



**Hanzehogeschool
Groningen**
University of Applied Sciences

Applied Positive Psychology

International Exchange Programme – 30 ECTS
Spring semester (February - June)



When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down "happy". They told me I didn't understand the assignment, and I told them they didn't understand life.

- John Lennon -

share your talent. **move** the world.

When being asked the question what do you want most out of life, people from all over the world answer: to be happy! But despite decades of economic growth we are no happier now than sixty years ago. What is happiness and do we really know what makes us happy? Do we give happiness enough priority? Can we influence our own happiness and the happiness of others and how? These (and more) questions are being asked and answered by positive psychologists all over the world and will be addressed in the minor Applied Positive Psychology.

What is Positive Psychology?

Positive Psychology is the scientific study of wellbeing and human flourishing. This new branch on the psychology tree was founded in 2000 by Martin Seligman and Mihaly Csikszentmihalyi. They were not happy about traditional psychology's emphasis on what is wrong and on weaknesses. Psychology should also look at what is right and at strengths of people. Since then psychologists all over the world started to study happiness, wellbeing and the good life. According to Seligman we can indeed influence our own happiness by changing our actions and by making the right choices. We can flourish individually and together through experiencing positive emotions, engagement, relationships, meaning and accomplishment (PERMA model of wellbeing, 2011).



Is Applied Positive Psychology the minor for you?

Are you interested in psychology in general and in focussing on solutions and human strengths? Are you interested in why we do the things we do and in how we can change our thoughts and behaviour to become happier? Are you interested in helping people, organizations and communities to flourish and become their 'best possible self'? And are you interested in spending time abroad and studying in a multi-cultural community, then you will like this exchange semester!!

Contents of this minor

In this international minor we will look at the scientific knowledge on happiness and wellbeing and at the factors that lead to a deep-seated and enduring happiness, a sense of wellbeing, meaning and connection. Based on this knowledge we will take a further look at and develop interventions that can help individuals, organizations, communities and society at large to flourish.

Keywords

Happiness, wellbeing, resilience, engagement and flow, character strengths, optimism, motivation and goals, gratitude, positive relations, sustainable workplaces and societies, happiness economics, mindfulness and many others.

What will we do?

The semester will be divided into two ten-week periods and will start with an introduction week in which you will get to know each other, Hanze University and the city of Groningen. Groningen is one of the happiest places in Europe. It is a lively city because of the large student population and it is compact: you can travel anywhere using your bike!

In each ten-week period there will be a mixture of lectures, workshops, training days, coaching, project time and cultural outings. The different courses will stimulate you to look at people, organizations, communities and society at large from a positive psychological perspective. You will learn about the major theories and areas of research within the field of Positive Psychology. You will also learn about and experience interventions and coaching techniques based upon positive psychology in order to value them for your own field of expertise. And finally, because Positive Psychology is not a spectator sport, you will work together with 3 or 4 students on real life issues. In this integrated project you will use the acquired knowledge in developing and implementing a positive psychological intervention for a specific group of people, for an organization or for a community and help them flourish!



Practical information

Students: This minor is open for 3rd and 4th year students from all bachelor studies (no specific psychological knowledge is required)

Study load: 30 European Credits (ECTS)

Period: Spring semester (February – June)

More information: **Annemiek Sinnema**

Hanze University of Applied Science, Applied Psychology
(School of Social Studies), Groningen, The Netherlands,
a.t.sinnema@pl.hanze.nl

More detailed information can be found online:

<https://www.hanze.nl/exchange>



share your talent. **move** the world.