

COURSE PROGRAMME

1. Information about the programme

1.1 University	University “Alexandru Ioan Cuza” of Iași
1.2 Faculty	Faculty of Philosophy and Social-Political Sciences
1.3 Department	DEPARTMENT OF SOCIOLOGY, SOCIAL WORK AND HUMAN RESOURCES
1.4 Domain	Social work
1.5 Cycle	Masters
1.6 Programme / Qualification	Lifelong Well-Being and Healthy Aging

2. Information about the course

2.1 Course Name	PSIHOLOGIE POZITIVĂ / POSITIVE PSYCHOLOGY						
2.2 Course taught by	Assoc. Prof. PhD. Dorin Nastas						
2.3 Seminary / laboratory taught by	Assoc. Prof. PhD. Dorin Nastas						
2.4 Year	II	2.5 Semester	II	2.6 Type of evaluation	E	2.7 Course type*	Ob

*OB – Obligatory / OP – Optionally / F – Facultative

3. Total hours (estimated per semester and activities)

3.1 Number of hours per week	3	3.2 course	2	3.3 seminary/laboratory	1
3.4 Total number of hours	36	3.5 course	24	3.6 seminary/laboratory	12
Distribution					hours
Individual study using textbooks, course notes, bibliography items, etc.					23
Supplementary study (library, on-line platforms, etc.)					27
Individual study for seminary/laboratory, homeworks, projects, etc.					27
Tutoring					8
Examination					4
Other activities					
3.7 Total hours of individual activity					89
3.8 Total hours per semester					125
3.9 Credit points					5

4. Pre-requisites (if necessary)

4.1 Curriculum	It is not necessary
4.2 Competencies	2 It is not necessary

5. Conditions (if necessary)

5.1 Course	It is not necessary
5.2 Seminary / Laboratory	It is not necessary

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6. Specific competencies acquired

Professional competencies	<p>CP1. In-depth knowledge of theoretical developments, methodological and practical approaches specific to social work, health, and well-being throughout life and for healthy aging;</p> <p>CP2. Appropriate use of the health and welfare professional language in communication with different professional entities;</p> <p>CP3. The use of highly specialized knowledge based on original thinking and research in the field of social work, health, and well-being;</p> <p>CP4. Integrated use of knowledge in the field of social assistance and those at the border of related fields - psychology, health, law, economics, sports sciences, digitalization, sociology, human resources - to solve new theoretical and practical problems;</p> <p>CP5. Proper use of knowledge from welfare, health and well-being and of those relevant from the related fields in order to perform research and innovation, for the development of new knowledge and procedures specific to social care and health management;</p> <p>CP7. Use of specific skills in assuming the responsibility for contributing to the development of professional knowledge and practices.</p>
Transversal competencies	<p>CT1. To be able to apply professional research standards;</p> <p>CT8. To be able to do an empathetic approach on interactions with beneficiaries / clients, colleagues and partners;</p> <p>CT9. To be able to consider issues related to public and general welfare within his activity;</p> <p>CT10. To be able to develop a tolerant, non-discriminatory and fair approach on various aspects and contexts of professional activity and inter-human relations;</p> <p>CT11. To be able to clarify and systematically assess his mandate, skills, roles and personal expectations;</p> <p>CT14. To be able to diversify learning styles and forms.</p>

7. Course objectives (from the accumulated specific competency grid)

7.1 General objective	To support the acquisition of knowledge and skills on the life-course perspective and lifelong well-being
7.2 Specific objectives	<p>Upon successful completion of this discipline, students will be able to:</p> <ul style="list-style-type: none"> • address problems critically • consider social impact of actions on service users • consider the active role of service user within the social contexts and systems • apply holistic approach within social services • support children's, youth, adults and older adults' well-being • follow health and well-being in social care practices over the life • use most appropriate preventive approaches over the life, for lifelong health and well-being

8. Contents

8.1	Course	Teaching methods	Remarks (number of hours, references)
1.	Introducing positive psychology	Lecture, creative teaching and learning approaches, problem based learning, research based learning, critical thinking, group works, learning using new media.	See the references below
2.	Eastern and western contributions to positive psychology		
3	Classifications and measurements		
4	Lifelong perspective in positive psychology		
5	Affective life and well-being		
6	Applying affective constructs for bettering life		
7	Future-oriented psychological constructs: self-efficacy, optimism and hope		
8	The virtues of wisdom and courage		
9	Optimal psychological functioning: mindfulness, flow and spirituality		

10	Being prosocial: altruism and gratitude		
11	Positive relations: attachment, love and forgiveness		
12	Positive interventions: preventing the bad and promoting the good		
13	Positive workplace and positive schooling		
14	Future perspectives on a lifelong application of the positive psychology		

Bibliography

1. Haidt, J. (2006). *The Happiness Hypothesis*. New York: Basic Books.;
2. Keyes, C., Haidt, J. (Eds.) (2003). *Flourishing: Positive Psychology and the Life Well-Lived*. Washington: APA
3. Pedrotti, J. T., Lopez, S. J., McDermott, R. C., & Snyder, C. R. (2024). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*, 5th edition. Sage.
4. Snyder, C. R., Lopez, S. J., Edwards, L. M., & Marques, S. C. (Eds.). (2021). *The Oxford handbook of positive psychology* 3rd edition. Oxford university press.
5. Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55, 1, 5-8.

8.2	Seminary / Laboratory	Teaching methods	Remarks (number of hours, references)
1.	Applied activities related to courses 1 and 2	creative learning approaches, problem based learning, research based learning, critical thinking, group works, learning using new media.	See the references below
2.	Applied activities related to courses 3 and 4		
3.	Applied activities related to courses 5 and 6		
4.	Applied activities related to courses 7 and 8		
5.	Applied activities related to courses 9 and 10		
6.	Applied activities related to courses 11 and 12		
7.	Applied activities related to courses 13 and 14		

Bibliography

1. Donaldson, S. I., Csikszentmihalyi, M., Nakamura, J. (2011). *Applied Positive Psychology. Improving Everyday Life, Health, Schools, Work, and Society*. APA.;
2. Linley, P. A., & Joseph, S. (Eds.) (2004). *Positive psychology in practice*. New York: Wiley.
1. Peterson, C. & Seligman, M. E. P. (Eds.) (2004). *Character strengths and virtues. A handbook and classification*. Washington DC: American Psychological Association Press.

9. Coordination of the contents with the expectations of the community representatives, professional associations and relevant employers in the corresponding domain

The course meets the expectations of training, participation and understanding of the life course, active aging, public and private social service providers, public policy authors, professional associations and employers.

10. Assessment and examination

Activity	10.1 Criteria	10.2 Modes	10.3 Weight in the final grade (%)
10.4 Course	Participation in the final exam and obtaining at least 50% of the score	The final exam will be a colloquium on the course contents	50%
10.5 Seminary / Laboratory	- Carrying out the works at the seminar and obtaining at least 50% of the score	Participation in applied activities within the seminar and performing seminar home assignments	50%
10.6 Minimal requirements			
Evaluation along the way: active participation in at least 50% courses and seminars			
Final grade is the average of the assessments for the course and seminar			

**Date,
17.09.2024**

**Course coordinator,
Assoc. prof. PhD Dorin Nastas**

**Seminary coordinator,
Assoc. prof. PhD Dorin Nastas**

**Approval date in the department,
19.09.2024**

**Head of the departament,
Conf. Univ. Dr. Mihaela RĂDOI**