



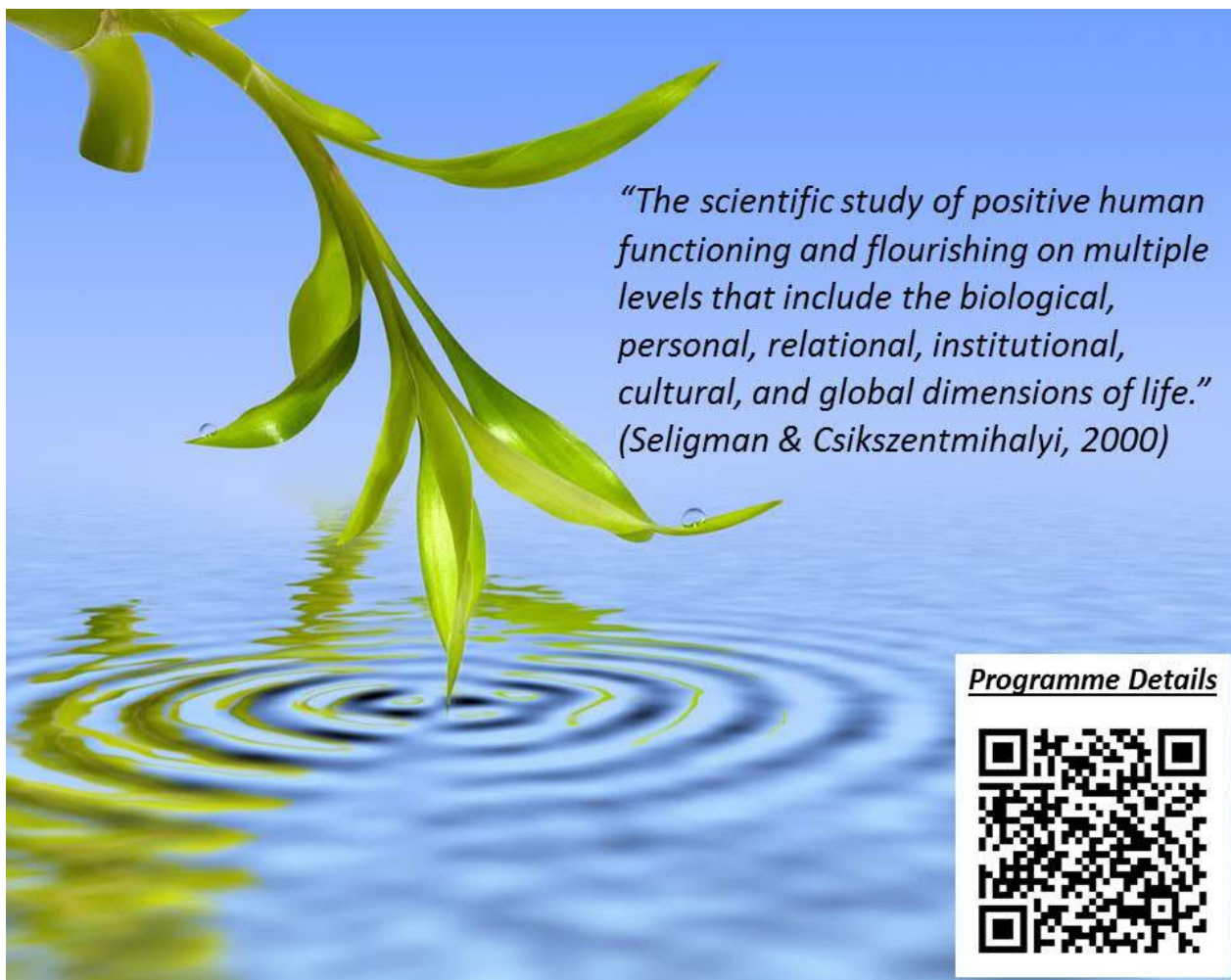
# HKUSPACE

香港大學專業進修學院  
HKU School of Professional and Continuing Education

## Certificate in Positive Psychology 正向心理學證書

Programme Code: CS049A

Application Code: 2260-CS049A



*“The scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, relational, institutional, cultural, and global dimensions of life.”  
(Seligman & Csikszentmihalyi, 2000)*

### Programme Details



### College of Humanities and Law

人文及法律學院

HKU SPACE is a non-profit making University company limited by guarantee.



QF Level 3 (Reg. No.: 18/000759/L3)

Validity Period: 1 October 2018 - on-going



This course has been included in the list of reimbursable courses under the Continuing Education Fund.

This course is recognised under the Qualifications Framework (QF Level [3])

## Introduction

Positive psychology is a growing movement in psychology that focuses on people's strengths and virtues and on psychological factors that are thought to lead to positive outcomes. In recent years, there has been an increased focus on positive psychology applying in a variety of settings, such as education (e.g., primary schools, secondary schools, colleges, and universities), healthcare (e.g., family medicine, cancer care, and rehabilitation), and corporations (e.g., organizational behaviour). Positive Psychology is the psychology of personal growth, happiness and positive personal qualities. It encompasses four basic areas of study and practice, namely, (1) positive experiences, (2) positive character strengths, (3) positive relationships, and (4) positive institutions that facilitate their development:

- **Positive experiences** include the mental states of flow and mindfulness and emotions about the present (e.g., pleasure, contentment, laughter), past (e.g., nostalgia, satisfaction, pride), and future (e.g., hope, optimism). The distinction among the pleasant life, the good life, and the meaningful life are drawn.
- **Positive character strengths** include wisdom, courage, compassion, love, humanity, justice, temperance, self-efficacy, resilience, grit, imagination, creativity, and spirituality/transcendence. The classification of these virtues is explored.
- **Positive relationships** include the factors that enhance meaning and well-being among couples, family, friends, co-workers, and the community.
- **Positive institutions** are represented by positive education, positive work environments, healthy families, humane leadership, and the development of civic virtues.

The Certificate in Positive Psychology programme provides an introduction to the core concepts and fundamental principles of positive psychology, including its philosophical approach and its practical applications. Throughout the programme, students explore the research and practice that make up the foundation of positive psychology. The implementation of positive psychology based exercises may contribute to positive mental wellness, increasing psychological assets and resourcefulness.

## Objectives

On completion of the programme, students should be able to

1. describe the history and development of positive psychology;
2. explain the differences between traditional psychology and positive psychology;
3. explain the basic assumptions, principles and concepts of positive psychology;
4. identify positive psychology phenomena in real life;
5. apply positive psychology approaches in daily living.

## Target Group

This programme is specifically for, but not limited to, allied health professionals, coaches, counsellors, HR personnel, managers, project assistants, psychologists, social workers, teachers, and anyone who wants to have personal growth and development across all domains of life.

## Programme Structure

This part-time programme will be offered as one module, containing 34 sessions, each lasting 3 hours.

## Days / Time

Classes will be held on Tuesday evenings from 7:00p.m. – 10:00p.m., from December 4, 2024 – August 13, 2025.

## Syllabus

1. Introduction of Positive Psychology
  - Overview of the programme
  - Introduction to Positive Psychology
  - Well-Being Theory - PERMA
2. Understanding Positive Emotions, Happiness, and Well-Being
  - Positive and negative emotions
  - Happiness and well-being
  - Broaden and Build Theory
3. Strengths and Positive Outcomes
  - Classifications and measurements of strengths
  - Identifying strengths and moving towards a vital balance
4. Mindfulness
  - Neurological findings with mindfulness
  - Cultivating mindfulness
5. Flow
  - The flow state
  - Cultivating flow and its benefits
6. Spirituality
  - Research on spirituality and positive psychology
  - The benefits of spirituality
7. Positive Cognitive States and Processes
  - Self-efficacy, optimism and hope
  - Wisdom and courage in daily life
8. Goal Achievement Accelerators
  - Positive primes
  - Grit
9. Positive Mindsets & Resiliency
  - Perfectionism
  - Procrastination
  - Resiliency
10. Positive Psychology at Different Stages of Life
  - Resilience and creativity in childhood
  - Positive youth development
  - The life tasks of adulthood
  - Successful aging
11. Positive Relationships
  - Components of successful relationships
  - Active constructive responding
  - Creating a culture of appreciation
12. Prosocial Behaviours
  - Altruism
  - Gratitude
  - Forgiveness
13. Positive schooling
  - The power of positive and negative teachers
  - Cultivating positive learning environments
  - Strengths applications for school & parenting
14. Positive Institutions
  - The psychology of gainful employment
  - The strength-based approach to work
15. Reflections
  - Review & Reflections

## Medium of Instruction

English

## Assessment

Students need to fulfill the requirements of the following before graduation:

- A minimum attendance requirement of 70%; and
- 50% or above of overall course mark.

## Fee(s)

Course Fee: HK\$13,800

Application Fee: HK\$150 (non-refundable)

## Entry Requirements

Applicants shall:

- (a) have gained in the HKDSE Examination Level 2 in five subjects including English Language, Chinese Language, Mathematics, Liberal Studies and 1 elective subject; and have 3 years of work experience;  
or
- (b) have gained in the HKCEE Grade E in 3 subjects and Level 2 in Chinese Language and English Language\*; and have 3 years of work experience;  
or
- (c) have gained in the HKALE Grade E in 1 AL subject or 2 AS subjects

\* Applicants with other qualifications will be considered on individual merit.

## Application

Applicants should submit: i) *a completed application form (SF26)*<sup>^</sup>, ii) *copies of academic certificates*, iii) *a copy of HKID card or passport\**, iv) *an application fee of HK\$150 by crossed cheque (payable to “HKU SPACE”)* to the following address:

Ms Emma Ng  
HKU SPACE, 11/F, Fortress Tower,  
250 King’s Road,  
North Point, H.K.  
(Remarks: Application for Certificate in Positive Psychology)

<sup>^</sup> Application forms can be obtained from any HKU SPACE Learning Centres or download from <http://hkuspace.hku.hk>

\* Applicants will be asked to present their HKID cards or passports for verification if applying in person at one of the HKU SPACE enrolment counters, or to attach a copy of their HKID cards or passports if applying by post.

## Closing Date for Application

November 18, 2024

## Enquiries

Ms Emma Ng  
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Email: emma.ng@hkuspace.hku.hk