Join Radboud Summer School 2017!

Positive Psychology

change perspective

Radboud Universiteit
Positive Psychology is the scientific study of human flourishing. This highly interactive and experiential course introduces you to the leading theories on wellbeing, resilience and positive emotions while applying it to yourself. As such, this course will foster your scientific and professional growth as well as your own personal growth.

Topics in this course include among others:

- Resilience, happiness, positive emotions, character strengths, flow, optimism, interpersonal relationships, self esteem, self compassion, gratitude, mindfulness, authentic leadership, psychological capital, positive institutions, benefit finding, post-traumatic growth, and solution-focused thinking.
- Biological, social and evolutionary mechanisms behind these topics.
- How to practically apply Positive Psychology in clinical practice, schools and business corporations.
- Your own personal growth in the abovementioned topics.

On our website you can find a more detailed description of this course.

Learning outcome
After this course you will:

- Be familiar with the most important theories and scientific research within Positive Psychology.
- Know how to practically apply what you have learned to any client or organization you work with or in.
- Know how to use this scientific knowledge to enhance your own resilience and wellbeing.
- This course is a perfect mixture of theory and practice. The study and critical discussion of state-of-the-art scientific articles will be alternated with powerful hands-on tools and exercises. These tools and exercises equip you with lifelong skills that enable you to strengthen your resilience and to foster your own wellbeing and happiness.
**Number of EC**
2 ECTS credits

**Course leader**
Dr. Rinka van Zundert, Lecturer Pedagogical and Educational Science, Radboud University

**Entry level**
Bachelor & Advanced bachelor
Master, PhD, Postdoc and Professional

**For whom is this course designed**
University students of all disciplines of psychology: neuro-, family-, child-, developmental-, and organisational psychology.
University students of other areas of study PhD students
Professionals with a bachelor or master degree who are working in (mental) health care, schools and businesses.

**Dates**
Monday 7 August – Friday 11 August 2017
Monday 14 August – Friday 18 August 2017

**Course fee**
€ 575

**Discounts**
- 10% discount for early bird applicants. The early bird deadline is 1 April 2017.
- 15% discount for students and PhD candidates from partner universities.
Want to be part of the RSS experience?

More than just a course!
Radboud Summer School is more than an academic event. It is a unique opportunity to meet other international students and researchers and to get to know Radboud University and the city of Nijmegen. Our participants come from all over the world and have different cultural and academic backgrounds. Our programme includes the following activities free of charge: welcome reception, sports activity, guest lecture and farewell drink. We offer also a BBQ, River Cruise, City Tour, Pub quiz and excursion for a small fee.

Have a look at what participants had to say about their experience!

And do not forget to register now!

Deadline application
June 1, 2017

Contact
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www.ru.nl/radboudsummerschool, August 6-18 2017