

PERSONAL WELLNESS AND RESILIENCE

This module is designed to provide students with an understanding of the challenges associated with academic life, and to develop a set of scientifically validated practical resources which will enable resilience and behavioural change sustained through evidence-based psychology.

LEARNING OUTCOMES

On successful completion of this module the learner will be able to:

- ◆ Observe and analyse the causes of stress, its impact on academic life and implement resilience and coping strategies to deal with it.
- ◆ Plan, implement and critically reflect on positive health behaviour changes (exercise, nutrition, relaxation and sleep) and how they impact on personal wellness.
- ◆ Practice current Positive Psychology theory and how it relates to the individual.
- ◆ Provide evidence of having investigated resilience and behavioural change.

INDICATIVE CONTENT

- The Biology of Disease:** How disease is linked to lifestyle particularly in a technologically focused society
- Positive Psychology:** An understanding of the principles and applications of positive psychology
- Dimensions of Wellness:** What these are and how to identify and implement them for the learner.
- Behavioural Change:** How this can impact personal motivation, autonomy and goal setting.
- Resilience:** How to cultivate this trait through the implementation of positive psychology practices.

MODULE RESOURCES

Supplementary Book Resources

- Cengage Learning, Inc, Fitness and wellness [ISBN: 9781337392907]

Other resources

- A nudge in the right direction [http://www.setrust.hscni.net/pdf/A_nudge_in_the_right_direction_\(4\).pdf](http://www.setrust.hscni.net/pdf/A_nudge_in_the_right_direction_(4).pdf)
- Self determination theory of personal motivation <https://positivepsychology.com/self-determination-theory/>

COURSE WORK

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment date
Written Report	A short focused report which clearly outlines a personalised intervention plan which will be implemented over a 4-6 week period designed to improve personal wellness or resilience	1,2,4	25.0	Week 4
Performance Evaluation	The student will provide evidence to support the successful implementation and completion of their intervention plan	1,2	25.0	Week 8
Reflective Journal	The student will reflect on the impact made through the intervention(s) employed over the course of the module using a predefined template	1,2,4	50.0	Week 12