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| **Course title** | Science of Well-being | | | | | |
| **Course code** | PSY306 | | | | | |
| **Course type** | Elective | | | | | |
| **Level** | Undergraduate | | | | | |
| **Year / Semester** | Year 3 | | | | | |
| **Teacher’s name** | Maria Charalampous | | | | | |
| **ECTS** | 7.5 | **Lectures / week** | 1 | **Laboratories / week** | | 0 |
| **Course purpose and objectives** | The purpose of this course is to provide students with a comprehensive understanding of the scientific principles and psychological factors that contribute to individual and collective well-being. This course aims to equip students with the knowledge and tools to lead happier, more fulfilling lives and to apply these principles in various personal and professional contexts. | | | | | |
| **Learning outcomes** | The following learning outcomes are expected, where students will:   1. Acquire a comprehensive understanding of well-being, its components, and its significance in individual and societal contexts. 2. Apply principles of positive psychology to enhance personal well-being, resilience, and life satisfaction. 3. Utilize mindfulness techniques and resilience strategies to manage stress and promote mental well-being. 4. Evaluate the efficacy of various well-being interventions, selecting and implementing evidence-based strategies. 5. Examine cultural norms and societal influences on well-being perceptions, demonstrating cultural sensitivity and awareness. | | | | | |
| **Prerequisites** | PSY101 | | **Required** | | No | |
| **Course content** | This course aims to equip students with the knowledge and tools to lead happier, more fulfilling lives and to apply these principles in various personal and professional contexts.  Week 1: Introduction to Science of Well-being  Week 2: Subjective Well-being and Positive Emotions  Week 3: Factors Influencing Well-being  Week 4: Mindfulness, Resilience, and Stress Management  Week 5: Positive Relationships and Social Connections  Week 6: Meaning, Engagement, and Flow  Week 7: Gratitude and Acts of Kindness  Week 8: Well-being Interventions and Applications  Week 9: Cultural Perspectives on Well-being  Week 10: Well-being and Community/Societal Impact  Week 11: Lifelong Well-being and Reflection  Week 12: Ethical Considerations in Well-being Research and Practice | | | | | |
| **Teaching methodology** | Lecture | | | | | |
| **Bibliography** | Seligman, M. (2004). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. Atria Paperback.  Positive Psychology Center (<https://www.authentichappiness.sas.upenn.edu/>): Provides assessments, resources, and information related to well-being research and practices.  Action for Happiness (<https://www.actionforhappiness.org/>): A platform that offers courses, resources, and practical actions for enhancing well-being and happiness.  "Happy" (Documentary) - Explores the science of happiness and well-being around the world.  World Happiness Report (<https://worldhappiness.report/>): Provides annual reports on global happiness and well-being, offering insights into factors that contribute to happiness in different countries.  "The Science of Happiness" Podcast by Greater Good Science Center - Explores research-based practices and stories related to well-being and happiness.  "Happier with Gretchen Rubin" – Podcast – Offers practical advice and insights on cultivating happiness and building positive habits. | | | | | |
| **Assessment** | 1. Midterm & Final Exam (30% & 30%): Mid-term and final exams will be conducted covering the entire course. Both exams will include multiple-choice, short-answer, and essay questions. 2. Group assignment (20%), where students research and present on well-being interventions, assessing their effectiveness and applicability.. 3. Individual assignment (10%): Present real-life well-being scenarios for students to analyze, applying learned principles to propose solutions. 4. Presence and Participation (10%): Students should be present and actively participate in in-class discussions. | | | | | |
| **Language** | English | | | | | |