

Adult Learning - Course Information Sheet



AZZ3BA19 - Positive Psychology

Virtual Classroom - Zoom

<https://zoom.us/>

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Room Virtual Classroom - Zoom

Start Date: 06 November 2024

End Date: 27 November 2024

Start Time: 7:00PM

End Time: 8:30PM

Day: Wednesday

Sessions: 4

Tutor: Mrs Virginia Antunes

Course aim

The aim of this course is to discuss an interesting area of Psychology, focused on leading us to feel better than "OK" and experience actual wellbeing. In this course we will learn about how complex wellbeing can be and discuss one very important model in Positive Psychology, the PERMA model, which explores the several dimensions of wellbeing. We will also go more in -depth on what "flow" is and how important it is to our wellbeing. With these theories as foundations the course will help you reflect and define actions that may help you experience "wellbeing".

Course outcomes

- Identify characteristics of wellbeing through the PERMA model
- Define "flow" and its role in promoting wellbeing
- Recognise the concept of "flourishing" and its role in wellbeing
- Apply principles of Positive Psychology for personal development

How will the course be taught?

The course will be taught online via Zoom and will be a live interactive class. Joining instructions along with unique log in for the session will be emailed to you by our support services team prior to the course start date so please check your email address. To take part in the course learners will need either: a computer or laptop, phone or tablet connected to the internet and able to view a live video stream.

What do I need to bring / have ready?

Pen and paper

Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northnorthants.gov.uk or call 01536 535809 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

