

Group topics for PosPsy

These are taken from the current Wikipedia page on PosPsy, which has some references. It is not hard to find literature on each of these. Depending on the paper, you may *or may not* find these terms "Positive Psychology, "happiness", "well being". The other source is past student work on this: links on the course page. Each of these titles is about posPsy not all psy: e.g. "Age" means, about whether age makes a difference to well-being; "gender" is about whether men are more or less happy than women.

TOPICS: aspects of life, and how well-being interacts with them

- 1 Age
- 2 Gender
- 3 Personal finances
- 4 Education and intelligence
- 5 Parenthood
- 6 Marriage
- 7 Personality
- 8 Social ties
- 9 Weather
- 10 Religion
- 11 Spirituality
- 12 Culture
- 13 Political views
- 14 Addiction
- 15 Suffering
- 16 Changes in happiness levels
- 17 Happiness set point

THEORY

- 18 The pleasant life
- 19 The good life
- 20 Flow
- 21 Flourishing
- 22 Mindfulness
- 23 The meaningful life
- 24 Optimism and helplessness
- 25 Good work
- 26 Strengths and virtues

APPLICATIONS How to increase happiness

- 27 Happiness measurement
- 28 Early "positive psychology" techniques
- 29 Physical education
- 30 In education
- 31 In youth development
- 32 Clinical psychology
- 33 In the workplace
- 34 In offender rehabilitation
- 35 Post-Traumatic Growth in Constructive Journalism

- 36 Green space: how contact with living things can improve attention and some cognition.
- 37 Specifically educational / learning benefits of mindfulness