

**Course title:** Positive Psychology

**Semester:** Fall 2024-2025

<b>Referent teacher</b>	Amanda Comoretto
<b>Pedagogical methods</b>	Seminars
<b>Course requirements</b>	B2 level in English
<b>Target skills</b>	The lecturer will lead the class with a critical eye on the various oral presentations.
<b>Learning objectives</b>	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
<b>Program</b>	Happiness and subjective Wellbeing (SWB), positive emotions, self-efficacy, optimism, hope, gratitude and forgiveness, applying positive psychology
<b>Bibliography</b>	<ol style="list-style-type: none"> <li>1. Lyubomirsky, S. (2013). <i>The Myths of Happiness</i>. ISBN 13: 978-0143124511</li> <li>2. Fredrickson, B. L. (2009). <i>Positivity</i>. ISBN-13: 978-0-307-39374-6</li> <li>3. Fredrickson, B. L. (2013). <i>Love 2.0</i>. ISBN-13: 978-0-14-218047-1</li> </ol>
<b>Evaluation</b>	<p>Choice of a research topic to be elaborated orally and in writing.</p> <p><b>Session 1:</b> Oral presentation and essay (average mark between the two) Active participation in the group will be rewarded.</p> <p><b>Session 2:</b> Re-elaborated essay</p>
<b>Duration</b>	20 hours
<b>ECTS credits</b>	5

**Course title:** Stress Management

**Semester:** Spring 2024-2025

<b>Referent teacher</b>	Amanda Comoretto
<b>Pedagogical methods</b>	Seminars
<b>Course requirements</b>	B2 level in English
<b>Target skills</b>	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.
<b>Learning objectives</b>	<ol style="list-style-type: none"> <li>1. Define Stress, its causes and effects</li> <li>2. Explain methods of identifying stressors</li> <li>3. Identify ways of managing and reducing pressure and stress - avoiding burnout</li> <li>4. Demonstrate how Stress Management can enhance counselling practice</li> <li>5. Give an insight into modern approaches to Stress Management</li> </ol>
<b>Program</b>	<ul style="list-style-type: none"> <li>• Introduction to Stress</li> <li>• Decisional Stress and Burnout</li> <li>• Recognizing Stress</li> <li>• Stress and Personality</li> <li>• Life Stages and Personal Stressors</li> <li>• Family Stressors</li> <li>• Conflict and Conflict Management</li> <li>• Stress and the Workplace</li> <li>• Counselling and Relaxation</li> <li>• Time Management</li> </ul>
<b>Bibliography</b>	Chen, David D. (2017). <i>Stress management and prevention: applications to daily life</i> . New York: Routledge, Taylor & Francis Group.
<b>Evaluation</b>	<p>Choice of a research topic to be elaborated orally and in writing.</p> <p><b>Session 1:</b> Oral presentation and essay (average mark between the two) Active participation in the group will be rewarded.</p> <p><b>Session 2:</b> Re-elaborated essay</p>
<b>Duration</b>	20 hours
<b>ECTS credits</b>	5