SEMESTER LEARNING PLAN

Courses		CODE	Course Family	Credit Weight				SEMESTER	Compilation Date
Positive Psychology		7320102109		**T=2**	**P=0**	**ECTS=3.18**		5	July 17, 2024

AUTHORIZATION	SP Developer	Course Cluster Coordinator	Study Program Coordinator
	....	....	Yohana Wuri Satwika, S.Psi., M.Psi.

Learning model	**Project Based Learning**

Program Learning Outcomes (PLO)	**PLO study program that is charged to the course**
	Program Objectives (PO)
	PLO-PO Matrix

P.O

PO Matrix at the end of each learning stage (Sub-PO)

P.O	Week															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

Short Course Description	This course presents a discussion of the history, concepts, definitions and various constructs of positive psychology. Understand various positive psychology approaches and applications, the benefits of positive psychology for individuals and society

References	**Main :**	

1. ta kuliah ini menyajikan pembahasan tentang sejarah, konsep, definisi dan berbagai konstruk psikologi positif. Memahami berbagai pendekatan psikologi positif dan penerapan, manfaat psikologi positif bagi individu dan masyarakat
2. Compton, W.C. 2005. Introduction to Positif Psychology. Singapore.Thomson Wadsworth.
3. Seligman, E.P. 2005. Authentic Happines,Menciptakan Kebahagiaan dengan Psikologi Positif. Bandung .Mizan.
4. Lopez, Shane.J.& Snyder, C.R. 2003. Positive Psychological Assessment,A Handbook of Models and Measures. APA. USA
5. Lopez, Shane.J.& Snyder, C.R. 2002. Handbook of Positive Psychological. USA.Oxford University Press

Supporters:	

Supporting lecturer	Dr. Diana Rahmasari, S.Psi., M.Si.,Psikolog. Siti Ina Savira, S.Psi., M.EdCp.

Week-	Final abilities of each learning stage (Sub-PO)	Evaluation		Help Learning, Learning methods, Student Assignments, [Estimated time]		Learning materials [References]	Assessment Weight (%)
		Indicator	Criteria & Form	Offline (offline)	Online (*online*)		

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1	Final Skills Meeting 1 Able to understand the development of positive psychology 2-3 Able to study human emotions and motivation from a positive psychology perspective 4 Able to study an individual's mental health from a positive psychology perspective			2 X 50			0%
2	Final Skills Meeting 1 Able to understand the development of positive psychology 2-3 Able to study human emotions and motivation from a positive psychology perspective 4 Able to study an individual's mental health from a positive psychology perspective			2 X 50			0%
3	Final Skills Meeting 1 Able to understand the development of positive psychology 2-3 Able to study human emotions and motivation from a positive psychology perspective 4 Able to study an individual's mental health from a positive psychology perspective			2 X 50			0%
4	Final Skills Meeting 1 Able to understand the development of positive psychology 2-3 Able to study human emotions and motivation from a positive psychology perspective 4 Able to study an individual's mental health from a positive psychology perspective			2 X 50			0%
5	5-7 Able to study the concepts of wellness, health psychology and positive coping from a positive psychology perspective 8 MIDDLE SEMESTER EXAMINATION 9-10 Able to study the concepts of excellence, aesthetics, creativity and genius			2 X 50			0%

6	5-7 Able to study the concepts of wellness, health psychology and positive coping from a positive psychology perspective 8 MIDDLE SEMESTER EXAMINATION 9-10 Able to study the concepts of excellence, aesthetics, creativity and genius			2 X 50			0%
7	5-7 Able to study the concepts of wellness, health psychology and positive coping from a positive psychology perspective 8 MIDDLE SEMESTER EXAMINATION 9-10 Able to study the concepts of excellence, aesthetics, creativity and genius			2 X 50			0%
8	5-7 Able to study the concepts of wellness, health psychology and positive coping from a positive psychology perspective 8 MIDDLE SEMESTER EXAMINATION 9-10 Able to study the concepts of excellence, aesthetics, creativity and genius			2 X 50			0%
9	5-7 Able to study the concepts of wellness, health psychology and positive coping from a positive psychology perspective 8 MIDDLE SEMESTER EXAMINATION 9-10 Able to study the concepts of excellence, aesthetics, creativity and genius			2 X 50			0%
10	5-7 Able to study the concepts of wellness, health psychology and positive coping from a positive psychology perspective 8 MIDDLE SEMESTER EXAMINATION 9-10 Able to study the concepts of excellence, aesthetics, creativity and genius			2 X 50			0%

11	11-12 Able to study the concepts of religion, spirituality and well-being 13-14 Able to study the concepts of leisure, optimal experience and peak performance from a positive psychology perspective 15 Able to understand the steps in a positive therapy 16 Able to study the intervention process to improve subjective well-being in individuals			2 X 50			0%
12	11-12 Able to study the concepts of religion, spirituality and well-being 13-14 Able to study the concepts of leisure, optimal experience and peak performance from a positive psychology perspective 15 Able to understand the steps in a positive therapy 16 Able to study the intervention process to improve subjective well-being in individuals			2 X 50			0%
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16	11-12 Able to study the concepts of religion, spirituality and well-being 13-14 Able to study the concepts of leisure, optimal experience and peak performance from a positive psychology perspective 15 Able to understand the steps in a positive therapy 16 Able to study the intervention process to improve subjective well-being in individuals			2 X 50			0%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
		0%

Notes

1. **Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
2. **The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.
3. **Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
4. **Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
5. **Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
6. **Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
7. **Forms of assessment:** test and non-test.
8. **Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
9. **Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and other equivalent methods.
10. **Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
11. **The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
12. TM=Face to face, PT=Structured assignments, BM=Independent study.