**Positive Psychology**

**Maj/H.Eco-HD-305**

**Checklist of Course Content**

|  |  |
| --- | --- |
| **Course Content** | **Sources of Course Material** |
| Introduction to Positive Psychology | <https://www.slideshare.net/YojanaGangam/positive-psychology-ppt-48236259>  [https://epdf.pub/queue/handbook-of-positive-psychology.html Chapter 1](https://epdf.pub/queue/handbook-of-positive-psychology.html%20Chapter%201)  <https://pdfs.semanticscholar.org/6d8b/a92034df85cc932f8faea39507bd58f481c8.pdf?_ga=2.168558567.713104408.1587926559-1627265498.1586106540> |
| Rogers, | <https://www.researchgate.net/publication/286456614_Rediscovering_Rogers's_Self_Theory_and_Personalitypdf>  <https://www.slideshare.net/arobb1/carl-rogers-1-53081185> |
| Czikszentmihalyi; | <https://pdfs.semanticscholar.org/6d8b/a92034df85cc932f8faea39507bd58f481c8.pdf?_ga=2.168558567.713104408.1587926559-1627265498.1586106540> |
| Eastern psychologies | <https://uk.sagepub.com/sites/default/files/upm-binaries/64379_Lopez_Chapter_2.pdf> |
| Positive traits  Values, Virtues | <https://slideplayer.com/slide/13720647/> |
| Attitudes | <https://www.slideshare.net/imranshafiqmalik/attitude-makes-personality> |
| Self-esteem | <https://positivepsychology.com/self-esteem/> |
| Self-Efficacy | <https://www.verywellmind.com/what-is-self-efficacy-2795954> |
| Meaningfulness | <https://www.researchgate.net/publication/317999615_Reflections_on_Meaningfulness/link/5e0dc377a6fdcc2837506a43/download> |
| Optimism | <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2894461/> |
| Forgiveness | <https://www.researchgate.net/publication/326556050_Forgiveness_Definitions_Perspectives_Contexts_and_Correlates/link/5b55d28caca27217ffb462c3/download> |
| **Positive Emotions: Happiness, or** | <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3122271/pdf/nihms-305177.pdf> |
| **Subjective Well-Being** | **Book: Positive Psychology** (Chapter 3)Happiness and subjective well-bring  **Positive Emotion**  <https://www.slideshare.net/nishmavm/positive-emotions-41259695>  **Subjective Well-being**  <https://www.researchgate.net/publication/263919613_Subjective_well-being>  **The positive effects of positive emotions**  <https://www.youtube.com/watch?v=PU0QOKIPU9o>  <https://old.vocaroo.com/i/s0X9ymhI4OPN> Audio lecture on Subjective well being |