</i> . Oxford University Press. Rijavec, M., Miljković, D., & Brdar, I. (2008). <i>Pozitivna psihologija</i> . IEP-D2.
-----------------	--

Supplementary	Miljković, D., & Rijavec, M. (2008). <i>Tri puta do otoka sreće</i> . IEP. Miljković, D., & Rijavec, M. (2006). <i>Kako biti bolji</i> . IEP. Miljković, D., & Rijavec, M. (2001). <i>Kako postati i ostati (ne)sretan?</i> . IEP. Rijavec, M., & Miljković, D. (2010). <i>Tko su dobri ljudi?</i> . IEP. Rijavec, M., & Miljković, D. (2009). <i>Pozitivna psihologija na poslu</i> . IEP. Seligman, M. (2006). <i>Learned optimism: How to change your mind and your life</i> . Vintage Books. Seligman, M. (2007). <i>The optimistic child: A proven program to safeguard children against depression and build lifelong resilience</i> . Houghton Mifflin Company.
----------------------	--

Examination and Grading

To Be Passed	Yes	Exclusively Continuous Assessment	No	Included in Average Grade	Yes
Prerequisites to Obtain Signature and Take Final Exam		Regular class attendance (at least 70% of classes)			
		Obtaining a minimum of 35% points (out of a total of 100 points) during semester			
		Writing a seminar paper			
Examination Manner		Continuous evaluation of student work through semester			
		Final written exam			

	How to earn points: Activities during semester - 70%:
	<ul style="list-style-type: none"> • midterm exam 1 - 25% • midterm exam 2 - 25% • seminar paper - 20%
	Final written exam - 30%

Grading Manner	Numerical grading scale for student work:
	<ul style="list-style-type: none"> • excellent (5) - 90 to 100% points • very good (4) - 80 to 89.9% points • good (3) - 65 to 79.9% points • sufficient (2) - 50 to 64.9% points • insufficient (1) - 0 to 49.9 % points

Detailed
Overview of
Grading within
ECTS

TYPE OF ACTIVITY	ECTS credits - student load coefficient	SHARE OF THE GRADE (%)
Class attendance	0.8	0
Seminar paper	0.44	20
Midterm Exam 1	0.55	25
Midterm Exam 2	0.55	25
Total through semester	2.34	70
Final exam	0.66	30
TOTAL (semester + final exam)	3	100

Midterm Exam Dates 7th and 12th class

Final Exam Dates According to the published schedule

IV. WEEKLY CLASS SCHEDULE

Lectures

Week	Topic
1.	Introduction lecture; Introduction to positive psychology
2.	Establishment and historical concepts of positive psychology
3.	Classification of positive human traits
4.	Well-being; Quality of life and life satisfaction
5.	Positive emotions
6.	Positive thinking
7.	Midterm exam 1
8.	Positive motivation
9.	Positive relationships
10.	Positive community
11.	Positive lifelong development
12.	Midterm exam 2
13.	Contemporary concepts of positive psychology
14.	Application of knowledge from positive psychology in practice
15.	Final lecture

Seminars

Week	Topic
1.	Instructions for writing seminar paper
2.	According to the topic of the lecture
3.	According to the topic of the lecture
4.	According to the topic of the lecture
5.	According to the topic of the lecture
6.	According to the topic of the lecture

7.	Midterm exam 1
8.	According to the topic of the lecture
9.	According to the topic of the lecture
10.	According to the topic of the lecture
11.	According to the topic of the lecture
12.	Midterm exam 2
13.	According to the topic of the lecture
14.	According to the topic of the lecture
15.	Feedback