


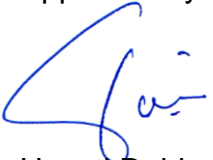


**SEMESTER LESSON PLAN**  
**POSITIVE PSYCHOLOGY IN EDUCATION**



**Lecturer(s):**  
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**MASTER PROGRAM IN EDUCATIONAL PSYCHOLOGY**  
**SCHOOL OF POSTGRADUATE STUDIES**  
**UNIVERSITAS PENDIDIKAN INDONESIA**  
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	<b>SEMESTER LESSON PLAN</b>	Doc. No. :
	<b>Positive Psychology in Education</b>	Revision :
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<b>SEMESTER LESSON PLAN</b>		
<b>1. Course Identity</b> Name of Study Program : Educational Psychology Course name : Positive Psychology in Education Code : SP766 Classification : Elective Competency Courses of Study Program Credit(s) : 3 credits Program : Master Program Semesters : 1 (one) Prerequisites : - Status : Compulsory elective Lecture (s) and Lecture Code : Prof. Dr. Juntika Nurihsan, M.Pd. (1553)		

## 2. Course Description

This course is an elective course for master program of educational psychology students. In this course students are required to strengthen the theory and practice of positive psychology in education, the topics discussed are: (1) positive psychology and ideological deconstruction of disease, (2) positive directions in diagnosis and intervention, (3) positive emotions, (4) construction social self-esteem, (5) the role of personal control in adaptive functioning, (6) setting goals for life and happiness, (7) happiness at work, (8) social-emotional learning, (9) positive response to loss, (10 ) pursuing meaningfulness in life, (11) positive psychology for children, (12) psychology of peace, (13) placing positive psychology in a multicultural context, (14) empathy and altruism.

## 3. Learning outcomes

A	Demonstrate scientific, educative, and religious attitudes and behaviors, which contribute to improving the quality of life in society, nation, and country based on culture, norms, and academic ethics.
GS1	Integrate learning and innovation skills, tacit knowledge, ICT competency, and life skills into lifelong learners' behavior to facilitate their career development.

## 4. Subjects aims/content

- Know and master the knowledge of positive psychology and its influence on education.
- Know the role of positive psychology in learning.
- Master strategies in applying positive psychology in order to produce effective pursuits .

## 5. Semester Learning Plan

Meeting	Indicators of Course Learning Achievement	Study Materials	Forms of Learning	Time	Assignment and Assessment	Reference
1	Positive psychology and the ideological deconstruction of disease and the DSM	<ul style="list-style-type: none"> <li>- Pathological</li> <li>- DSM (Diagnostic and Statistical Manual)</li> <li>- Social deconstruction in DSM</li> <li>- Intellectual deconstruction in the DSM</li> </ul>	Lectures, discussions, and questions and answers	3x50 minutes	Presentation	<ul style="list-style-type: none"> <li>• Church, Ellen Booth (2015)</li> <li>• Snyder, C.R (2002)</li> <li>• Diener, Ed (2016)</li> </ul>
2	Positive direction in diagnosis and intervention	<ul style="list-style-type: none"> <li>- Treatment and prevention</li> <li>- Positive diagnosis</li> <li>- Treatment and positive intervention</li> </ul>	Lectures, discussions, and questions and answers	3x50 minutes	Presentation	<ul style="list-style-type: none"> <li>• Church, Ellen Booth (2015)</li> <li>• Snyder, C.R (2002)</li> <li>• Diener, Ed (2016)</li> </ul>
3	Positive emotions	<ul style="list-style-type: none"> <li>- History of Positive Emotion Research</li> <li>- Positive Emotion Theory</li> </ul>	Lectures, discussions,	3x50 minutes	Presentation	<ul style="list-style-type: none"> <li>• Church, Ellen Booth (2015)</li> </ul>

		- Intervention Program to Increase the Prevalence of Positive Emotions	and questions and answers			<ul style="list-style-type: none"> <li>• Snyder, C.R (2002)</li> <li>• Diener, Ed (2016)</li> </ul>
4	Social construction in self-esteem	<ul style="list-style-type: none"> <li>- Conventional view</li> <li>- Deconstructing Self-Esteem</li> <li>- Cultural Influence on Self-Esteem</li> <li>- The effect of experience on self-esteem</li> </ul>	Lectures, discussions, and questions and answers	3x50 minutes	Presentati on	<ul style="list-style-type: none"> <li>• Church, Ellen Booth 2015)</li> <li>• Snyder, C.R (2002)</li> <li>• Diener, Ed (2016)</li> </ul>
5	The role of self-control in adaptive functioning	<ul style="list-style-type: none"> <li>- Personal control theory and research</li> <li>- Estimates in self-control</li> <li>- Measuring self-control</li> </ul>	Lectures, discussions, and questions and answers	3x50 minutes	Presentati on	<ul style="list-style-type: none"> <li>• Church, Ellen Booth 2015)</li> <li>• Snyder, C.R (2002)</li> <li>• Diener, Ed (2016)</li> </ul>

6	Set goals for life and happiness	- Guide to achieving happiness - Happiness in Work and Love - Goal setting theory	Lectures, discussions, and questions and answers	3x50 minutes	Presentati on	<ul style="list-style-type: none"> <li>• Church, Ellen Booth (2015)</li> <li>• Snyder, C.R (2002)</li> <li>• Diener, Ed (2016)</li> </ul>
7	Happiness at work	- work as a vocation - happy workers are good workers - best place to work	Lectures, discussions, and questions and answers	3x50 minutes	Presentati on	<ul style="list-style-type: none"> <li>• Church, Ellen Booth (2015)</li> <li>• Snyder, C.R (2002)</li> <li>• Diener, Ed (2016)</li> </ul>
8	<b>MIDTERM EXAM</b>					
9	SEL (Social-Emotional Learning)	- CELL definition - SEL in Group formation - SEL milestone	Lectures, discussions, and questions and answers	3x50 minutes	Presentati on	<ul style="list-style-type: none"> <li>• Church, Ellen Booth (2015)</li> <li>• Snyder, C.R (2002)</li> </ul>

						<ul style="list-style-type: none"> <li>• Diener, Ed (2016)</li> </ul>
10	Positive response to problems	<ul style="list-style-type: none"> <li>- Take lessons from problems</li> <li>- Characteristics of people who have a positive response</li> </ul>	Lectures, discussions, and questions and answers	3x50 minutes	Presentati on	<ul style="list-style-type: none"> <li>• Church, Ellen Booth 2015)</li> <li>• Snyder, C.R (2002)</li> <li>• Diener, Ed (2016)</li> </ul>
11	Pursue meaningfulness in life	<ul style="list-style-type: none"> <li>- Meaningfulness definition</li> <li>- The four needs for Meaningfulness</li> <li>- Self -assessment</li> <li>- How meaningfulness is created</li> </ul>	Lectures, discussions, and questions and answers	3x50 minutes	Presentati on	<ul style="list-style-type: none"> <li>• Church, Ellen Booth 2015)</li> <li>• Snyder, C.R (2002)</li> <li>• Diener, Ed (2016)</li> </ul>
12	Positive psychology for children	<ul style="list-style-type: none"> <li>- Positive psychology concept for children</li> <li>- Positive Psychology Concept Relationship for children</li> </ul>	Lectures, discussions, and questions and answers	3x50 minutes	Presentati on	<ul style="list-style-type: none"> <li>• Church, Ellen Booth 2015)</li> </ul>

						<ul style="list-style-type: none"> <li>• Snyder, C.R (2002)</li> <li>• Diener, Ed (2016)</li> </ul>
13	Psychology of peace	<ul style="list-style-type: none"> <li>- Definition of Peace Psychology</li> <li>- Peaceful Psychology Stage</li> <li>- Psychology application of peace in schools</li> </ul>	Lectures, discussions, and questions and answers	3x50 minutes	Presentati on	<ul style="list-style-type: none"> <li>• Church, Ellen Booth 2015)</li> <li>• Snyder, C.R (2002)</li> <li>• Diener, Ed (2016)</li> </ul>
14	Placing positive psychology in a multicultural context	<ul style="list-style-type: none"> <li>- Positive psychology in a multicultural context</li> <li>- Cognitive Aspects of Positive Psychology</li> <li>- Positive philosophy about life</li> </ul>	Lectures, discussions, and questions and answers	3x50 minutes	Presentati on	<ul style="list-style-type: none"> <li>• Church, Ellen Booth 2015)</li> <li>• Snyder, C.R (2002)</li> <li>• Diener, Ed (2016)</li> </ul>



15	Mindfulness	- mindfulness learning - mindfulness teaching	Lectures, discussions, and questions and answers	3x50 minutes	Presentati on	<ul style="list-style-type: none"> <li>● Church, Ellen Booth (2015)</li> <li>● Snyder, C.R (2002)</li> <li>● Diener, Ed (2016)</li> </ul>
16	<b>FINAL EXAMS</b>				Teaching materials	

## 6. References

1. Church, Ellen Booth. 2015. *Getting to the Heart of Learning* . Lewisville: Gryphon House
2. Snyder, C. R& Lopez Shane J. 2002. *Handbook of Positive Psychology* . New York: Oxford University Press
3. Diener, Ed & Diener, RB 2016. *Happiness: Unlocking the Mysteries of Psychological Wealth* . USA: Backwell Publishing