



COMPETENCES IN LEARN TO LEARN

Title of the course	Applications of Positive Psychology and Emotional Development in Education
ECTS	2,5
Description	<p>Positive Psychology focusses on the development of our personal resources, like strengths of character, which have a significant role in our well-being. Furthermore, hope, optimism, leadership, and so on, are very useful personal resources to be an entrepreneurship. In the other hand, emotional competence is a key aspect for the personal and professional success. The developing of these personal resources and emotional competence allows people to be more proactive, to set and develop goal (professional and personal) and be more confidence in their success possibilities.</p> <p>So, this course is targeted mainly to education students and others who are interested in learn how to develop these competences and their application in educative contexts.</p>
Learning outcomes	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Understand the main key concepts and research advances on the field of Positive Psychology and Emotional development. • Learn the strategies to improve these competences and to improve our well-being. • Develop positive strengths and resources in order to get well-being. • Develop emotional competences. • Learn how use these personal resources to improve our capacity of entrepreneurship.
Contents	<ol style="list-style-type: none"> 1. Introduction to Positive Psychology 2. Personal strengths: Concept, development, and functions. 3. Emotional Competence: Conceptualization, EI models, functions of emotions (positive and negative emotions). 4. Educative Programs of Positive Psychology and Emotional competence in educative fields. 5. Strategies and activities to improve and use our character strengths and emotions and learn to use it in different fields.
Methodology	<p>In the development of the course we use of different learning strategies.</p> <ul style="list-style-type: none"> • Presence learning-Lectures • Readings and discussion the some research articles, chapters. • Practical activities to understand and to improve our personal resources. • Design of activities and programs to apply in educative fields.



Evaluation	Lesson plan integrating all the eight key competences. Written in English, a maximum of 5000 words. Public exposition and debate.
Bibliography	<p>Gallagher, M. W., Marques, S. C., & Lopez, S. J. (2017). Hope and the academic trajectory of college students. <i>Journal of Happiness Studies</i>, 18, 341-352.</p> <p>Feldman, D. B., Davidson, O. B., & Margalit, M. (2015). Personal resources, hope, and achievement among college students: The conservation of resources perspective. <i>Journal of Happiness Studies</i>, 16(3), 543-560.</p> <p>Luthans, B.C., Luthans, K.W. and Avey, J.B. (2014). Building the leaders of tomorrow: The development of Academic Psychological Capital. <i>Journal of Leadership & Organizational Studies</i>, 21(2), 191-199.</p> <p>Madden, W., Green, S., & Grant, AM (2011). A pilot study evaluating strengths-based coaching for primary school students: Enhancing engagement and hope. <i>International Coaching Psychology Review</i>, 6(1), 71-83.</p> <p>Norman, S. M., Avolio, B. J., Luthans, F. (2010). The impact of transparency and positivity on trust in leaders and their perceived effectiveness. <i>The Leadership Quarterly</i>, 21(3), 350-364.</p>