Join Radboud Summer School 2018!

Positive Psychology

change perspective

Radboud University
Positive Psychology

The Science Behind Flourishing Individuals and Organisations

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.

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
1st year 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.

You can find more details about the courses on our website

Dates
Monday 6 August – Friday 10 August 2018 or Monday 13 August – Friday 17 August 2018

Course fee
€ 610 (one week)

Discounts
• 10% discount for early bird applicants. The early bird deadline is 1 April 2018
• 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, guest lecture and farewell drink. We offer sports activities, a BBQ, a river cruise on a Pancake Boat and a city tour for a small fee.

Have a look at what participants have said about their experience!

Deadline application
1 June 2018

Contact
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Register now!

www.ru.nl/radboudsummerschool, August 5-17 2018