

# Psychology of Wellbeing

This document gives a range of useful information for this course including general information, a course schedule, assessment information and how to get help. Ready to enrol? Take the next step at [uonline.ac.nz/online-courses/psychology-of-wellbeing](https://uonline.ac.nz/online-courses/psychology-of-wellbeing).

## General Information

Item	Description
<b>Course Length</b>	Eight weeks of study plus 2-week period of assessment feedback and review.
<b>Course Description</b>	<p>Wellbeing has become a popular buzzword. It's a broad concept that covers our physical, mental, emotional, and social health.</p> <p>In this course we review the theory of wellbeing, and explore the psychology of wellbeing - the science behind human behaviour and mental processes that can:</p> <ul style="list-style-type: none"> <li>• promote and maintain our overall wellbeing.</li> <li>• allow us to thrive at work and at home</li> <li>• help us avoid the negative thinking traps that get in our way.</li> </ul> <p>Using the latest academic research and models of wellbeing, you'll learn practical solutions to use in your home and workplace to boost the wellbeing of you and the people around you.</p>
<b>Learning Outcomes</b>	<p>Once you've successfully completed this course, you'll be able to:</p> <ul style="list-style-type: none"> <li>• Compare and contrast different models of wellbeing.</li> <li>• Outline the psychological factors involved in the development and maintenance of wellbeing.</li> <li>• Explain clinically proven psychological approaches to enhancing wellbeing.</li> <li>• Develop effective and specific strategies to enhance personal wellbeing and/or the wellbeing of others, through changing thought processes.</li> </ul>
<b>Learning Impact</b>	It will help you understand how to improve your own wellbeing and the wellbeing of those in your care through a better understanding of our thinking processes and applying scientifically proven techniques to reframe negative thinking.
<b>Delivery</b>	<p>All UC (University of Canterbury) Online courses are fully online. You can learn anywhere, any time, and you won't need to visit a campus.</p> <p>This course is instructor paced which means you will need to work through the course materials and assessments in the relevant weeks as outlined below, and therefore complete a set amount of course material each week at your own time.</p>
<b>Estimated hours per week</b>	We estimate your engagement will be about 6 – 7 hours a week over eight weeks.

<b>Qualification</b>	<p><b>Micro-credential:</b> This is a standalone course that recognises the achievement of specific skills, experience, or knowledge.</p> <p>If you successfully complete the micro-credential your results will be recorded on an academic transcript and be recognised through a digital badge you can add to your LinkedIn profile or online CV.</p>
<b>Academic points</b>	<p>Each course has a points value that reflects the workload for the course.</p> <p>Successful completion from this course will result in you being awarded five points at NZQF Level 6.</p>
<b>Recommended prior learning</b>	<p>There is no specialist prior learning required to enrol on this course. However, you will need to have confidence listening to, reading, and writing in English with an interest in wellbeing.</p> <p>Under 20? You'll also need University Entrance or an equivalent to enrol.</p>
<b>Who is this course for?</b>	<ul style="list-style-type: none"> <li>• Health and Wellbeing industry professionals</li> <li>• HR professionals</li> <li>• Managers</li> <li>• Teachers</li> <li>• Parents</li> <li>• Wellbeing Representatives</li> </ul>
<b>Technology Requirements</b>	<ul style="list-style-type: none"> <li>• We recommend a laptop or desktop computer and a reliable internet connection.</li> <li>• Word processing software (like Microsoft Word or Google Docs) to complete your assignments.</li> </ul>
<b>How the course works</b>	<p>You'll need to work through this course sequentially. It's divided into five modules that run over 8 weeks. Use the navigation block on the left to move from one module to another. Each module includes the following material:</p> <ul style="list-style-type: none"> <li>• A module <b>introduction</b> with specific <b>learning objectives</b>.</li> <li>• <b>Topic content</b> using a range of media.</li> <li>• <b>Activities</b> to apply what you've learnt and/or discuss with your peers and course facilitator.</li> <li>• A <b>quiz</b> to assess understanding of key concepts.</li> <li>• A list of <b>references</b> used in the module topic content.</li> <li>• A '<b>temperature check</b>' <b>survey</b> to seek your feedback about your experience as a learner.</li> </ul> <p>You will gain access to the following module only if you complete content in the previous module.</p>
<b>Assessment</b>	<p>To receive a passing grade for this course, you need to have attempted all activities and to have received an overall grade of at least 50%. For more details see the assessment schedule below.</p>
<b>Pricing</b>	<p>Domestic learners: <b>\$300</b> incl. GST  International learners: <b>\$1200</b> incl. GST  <b>Note:</b> GST is only applicable for learners living in New Zealand during their study.</p>



## Course schedule

Week	Module	Assessment
0-1	Getting started	
	About this course	
1	Module 1: Introduction to wellbeing and the role of psychology	1: Quiz and Models of wellbeing forum activity
2	Module 2: What makes us happy?	2: Quiz and Reflecting on your experience of the myths of happiness forum activity
3	Module 3: Psychological traps to wellbeing	3: Quiz and Discussion sharing a personal experience of being stuck in a psychological trap forum activity
5	Module 4: Faulty thinking and how to beat it.	4: Quiz and Practical application of ABCD cognitive core model assignment submission
7	Module 5: Values, strengths and behaviours	5: Quiz and Course reflection assignment submission

## Assessment

There are 10 assessments in this course:

Assessment	Name	Weight	Due date	Feedback
1	M1 Quiz	5%	Week 2	Automatic immediately after completing quiz
2	M2 Quiz	5%	Week 3	Automatic immediately after completing quiz
3	M3 Quiz	5%	Week 5	Automatic immediately after completing quiz
4	M4 Quiz	5%	Week 6	Automatic immediately after completing quiz
5	M5 Quiz	5%	Week 8	Automatic immediately after completing quiz
6	Models of wellbeing - forum activity	10%	Week 2	Grading and comment by the end of week 3

<b>7</b>	Myths of happiness forum activity	10%	Week 3	Grading and comment by the end of week 4
<b>8</b>	Psychological trap forum activity	10%	Week 5	Grading and comment by the end of week 6
<b>9</b>	Practical application of ABCD cognitive core model assignment submission	20%	Week 7	Grading and comment by the end of week 10
<b>10</b>	Course reflection assignment submission	25%	Week 8	Grading and comment by the end of week 10

Your course total grade is calculated based on the weighting of each assessment. To pass the course you need a course total of over 50 (out of 100).

You may attempt each assessment up to two times. You do not need a passing grade for every single assessment, but you do need to engage with/complete all assessments.

You will find more information about each assessment, including instructions and submission links in the UC Online course (use the navigation block on the left to access the Assessment section).

## How to get help

- For general help on how to use the UC Online learning environment, select Help at the top of the course screen.
- If you can't find the answer that you are looking for please email UC Online Learner Support: [support@uonline.ac.nz](mailto:support@uonline.ac.nz).