

## GENEL TANIM / GENERAL DESCRIPTION

Ders Adı / Course Name	Positive Psychology and Communication Skills / Positive Psychology and Communication Skills	
Ders Kodu / Course Code	EPSI221	
Ders Türü / Course Type		
Ders Seviyesi / Course Level	Bachelor / Bachelor	
Ders Akts Kredi / ECTS	5.00	
Haftalık Ders Saati (Kuramsal) / Course Hours For Week (Theoretical)	3.00	
Haftalık Uygulama Saati / Course Hours For Week (Objected)	0.00	
Haftalık Laboratuar Saati / Course Hours For Week (Laboratory)	0.00	
Dersin Verildiği Yıl / Year	2	
Öğretim Sistemi / Teaching System	Daytime Class / Daytime Class	
Eğitim Dili / Education Language		
Ön Koşulu Olan Ders(ler) / Precondition Courses		
Amacı / Purpose		
İçeriği / Content		
Önerilen Diğer Hususlar / Recommended Other Considerations		
Staj Durumu / Internship Status		
Kitabı / Malzemesi / Önerilen Kaynaklar / Books / Materials / Recommended Reading		
Öğretim Üyesi (Üyeleri) / Faculty Member (Members)		

## ÖĞRENME ÇIKTILARI / LEARNING OUTCOMES

1	The syllabus was designed in order to make students equipped with the course knowledge.
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## HAFTALIK DERS İÇERİĞİ / DETAILED COURSE OUTLINE

Hafta / Week					
1	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Chapter 1 Introduction to the course outline				
2	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Chapter 2 The fundamentals of positive psychology, history Key concepts: Well-being, satisfaction, happiness, quality of life, Positive climates for learning, leading, and living, Positive youth development, Resilience, Optimism and hope, Flow, Self-efficacy, Positive relationships Positive Emotions, Happiness, Amplifying Positive Emotions Resiliency application Meaningful Relationships, Positive Parenting, Resiliency Factors, Forgiveness, Creativity, and Well-Being Compton Positive Mental Health and Physical Health				
3	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Chapter 3: Interpersonal aspects of positive psychology Positive Meaningful Relationships, forgiveness, transforming conflicts and positive communication. Positive Parenting Resiliency Factors Cognitive and emotional processes in positive psychology: positive illusions, positive emotions, explanatory style, and self-esteem Altruism and prosocial behavior				
4	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Chapter 4: Applying Positive Psychology: Interventions and the use of character strengths.				

5	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Chapter 5 Attentional process in Positive Psychology - Flow theory and research, mindfulness, well-being and their applications				
6	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Chapter 6: Positive relations, forgiveness. Coping and positive psychology - gratitude.				
7	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Chapter 7 Goal-setting and Positive Psychology: Achievements and accomplishments: self-concordance, grit, self-regulation.				
8	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Chapter 8 Communication skills: Introduction, the scope and benefits of communication Positive communication				
9	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Chapter 9 Communication in interpersonal relationships and skills Intrapersonal and interpersonal well-being Principles of effective communication Intrapersonal communication and growth Persuasive and intercultural communication Communication in small group				

10	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Chapter 10 Theory and Models of Communication				
11	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Chapter 11: Pursuit of happiness Invitational leadership Process of change Positive psychology in different cultural contexts The future of Positive Psychology				

#### DEĞERLENDİRME / EVALUATION

Yarıyıl (Yıl) İçi Etkinlikleri / Term (or Year) Learning Activities	Sayı / Number	Katkı Yüzdesi / Percentage of Contribution (%)
Toplam / Total:	0	0
Başarı Notuna Katkı Yüzdesi / Contribution to Success Grade(%):		0
Yarıyıl (Yıl) Sonu Etkinlikleri / End Of Term (or Year) Learning Activities	Sayı / Number	Katkı Yüzdesi / Percentage of Contribution (%)
Toplam / Total:	0	0
Başarı Notuna Katkı Yüzdesi / Contribution to Success Grade(%):		0
Etkinliklerinin Başarı Notuna Katkı Yüzdesi(%) Toplamı / Total Percentage of Contribution (%) to Success Grade:		0
Değerlendirme Tipi / Evaluation Type:		

## İŞ YÜKÜ / WORKLOADS

Etkinlikler / Workloads	Sayı / Number	Süresi (Saat) / Duration (Hours)	Toplam İş Yüğü (Saat) / Total Work Load (Hour)
Ara Sınav / Midterm Examination	1	50.00	50.00
Final Sınavı / Final Examination	1	80.00	80.00
Toplam / Total:	2	130.00	130.00
Dersin AKTS Kredisi = Toplam İş Yüğü (Saat) / 25.00 (Saat/AKTS) = 130.00/25.00 = 5.20 ~ / Course ECTS Credit = Total Workload (Hour) / 25.00 (Hour / ECTS) = 130.00 / 25.00 = 5.20 ~			

## PROGRAM VE ÖĞRENME ÇIKTISI / PROGRAM LEARNING OUTCOMES

Öğrenme Çıktıları / Learning Outcomes	Program Çıktıları / Program Outcomes									
	1.1.1	1.1.2	1.1.3	1.1.4	1.1.5	1.1.6	1.1.7	1.1.8	1.1.9	1.1.10
1. / The syllabus was designed in order to make students equipped with the course knowledge.	5	5	5	3	3	4	4	4	5	4

Katkı Düzeyi / Contribution Level : 1-Çok Düşük / Very low, 2-Düşük / Low, 3-Orta / Moderate, 4-Yüksek / High, 5-Çok Yüksek / Very high