

Title of course: **Positive psychology – theory and practice**

Lecturer: **dr Dorota Jasielska**

Course description: The aim of the course is to present a multidimensional view of human happiness from a psychological perspective. We will discuss a psychological concept of happiness together with common myths and illusions about achieving it. We will also analyze results of studies regarding various human qualities and activities (incl. gratitude, kindness, optimism) and discuss their outcomes for understanding human happiness. Finally we will test techniques used in experiments to increase happiness.

Assessment: attendance, writing a reflective paper