

BEHV 1010 POSITIVE PSYCHOLOGY: THE SCIENCE OF HAPPINESS, RESILIENCE, AND WELLBEING

Credit Points 10

Legacy Code 102606

Coordinator Samuel Arnold (<https://directory.westernsydney.edu.au/search/name/Samuel Arnold/>)

Description This subject introduces Positive Psychology theory, research and the practical evidence-based techniques that enhance wellbeing and resilience. Positive psychology is an emerging field that has practical application in personal and work settings. It focuses on the creation of individual resilience, strengths and virtues, creativity and other indicators of human flourishing. Throughout this subject, students will be encouraged to actively engage and apply the positive psychology concepts taught within the program and to critically reflect on these experiences to bring about personal change.

School Psychology

Discipline Behavioural Science

Student Contribution Band HECS Band 4 10cp

Check your fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 1 subject

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Identify the major themes in the history of positive psychology. (APAC GC 1.1)
2. Discuss the important role of positive psychology in varying contexts. (APAC GC 1.2)
3. Outline the key theoretical concepts and major empirical findings in positive psychology covered in the subject. (APAC GC 1.1)
4. Critically reflect on positive psychology strategies and empirical research. (APAC GC 1.3; 1.6)
5. Summarise the application of techniques learned in positive psychology. (APAC GC 1.2)

Subject Content

1. The history of positive psychology
2. Happiness and wellbeing
3. Positive emotions
4. Resilience
5. Optimism
6. Relationships
7. Character strengths
8. Meaning and purpose
9. Mind and body

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are

regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group	Mandatory Task
Reflection	2 x 1000 words each	50	N	Individual	N
Multiple Choice	5 items * 10 quizzes	10	N	Individual	N
Professional Task	1 hour	40	N	Individual	N

WSU Online Trimesters

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group	Mandatory Task
Applied Project	500 + 1000 words	40	N	Individual	N
Report	2 x 1000 words each	50	N	Individual	N
Quiz	N/A	10	N	Individual	N

Teaching Periods

Autumn (2025)

Bankstown City

On-site

Subject Contact Samuel Arnold (<https://directory.westernsydney.edu.au/search/name/Samuel Arnold/>)

[View timetable](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV1010_25-AUT_BK_1#subjects) (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV1010_25-AUT_BK_1#subjects)

Penrith (Kingswood)

On-site

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[View timetable](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV1010_25-AUT_KW_1#subjects) (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV1010_25-AUT_KW_1#subjects)

Parramatta - Victoria Rd

On-site

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WSU Online TRI-2 (2025)

Wsu Online

Online

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[View timetable](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV1010_25-OT2_OW_2#subjects) (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV1010_25-OT2_OW_2#subjects)