

Course title	Science of Well-being				
Course code	PSY13##				
Course type	Lecture				
Level	Undergraduate				
Year / Semester	Year 3				
Teacher's name	Maria Charalambous				
ECTS	7.5	Lectures / week	1	Laboratories / week	0
Course purpose and objectives	<p>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.</p>				
Learning outcomes	<p>The following learning outcomes are expected, where students will:</p> <ol style="list-style-type: none"> 1. Acquire a comprehensive understanding of well-being, its components, and its significance in individual and societal contexts. 2. Apply the principles of positive psychology to enhance personal well-being, resilience, and overall life satisfaction. 3. Analyze the interplay of genetic, environmental, psychological, and social factors that influence well-being outcomes. 4. Utilize mindfulness techniques and resilience strategies to manage stress, enhance emotional regulation, and promote mental well-being. 5. Establish and maintain meaningful, positive relationships, recognizing their role in fostering happiness and social support. 6. Recognize the importance of engaging in activities that align with personal values and goals, contributing to a sense of purpose and life satisfaction. 7. Integrate gratitude practices and acts of kindness into daily life, experiencing their positive effects on well-being and relationships. 8. Evaluate the efficacy of various well-being interventions, selecting and implementing evidence-based strategies for personal and collective well-being. 9. Examine cultural norms and societal influences on well-being perceptions, demonstrating cultural sensitivity and awareness. 10. Devise strategies for fostering well-being at community and societal levels, considering policy implications and community initiatives. 11. Engage in reflective practices to assess personal well-being and create a tailored plan for ongoing self-improvement and happiness. 				

	<p>12. Express well-being principles and their importance effectively in various contexts, fostering discussions and promoting awareness.</p> <p>13. Demonstrate an understanding of ethical considerations related to well-being research, interventions, and applications.</p> <p>14. Integrate knowledge from psychology, neuroscience, sociology, and related disciplines to comprehend the multidimensional nature of well-being.</p> <p>15. Develop a mindset of continuous learning and application of well-being principles throughout different life stages and circumstances.</p>		
Prerequisites	No	Required	No
Course content	<p>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.</p> <p>Week 1: Introduction to Science of Well-being</p> <p>Week 2: Subjective Well-being and Positive Emotions</p> <p>Week 3: Factors Influencing Well-being</p> <p>Week 4: Mindfulness, Resilience, and Stress Management</p> <p>Week 5: Positive Relationships and Social Connections</p> <p>Week 6: Meaning, Engagement, and Flow</p> <p>Week 7: Gratitude and Acts of Kindness</p> <p>Week 8: Well-being Interventions and Applications</p> <p>Week 9: Cultural Perspectives on Well-being</p> <p>Week 10: Well-being and Community/Societal Impact</p> <p>Week 11: Lifelong Well-being and Reflection</p> <p>Week 12: Ethical Considerations in Well-being Research and Practice</p>		
Teaching methodology	Lecture		
Bibliography	<p>Seligman, M. (2004). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. Atria Paperback.</p> <p>Positive Psychology Center (https://www.authentichappiness.sas.upenn.edu/): Provides assessments, resources, and information related to well-being research and practices.</p> <p>Action for Happiness (https://www.actionforhappiness.org/): A platform that offers courses, resources, and practical actions for enhancing well-being and happiness.</p>		

	<p>"Happy" (Documentary) - Explores the science of happiness and well-being around the world.</p> <p>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.</p> <p>"The Science of Happiness" Podcast by Greater Good Science Center - Explores research-based practices and stories related to well-being and happiness.</p> <p>"Happier with Gretchen Rubin" – Podcast – Offers practical advice and insights on cultivating happiness and building positive habits.</p>
Assessment	<ol style="list-style-type: none"> 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	Greek