



T.R.
BALIKESİR UNIVERSITY
GUIDANCE AND PSYCHOLOGICAL COUNSELING DEPARTMENT
BACHELOR'S DEGREE COURSE DEFINITION FORM

Course Title Pozitive Psychology				Name of The program: GUIDANCE AND PSYCHOLOGICAL COUNSELING					
Semester	Education and Teaching Methods							Credits	
	Theory	Application	Laboratory	Project/ Field Study	Assignment	Others	Total	Credit	ECTS Credit
Course Language	Turkish								
Compulsory/ Elective	Electvie								
Course requirement(s)	none								
Purpose Of the Course	This course aims to provide students with the knowledge of basic principles and concept of positive psychology and raise awareness regarding principles of positive psychology which can be adapted to their lives.								
Week	Course Subjects								
1	Define health and wellnes								
2	Describe the components of health and wellness								
3	The role of lifestyle choices as they relate to health and wellness								
4	Differentiate between health and wellness								
5	Wellness models								
6	Wellness models								
7	Assess one's level of wellness								
8	Spiritual wellness								
9	Physical wellness								
10	Mental wellness								
11	Emotional wellness								
12	Social wellness								
13	Positive Psychology in the Context of Multiculturalism								
14	General Evaluation								
Learning Output(s) and Efficiencies	At the end of this course, the students; !) 2) to identify the dimension of health and wellness 2) to describe their relationship to positive lifestyle. 3) to discuss the importance of living in healthy lifestyle. 4) to develop a plan for personal wellness. 5) to demonstrate appropriate skills to maintain and /or improve one's condition of wellness.								
Course Book and/or other Sources	Greenberg, J. S., G. B. Dintimon. Ve B. M. Oakes. (1997). Wellness: Creating a Life of Health and Fitness, Allyn and Bacon Myers, J. E., T. J. Sweeney Ve J. M. (2004). Witmer. İyilik Hali /Wellness Çalışma Kitabı. (Çev. Fidan Korkut), Ankara:Anı Yayıncılık Snyder, C. R. Ve S. J. Lopez (Ed.), (2002). Handbook of Positive Psychology, New York: Oxford University Press, Travis, J. W. Ve R. S. Ryan. (1998). Wellness Workbook, Berkeley, California, Second edition. Ten Speed. Press								
Evaluation Criterion								Click as (X) if applies	Percentage (%)
	Homework presentation								
	Projects								
	Others (Midterm examination)							x	40
	Final examination							x	60
E-Mail									
Course Teacher	Doç. Dr. İsa Yücel İŞGÖR							Date :	
								Signature :	