

# Individual Differences and Well-being (PS3115)

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# PS3015: Individual Differences and Well-being

We explore a number of topics

- Optimism/Optimistic Thinking
- Irrational Beliefs
- Social Anxiety
- Forgiveness
- Positive Affect and Health
- Eudaimonic



- Work towards the topics ideas in each the lectures (lecture and then group work).
- Six exam questions.



# Approach

- This module is about **choice**, and opening areas that you wish to study at this level.
- This course is designed to allow you to do this, and do so with confidence. The mechanism for enabling this confidence is to provide you with an examination which reflects each of the main core areas studied. That is to say, each topic studied, is a topic on the exam. Furthermore, the activities in this module will point you towards preparing properly for the exam.



# Approach

- Across the topics, I have varied activities to focus on a particular aspect of learning each time. This is engage you in different critical analysis skills as well as varying the content of the course.
- Sometimes it will be around supplementary reading, other times it will be about bringing ideas together from the wider literature, and others it will be focussing on a review paper and pulling out the main ideas.



# Approach

- Across these topics I will be very clear about the next steps for each topic. Remember you have a choice about the topics you go forward with - so if the learning around one topic doesn't fit your style you can always choose another.
- That said, you should engage in all aspects of the module, because you will be building your critical skills with each topic and associated activities.



# Two elements

- Another feature of the work is to facilitate different approaches to developing your understanding of topics. Some of you may prefer a more traditional lecture format, where the lecturer introduces key ideas, and you are asked to expand by further reading to develop a critical understanding of a topic.
  - Study Block 1 comprises the Optimism, Social Anxieties, and Irrational Beliefs lectures. These are based on lecture material in which a series of key ideas are presented, and then there are further reading activities.



# Two elements

- Some of you may prefer topics where you can show more independence in your learning from the beginning and tackle a subject, supported by a particular reading in which to develop a critical understanding of a topic.
  - Study Block 2 comprises the Forgiveness, Positive and Health, and Eudaimonia lectures (the latter two under "Well-being"). These are based on short introductory material and then the work is based on taking a key paper to demonstrate a critical analysis of a topic.



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