



Applications of Positive Psychology and Emotional			
Module	MODULE 04: Competences in learn to learn		
Degree	International Semester on Education		
Plan Code	904	Course Code	75044
Teaching period	Second semester	Type	Compulsory
Level	Degree	Academic Year	2020/21
ECTS	2,5 ECTS		
Language	English		
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1. General scope

The development of key competences, their validation and the provision of competence-oriented education, training and learning should be supported by establishing good practices for better support of educational staff in their tasks and improving their education, for updating assessment and validation methods and tools, and for introducing new and innovative forms of teaching and learning.

Key competences are those which all individuals need for personal fulfilment and development, employability, social inclusion, sustainable lifestyle, successful life in peaceful societies, health-conscious life management and active citizenship. They are developed in a lifelong learning perspective, from early childhood throughout adult life, and through formal, non-formal and informal learning in all contexts, including family, school, workplace, neighbourhood and other communities.

The key competences are all considered equally important; each of them contributes to a successful life in society. Competences can be applied in many different contexts and in a variety of combinations. They overlap and interlock; aspects essential to one domain will support competence in another. Skills such as critical thinking, problem solving, team work, communication and negotiation skills, analytical skills, creativity, and intercultural skills are embedded throughout the key competences.

1.1 Context

Positive Psychology focusses on the development of our personal resources, like strengths of character, which have a significant role in our well-being. Furthermore, hope, optimism, leadership, and so on, are very useful personal resources to be an entrepreneurship. In the other hand,



emotional competence is a key aspect for the personal and professional success. The developing of these personal resources and emotional competence allows people to be more proactive, to set and develop goal (professional and personal) and be more confidence in their success possibilities.

So, this course is targeted mainly to education students and others who are interested in learn how to develop these competences and their application in educative contexts.

1.2 Relation with other courses

This course is included in the “set of subjects” oriented by the European Council Recommendation on key competences for lifelong learning (2018). The list of courses developed in this semester are interlinked, and everyone is part of the integrated project that every student have to develop as a whole. In this sense, this course is related into the international semester as a key competence for the building to the European citizenship through this integrated strategy of initial or permanent teacher training for the primary and/or secondary school.

1.3 Prerequisites

Fluency in English is expected (B2 Level).

2. Competences

2.1 General

The course focuses on the personal, social and civic competences, as described by the European Framework of Key Competences for Lifelong Learning. They are defined as the ability to participate effectively and constructively in one's social and working life and engage in active and democratic participation, especially in increasingly diverse societies.

2.2 Specific

The course will promote those competences that are specific to Positive Psychology, specifically, how to learn to identify and to develop our personal resources and values that are relevant to develop successfully one's social and working life, and to become active and conscious citizens to help to develop more positive institutions, societies and relationships. These resources also are necessary and relevant to build a meaningful personal life and to get satisfaction with life.

3. Learning Outcomes

The students will be able to:

- ✓ Understand the main key concepts and research advances on the field of Positive Psychology and Emotional development.
- ✓ Learn the strategies to improve these competences and to improve our well-being.
- ✓ Develop positive strengths and resources in order to get well-being.
- ✓ Develop emotional competences.
- ✓ Learn how use these personal resources to improve our capacity of entrepreneurship.

4. Contents

1. Introduction to Positive Psychology
2. Personal strengths: Concept, development, and functions.
3. Emotional Competence: Conceptualization, EI models, functions of emotions (positive and negative emotions).
4. Educative Programs of Positive Psychology and Emotional competence in educative fields.
5. Strategies and activities to improve and use our character strengths and emotions and learn to use them in different fields.

i. Temporalization

CARGA ECTS	PERIODO PREVISTO DE DESARROLLO
2,5	Second Semester

5. Methodology

The course will be structured in such a way that students are able to attend to the lectures and participate actively in them. In order for students to prepare these theoretical lessons beforehand, they will be required to make a series of readings, including a selection of scientific journals articles or book chapters that will be provided to them in advance.

In the development of the course we use of different learning strategies.

- ✓ Lessons
- ✓ Display of videos and discussion
- ✓ Readings and discussion the some research articles, chapters.
- ✓ Practical activities to understand and to improve our personal resources.
- ✓ Design of activities and programs to apply in educative fields

6. Student dedication to the course

Classroom activities	Hours	Outside the classroom	Hours
Lessons	10	Autonomous work.	37,5
Practice sessions	15		
Total in the classroom	25	Total outside the classroom	37,5

7. Grading criteria

Evaluation	Percentage	Comments
Participation in class dynamics	25	Attendance is compulsory.
Practice activities	50	
Contribution to the integrated project	25	

Spanish Scale		ECTS Scale	Definition
9.0-10.0	Matrícula de honor	A+	Excellent with Honours
9.0-10.0	Sobresaliente	A	Excellent
8.0-8.9	Notable	B	VeryGood
7.0-7.9	Notable	C	Good

Spanish Scale		ECTS Scale	Definition
6.0-6.9	Aprobado	D	Satisfactory
5.0-5.9	Aprobado	E	Sufficient
0.0-4.9	Suspenso	FX/F	Fail

8. Basic references

A list with basic references, some of them compulsory, will be provided at the start of the semester.

9. Final considerations

As said above, this semester is a cluster of training modules for initial or permanent teachers interested in introducing a complementary strategy of teaching within the core curriculum of primary and secondary schools. Therefore, the main purpose of the final project is to integrate all the courses' contents in a comprehensive way.