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Period

January 2027

Code

POS2003

ECTS-credits

7.5

Organisational unit

CES

Coordinator

Nathalie Nolden

Description

This course introduces you to the foundations of Positive Psychology: the scientific study of wellbeing, resilience, strengths, and meaningful living.

At its core, Positive Psychology asks: What helps people thrive?

Throughout the weeks, we explore evidence-based concepts, practical tools, and reflective exercises that help you understand how wellbeing can be cultivated. The course combines theory with experiential learning, allowing you to apply Positive Psychology principles to your own life and academic journey. My hope is that these weeks give you space to reflect, to grow, and to discover tools that support you in your daily life.

Learning Goals

By the end of the course students will demonstrate knowledge about/the ability to:

- Understand the foundations of Positive Psychology
- Understand major theories in Positive Psychology
- Recognize key themes of wellbeing
- Apply Positive Psychology to real-life situations
- Utilize techniques to assess and strengthen personal resources
- Develop practical skills for stress regulation and resilience
- Identify and use personal strengths effectively
- Practice mindfulness, gratitude, and supportive self-talk

Instruction language

English

Prerequisites

None required. However, feel free to bring any books, articles, newspapers, or other sources of knowledge that support your learning in this course. New ideas, perspectives, and thoughts are welcome as they enrich the discussions.

Recommend literature

- The Power of Now by Eckhart Tolle
- Positivity by Barbara L. Fredrickson

Teaching methods

▪ Assignments ▪ Lectures ▪ Papers ▪ PBL ▪ Presentations ▪ Skills ▪ Work in subgroups ▪

Assessment methods

▪ Attendance ▪ Final paper ▪ Participation ▪ Presentation

Keywords

Positive psychology, wellbeing, meaningful living, authenticity, motivation