

# **Applied Positive Psychology Undergraduate Certificate Program**

Positive Psychology, a scientific area in psychology, emphasizes the study of human strengths, positive emotions, and well-being. Applied positive psychology is “the application of positive psychology research to the facilitation of optimal functioning” (Linley & Joseph, 2004a, p. 4). In the undergraduate certificate program, a minimum of 12 required credit hours primarily focus on applying positive psychology to individual behavior and relationships. In addition, students choose a minimum of 8 credit hours of electives to apply to areas such as career or education.

**Any individuals with at least a 3.0 GPA in undergraduate coursework is eligible to apply for the certificate program.**

## **Educational Objectives**

Educational objectives for the undergraduate certificate include the following:

1. Understanding of theories and research methods in positive psychology
2. Application of evidence-based research in positive psychology to individual behavior, relationships, and institutions

Specific skills for individuals include practicing realistic optimism and changing behavior. Skills for relationships include forgiveness, reconciliation, and life reconstruction after divorce. Skills for professionals include assertiveness training, use of flow and visualization to create optimum work performance, use of meditation for stress reduction, and skills to cope with difficult people.

## **Purpose of the Certificate**

This certificate program provides information about cutting-edge research in positive psychology that may be applied to personal, school, or professional work settings. Principles in this field may positively impact social policy, mental health, and organizations. For example, in “controlled experiments” conducted in the UK, Beijing, and Australia with 2,000 children (both wealthy and poor), 200 teachers and graduate students taught “realistic optimism, assertiveness, and decision-making skills.” Students had “half the rate of depression as they went through puberty” within three years of learning those skills (Seligman, results reported in a Utah seminar in February, 2009).

## Admission Requirements

**APPLICATION** - Please complete your application and save it in PDF form. Send an email to JoLynn Yates at [jo.yates@utah.edu](mailto:jo.yates@utah.edu) and attach the PDF form to your email.

### **For current University of Utah students who want to obtain a Positive Psychology Certificate:**

Email most recent undergraduate transcripts showing at least a 3.0 GPA from any college or university most recently attended, and the application directly to JoLynn or Jaymi at the Department of Educational Psychology.

### **For professionals, out-of-state students, or international students who would like to obtain a Positive Psychology online courses for the certificate program- - see below:**

These applicants may apply as a non-matriculated student, and become eligible for in-state tuition. The courses would be offered over the summer semesters (May - August) and may take more than one semester to complete. If more than one semester is required, the student must re-apply and re-pay the application fees every summer until the certificate is complete.

Please send your application via one of the options below.

#### **Mail:**

Positive Psychology Certificate Program  
Department of Educational Psychology  
University of Utah  
1721 Campus Center Drive SAEC 3220  
Salt Lake City, UT 84112

#### **Fax:**

(801) 581-5566

#### **Or Email Jolynn or Jaymi:**

[jo.yates@utah.edu](mailto:jo.yates@utah.edu)

[jaymi.reddout@utah.edu](mailto:jaymi.reddout@utah.edu)

Note: If you decide to take a Positive Psychology online course and want to earn the certificate, you need to apply for the certificate program before you have completed the required classes. You cannot apply to the certificate program after all classes have been finished, and receive the certificate. If you have already taken one or more positive psychology course(s) without being admitted into the certificate program, you do not need to repeat the course(s) in order to earn the certificate. Students need a minimum GPA of 2.0 for 20 credit hours at the end of their program to earn the certificate.

## **Number of Credits**

The number of credits is 20 credit hours, which is the minimum requirement in the **University Policy 6-116 (Undergraduate Certificates)**. You will need to take 7 online courses total: 4 required courses to equal 12 credits plus 3 electives to equal a minimum of 8 credits. If you'd like to take on-campus courses, one course (Health Edu 6040 Positive Health: Psychosocial) is offered from another department on campus during 2015.

## **Standards for Completion**

Students will have a minimum GPA of 2.0 for 20 credit hours at the end of their program. After completing 20 or 21 credit hours of positive psychology coursework, a student must contact Jo Yates to have their name sent into the registrar's office and to receive a certificate.

## **Take Courses While Enrolled at Another University**

Students may be enrolled at another college or university while earning the certificate at the University of Utah. Out-of-state students, international students and professionals may take positive psychology courses for a certificate during the Summer Semesters and pay resident tuition (see below). For the undergraduate certificate in Applied Positive Psychology, apply as a non-matriculated student through U of U Admissions.

## **Total Cost: U of U Students & Utah Residents**

As of the academic year 2015-2016, the total cost for the undergraduate certificate for a Utah resident is \$6,900.

## **Total Cost: Out-of-State & International Students**

As of the academic year 2015-2016, the total cost for the undergraduate certificate is approximately \$6,900 for an out-of-state or international student if the courses are taken during two Summer Semesters (mid-May to early August). International students must take courses while residing in their countries. Out-of-state and international students may take online positive psychology courses and complete the certificate in two or three summer semesters. By applying as a non-matriculated student, out-of-state and international students residing in their countries are eligible to pay resident rather than nonresident tuition only during Summer Semester. If a student needs to register for multiple semesters, he/she must pay the application fee again during the admission process for each summer until completion of the certificate. If a student needs to complete the certificate in three summers, the cost for 20 credits will be approximately \$7,900.

## SUMMER CERTIFICATE ONLINE PROGRAM

Anyone (resident or nonresident) may pay resident tuition to earn an Applied Positive Psychology undergraduate certificate in two or three summers. During Su 2015, choose from 11 courses:

### Required:

- ED PS 5060 Forgiveness & Anger Reduction (2)
- ED PS 5061 Change using Positive Psychology (3)
- ED PS 5063 Enhancing Happiness & Life Satisfaction (3)
- ED PS 5065 Quality Intimate Relationships (3)

### Electives:

- ED PS 5062 Coping with Difficult People
- ED PS 5064 Resilience After Divorce: Life Reconstruction
- ED PS 5066 Growing from Traumatic Life Experiences
- ED PS 5067 Overcoming Self-Defeating Behavior
- ED PS 5068 Meditation & Stress Reduction
- ED PS 5069 Addictive Thinking
- ED PS 5070 Changing Children's Behavior Using Positive Methods
- ED PS 5071 Enhancing Midlife Satisfaction
- ED PS 5072 Positive Psychology of Career and Work
- ED PS 5073 Positive Psychology of Disability

## Careers in Positive Psychology

A growing number of professionals from varying backgrounds have decided to pursue training in applied positive psychology and a certificate in coaching. Lawyers, business managers, mental health professionals, Human Resource trainers, and sports psychologists are among the types of professionals interested in adding training in applied positive psychology and coaching to their expertise. New career specialties include Health & Wellness Coach, Executive Coach, and Positive Psychology coach (typically applied to an existing career). Harvard Medical School hosts an Institute of Coaching, an Annual Coaching Conference, and a professional journal called **COACHING: An International Journal of Theory, Research & Practice**. At Harvard's Institute of Coaching, \$100,000 is awarded in yearly grants to researchers and graduate students.

Please see [http://www.cgu.edu/include/Org\\_Careers.pdf](http://www.cgu.edu/include/Org_Careers.pdf) for new careers in Positive Organizational Psychology.

## Contact

Please email JoLynn Yates at [jo.yates@utah.edu](mailto:jo.yates@utah.edu) or call the Department of Educational Psychology at 801-581-7148.

- To view the Application & Recommendation forms, please visit <http://ed-psych.utah.edu/positive-psych/undergrad-certificate.php>