



Symbiosis College of Arts and Commerce
(An Autonomous College Affiliated to University of Pune)

Subject code		Semester	I	II	III	IV	V	VI	M.Com.	I	II	III	IV
Title of Subject (Honours) (For .T.Y. as appeared in the prospectus)		POSITIVE PSYCHOLOGY and COUNSELING PROCESS											
Objectives Theory: 4 credits	<p align="center">Objectives –</p> <ol style="list-style-type: none"> 1. To make students learn about what is positive psychology. 2. To make students understand importance of well-being at different stages of life. 3. To familiarize students with process of counseling. 												
Detailed syllabus													
Unit	Contents of the syllabus												Number of Lectures
1	Chapter-1 Introduction to Positive Psychology 1.1. Traditional Psychology 1.2. Nature of Positive Psychology. 1.3. Positive Psychology: Assumptions, Goals and Definitions. 1.4. Positive Emotions and well being												9
2	Chapter -2 LIVING WELL AT DIFFERENT STAGES OF LIFE 2.1 Resilience in childhood 2.2 Positive youth development 2.3 The life tasks of adulthood 2.4 Successful aging												9

3	Chapter - 3 THE PRINCIPLES OF PLEASURE 3.1 Definitions of emotional terms 3.2 Difference between the Positive and the Negative 3.3 Positive Emotions: Expanding the Repertoire of pleasure. 3.4 Happiness and subjective well-being: Definitions, determinants and measurement	9
4	Chapter – 4 EMOTIONAL INTELLIGENCE, OPTIMISM, AND HOPE 4.1 Emotional intelligence: Learning the skills that make difference 4.2 Learned optimism: Definition, childhood antecedents, measurement and indices (Views of Seligman & et.al; and Scheier & Carver) 4.3 Hope: Definition, childhood antecedents, measurement and indices	9
5	Chapter-5 UNDERSTANDING COUNSELING AS A PROCESS 5.1 Definition and core conditions of counseling 5.2 Stages of counseling process 5.3 Characteristics of effective counselor 5.4 Ethics in counseling.	9
	Total Number of Lectures	45
	EVALUATION: 1. Case study 2. Review of Article/ Journal/ Paper	
Suggested Reference Books 1. 1. Snyder, C.R. and Lopez, S. J. (2007). <i>Positive psychology: The scientific and practical explorations of human strengths</i> . N.D.: Sage Pub.		

2. Baumgardner S.R, Crothers M.K. (2009) *Positive Psychology*: Pearson Education.
3. Welfel, E.R. and Patterson, L.E. (2005). *The counseling process: A multi-theoretical integrative approach*. 6th ed. N.D.: Thomson India Ed.
4. Gibson, R.L. and Mitchell, M.H. (2008). *Introduction to counseling and guidance*. 7th ed. N.D.: Pearson.
5. Capuzzi, D. and Gross, D.R. (2007). *Counseling and psychotherapy: Theories and intervention*. 4th ed. N.D.: Pearson.

Suggested Journals

1. American Journal of Psychological Research.
2. Indian Journal of Positive Psychology.
3. Psychological studies.

Web sites :

1. www.jstor.com
2. www.springer.com
3. www.sciencedirect.com
4. www.Psychcentral.com