

ENGLISH-TAUGHT COURSES AT THE FACULTY OF PSYCHOLOGY
2023-2024

FALL SEMESTER :

Course : Positive Psychology

Semester : S3

Tutor	Amanda Comoretto
pedagogical methods	Seminars
Course prerequisites	B2 level of English
Learning outcomes	The lecturer will lead the class with a critical eye on the various oral presentations.
Pedagogical objectives	Explore the possibilities offered by the dynamic, intellectually rich, and extremely popular field of positive psychology by means of discussions, oral presentations and active research
Course content	Happiness and subjective Wellbeing (SWB), positive emotions, self-efficacy, optimism, hope, gratitude and forgiveness, applying positive psychology
Bibliography	<ol style="list-style-type: none"> 1. Lyubomirsky, S. (2013). <i>The Myths of Happiness</i>. ISBN 13: 978-0143124511 2. Fredrickson, B. L. (2009). <i>Positivity</i>. ISBN-13: 978-0-307-39374-6 3. Fredrickson, B. L. (2013). <i>Love 2.0</i>. ISBN-13: 978-0-14-218047-1
Evaluation methods	<p>Choice of a research topic to be elaborated orally and in writing.</p> <p>Session 1: Oral presentation and essay (average mark between the two) Active participation in the group will be rewarded.</p> <p>Session 2 : Re-elaborated essay</p>

SPRING SEMESTER :

Course : Stress Management

Semestre : S4

Créneau horaire : VE 10h/12h

Tutor	Amanda Comoretto
pedagogical methods	Seminars
Course prerequisites	B2 level of English
Learning outcomes	This course presents many practical insights into stress; what causes it, how it can be overcome and how to avoid it. Stress is examined from psychological, social and occupational perspectives. Effective strategies and exercises are presented which can be adapted to meet a wide range of needs.
Pedagogical objectives	<ol style="list-style-type: none"> 1. Define Stress, its causes and effects 2. Explain methods of identifying stressors 3. Identify ways of managing and reducing pressure and stress - avoiding burnout 4. Demonstrate how Stress Management can enhance counselling practice 5. Give an insight into modern approaches to Stress Management
Course content	<ul style="list-style-type: none"> • Introduction to Stress • Decisional Stress and Burnout • Recognising Stress • Stress and Personality • Life Stages and Personal Stressors • Family Stressors • Conflict and Conflict Management • Stress and the Workplace • Counselling and Relaxation • Time Management
Bibliography	Chen, David D.. (2017). <i>Stress management and prevention : applications to daily life</i> . New York: Routledge, Taylor & Francis Group.
Evaluation methods	<p>Choice of a research topic to be elaborated orally and in writing.</p> <p>Session 1: Oral presentation and essay (average mark between the two) Active participation in the group will be rewarded.</p> <p>Session 2 : Re-elaborated essay</p>