

INFORMATION BROCHURE

Master of Arts in Positive Psychology (MAPP)

This two-year structured Master's programme consists of tuition (which involves contact sessions and home assignments) and research. Students who apply and receive permission for an additional third study year according to the Academic rules of the University, must note that it will have financial implications for them.

The tuition component of this programme is offered as contact sessions on campus, which will be presented over the first year of study. Each contact session is followed by assignments which are to be completed between the contact sessions. A student is required to attend all contact sessions and successfully complete the assignments during the first year to progress to the research module. Commencing in the first year of study, and continuing in the second year of study, research in the form of a mini-dissertation is the focus of the qualification. As part of the research component, ethics training is compulsory and a certificate of attendance required.

The purpose of this programme is to offer students an advanced knowledge base of and research competence into the nature, development and enhancement of psychosocial well-being and health in various contexts, developmental phases, cultural groups, etc. Phenomena include amongst others positive emotions, the experience of meaning, resilience, character strengths, optimism, relational well-being, enabling social contexts and positive institutions. A basic premise of positive psychology is that human flourishing cannot be achieved simply through curing pathology and eliminating behavioural and emotional problems but requires building and capitalising on strengths and capabilities.

Please note: The MA in Positive Psychology is a specialised degree in Positive Psychology and not a clinical qualification. This degree does not provide registration at the HPCSA or any other legislative entity. Due to current South African legislation, students who have completed the qualification are encouraged to apply the knowledge and skills gained in their work/context, adhering to the scope of practice in their specific field. Overall aims of the programme are to enable students to:

- Acquire a thorough knowledge and deep understanding of positive psychology in terms of the theory, research and intellectual background thereof;
- Acquire knowledge of a range of tools in positive psychology, develop skills for applying these in the professional contexts of the students and for finding innovative applications in new situations;
- Acquire an in- depth knowledge of appropriate methods for research and data analyses.

Skills and knowledge obtained can be useful in charity, voluntary and social enterprise sectors, as the programme educates for cooperative systems and sustainable well-being. The Master of Arts degree in Positive Psychology will also be useful for qualified registered psychologists, counselors, nurses and doctors that intend to use positive psychology theory, research and applications in their clinical work. Educators can also utilise positive psychology expertise to inform their current practice. As positive organisations is a world-wide focus, people in an organisational context may also find the course useful.

A number of graduates may develop a specialisation in positive psychology within a research career and may want to consider application for a Doctor of Philosophy in Health Sciences with Positive Psychology.

Curriculum:

POSITIVE PSYCHOLOGY

Qualification code: 8EY P01

Curriculum code: G802P/V

| Module Name | NQF Level | Credits | Year | Total Credits |
|---|-----------|---------|------|---------------|
| 1. PSYP 874 Introduction to Positive Psychology | 9 | 24 | 1 | 180 |
| 2. PSYY 875 Research methods and assessment in Positive Psychology | 9 | 18 | 1 | |
| 3. PSYP 877 Applications in Positive Psychology | 9 | 24 | 1 | |
| 4. PSYP 878 Advanced Positive Psychology | 9 | 24 | 1 | |
| 5. PSYY 873 Research Mini-Dissertation in Positive Psychology | 9 | 90 | 1, 2 | |
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Admission requirements:

- a) An honours degree (or equivalent) in psychology or other discipline (e.g. from other health sciences, education, social work, theology).
- b) The honours degree or equivalent in other academic fields must have been acquired with a minimum of 65% (exceptions to this requirement will be considered on merit).
- c) It is recommended (but not required) that applicants must already be in a work context.
- d) Apart from the official application process, students must complete an application form for selection, which can be obtained from AUTHeR website. A complete CV and academic record as well as two supporting references, one of which is preferably academic, will also be required.
- e) An assignment, interview and/or other indices may be used during selection.
- f) Students with an academic background outside of the field of Psychology, should add an additional motivation for doing the course as requested in the application.
- g) Final selection and approval is subject to available capacity.

Application procedure

Please note that there are two sets of completed forms required for the application to the Masters of Arts in Positive Psychology Programme.

The official NWU online application form has to be completed online on the NWU website. The following link takes you to the webpage for postgraduate students of the NWU: <http://www.nwu.ac.za/postgrad-home>. This page contains links to the different aspects of the NWU application process.

Apart from the NWU official application process, students must complete a MAPP programme-specific application form for selection, which can be obtained from the AUTHeR website or administrative contact person at the relevant campus offering the programme for the year of application.

A passport-size photo, complete CV and full academic record of all previous degrees will be required. If all specified documents are not received by the application cut-off date, the student cannot be considered for selection.

The capacity of the department will determine the number of students for the intake.

Closing dates for applications: 30 September

Selection: During October and November

(We will contact you regarding the final outcome of the selection process. Please keep in mind that we have a large cohort of applications, and this may be a timeous process)

CONTACTS for MAPP:

NWU webpage for postgraduate students which also contains official NWU online application form:

<http://www.nwu.ac.za/postgrad-home>

Costs:

For enquiries about costs and other NWU post graduate enquiries contact:

HigherDegreeEnquiries@nwu.ac.za

MAPP-specific administrative enquiries:

Potchefstroom Campus

Mrs. Juanita Brits

Juanita.Brits@nwu.ac.za

Tel: 018 299 2641

MAPP programme enquiries:

Potchefstroom Campus

Dr Christelle Liversage

Christelle.Liversage@nwu.ac.za

For more information visit the website:

<http://healthsciences.nwu.ac.za/auther/masters-positive-psychology>