

MASTER OF APPLIED POSITIVE PSYCHOLOGY (MAPP)

MAPP 6000 Introduction to Positive Psychology

An introduction to the research, theory and intellectual history of positive psychology. This course is only open to students in Master of Applied Positive Psychology Program.

Fall

1 Course Unit

MAPP 6010 Research Methods and Evaluation

A methodology course exploring the valid and reliable assessment of positive states, such as positive emotions, and positive traits, such as character strengths. This course is only open to students in the Master of Applied Positive Psychology Program.

Fall

1 Course Unit

MAPP 6020 Foundations of Positive Interventions

An investigation into the theoretical, empirical and experiential nature of positive interventions. This course is only open to students in the Master of Applied Positive Psychology Program.

Fall

1 Course Unit

MAPP 6030 Perspectives on Well-Being

An exploration of facets of the human experience that contribute to well-being among individuals, groups, and communities. This course is only open to students in the Master of Applied Positive Psychology program.

1 Course Unit

MAPP 7020 Advanced Positive Interventions

In this course students will extend the horizon of knowledge about positive interventions. Beginning with the rich theoretical base of psychological research on positive affect, engagement, and meaning, and building on current research on how to raise these various components of the full life, students will focus on the creation and testing of new and more effective interventions. Students will explore single interventions that integrate cognitive, affective, and somatic components, and they will experiment with ways of clustering individual interventions together for greater cumulative effect. Also emphasized will be the importance of appropriate fit between the intervention, the individual, and the cultural context so that single or clustered interventions can be applied with maximal effectiveness.

Spring

1 Course Unit

MAPP 7080 Positive Psychology and Individuals

An exploration of positive psychology applications in coaching, clinical and other relational settings. This course is only open to students in the Master of Applied Positive Psychology program.

Spring

1 Course Unit

MAPP 7090 Pos Psych & Organztns

Positive Psychology and Organizations.

Spring

1 Course Unit

MAPP 7100 Humanities and Human Flourishing

An exploration and integration of culture and science to support the deeper understanding and more effective cultivation of human flourishing. This course is only open to students in the Master of Applied Positive Psychology program.

1 Course Unit

MAPP 7120 The Psychology & Neuroscience of Character

An investigation of positive approaches to building cognitive, emotional and character strengths across the lifespan. This course is only open to students in the Master of Applied Positive Psychology program.

Spring

1 Course Unit

MAPP 7140 Applying Positive Interventions in Institutions

An exploration of positive organizational scholarship interventions, including an application lab that enables students to design research-informed interventions as service learning projects for non-profit organizations. This course is only open to students in the Master of Applied Positive Psychology program.

1 Course Unit

MAPP 8000 Capstone

The capstone project is a distinguishing feature of the Master of Applied Positive Psychology program, blending academic and professional experiences and serving as the culmination of your work in the program. Through the capstone project, you will explore, in depth, the theories and practical applications you've learned in the program, to advance the field of positive psychology itself. The capstone is completed during the summer semester and has no on-site course requirements. You will conduct this project work independently, with your advisor's ongoing guidance, in a setting that is significant to you and most relevant to your future professional goals.

Summer Term

1 Course Unit