Name	Topic for your group to author	Topic	Cross-teach group
Jane	1	False praise: self-esteem vs. resilience	A
Maria	1	False praise: self-esteem vs. resilience	B
Anne	1	False praise: self-esteem vs. resilience	C
Francisca	1	False praise: self-esteem vs. resilience	D
Ciorstan	1	False praise: self-esteem vs. resilience	E
Silver	1	False praise: self-esteem vs. resilience	F
Marie-Luise	2	Strengths vs. developing new abilities	A
Sophie	2	Strengths vs. developing new abilities	B
Elina	2	Strengths vs. developing new abilities	C
Hannah	2	Strengths vs. developing new abilities	D
Emily	2	Strengths vs. developing new abilities	E
Lindsey	2	Strengths vs. developing new abilities	F
Elizabeth	3	PosPsy for clinical benefits	A
Laura	3	PosPsy for clinical benefits	B
Patrick	3	PosPsy for clinical benefits	C
Whyte	3	PosPsy for clinical benefits	D
Daniella	3	PosPsy for clinical benefits	E
Erin	3	PosPsy for clinical benefits	F
Julia	4	Applying PosPsy to animal happiness	A
Elizabeth	4	Applying PosPsy to animal happiness	B
Maaike	4	Applying PosPsy to animal happiness	C
Michaela	4	Applying PosPsy to animal happiness	D
Louise	4	Applying PosPsy to animal happiness	E
Sona	4	Applying PosPsy to animal happiness	F
Charlotte	5	Altruism, eudaimonia, and meaning in life	A
Janet	5	Altruism, eudaimonia, and meaning in life	B
Jodie	5	Altruism, eudaimonia, and meaning in life	C
Franziska	5	Altruism, eudaimonia, and meaning in life	D
Aslak	5	Altruism, eudaimonia, and meaning in life	E
Ariel	5	Altruism, eudaimonia, and meaning in life	F
Sean	6	Social not solo exercises	A
Georgina	6	Social not solo exercises	B
Catherine	6	Social not solo exercises	C
Jane	6	Social not solo exercises	D
Claire	7	Rebalancing good and bad perspectives	G
Maria	7	Rebalancing good and bad perspectives	H
Claire	7	Rebalancing good and bad perspectives	I
Francis	7	Rebalancing good and bad perspectives	J
Karolina	7	Rebalancing good and bad perspectives	K
John	8	PosPsy is only remarketing traditional topics	G
Manouk	8	PosPsy is only remarketing traditional topics	H
Anne-Sophie	8	PosPsy is only remarketing traditional topics	I
Szuba	8	PosPsy is only remarketing traditional topics	J
Rebecca	8	PosPsy is only remarketing traditional topics	K
Maria	9	Writing cures	G
Stanley	9	Writing cures	H
Anne	9	Writing cures	I
Sam	9	Writing cures	J
Jane	9	Writing cures	K
Ruaridh	10	Vounteering	G
Caroline	10	Vounteering	H
Amy	10	Vounteering	I
Anne	10	Vounteering	J
Elizabeth	10	Vounteering	K
Maria	11	Owning a pet animal	G
Louise	11	Owning a pet animal	H
Elaine	11	Owning a pet animal	I
Anne	11	Owning a pet animal	J
Franziska	11	Owning a pet animal	K
Mhairi	12	Gratitude and Education	L
Judith	12	Gratitude and Education	M
John	12	Gratitude and Education	N
Shona	12	Gratitude and Education	O
Adam	12	Gratitude and Education	P
Clare	13	Well being/happiness to replace GDP	L
David	13	Well being/happiness to replace GDP	M
Suzanne	13	Well being/happiness to replace GDP	N
Deborah	13	Well being/happiness to replace GDP	O
Claire	13	Well being/happiness to replace GDP	P
Jonathan	14	Well-being and public health	L
Elizabeth	14	Well-being and public health	M
Simeon	14	Well-being and public health	N
Marie	14	Well-being and public health	O
Maria	14	Well-being and public health	P
Lois	15	Balanced time perspective	L
Elizabeth	15	Balanced time perspective	M
Samantha	15	Balanced time perspective	N
Saulius	15	Balanced time perspective	O
Annika	15	Balanced time perspective	P
Kitty	16	PosPsy for non-clinical benefits	L
Rory	16	PosPsy for non-clinical benefits	M
Laura	16	PosPsy for non-clinical benefits	N
Isabelle	16	PosPsy for non-clinical benefits	O
Emma	16	PosPsy for non-clinical benefits	P

Here self-teach groups are emphasised and have the topics listed, while cross-teach groups of 5-6 members (denoted by letters) have to organise meetings which are not specified here.