

COURSE OUTLINE

1. GENERAL

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| SCHOOL: | SOCIAL SCIENCES | | |
| DEPARTMENT: | PSYCHOLOGY | | |
| LEVEL: | <i>Undergraduate</i> | | |
| COURSE CODE: | Ψ 3508 | SEMESTER | 6° |
| COURSE TITLE: | Positive Organizational Behavior | | |
| TEACHING ACTIVITIES | | WEEKLY HOURS | ECTS |
| Lectures | | 3 | 6 |
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| COURSE TYPE: | Skills Development (Seminar) | | |
| PREREQUISITE COURSES: | Research Methods in Social Sciences 1 | | |
| LANGUAGE OF INSTRUCTION and EXAMINATIONS: | Greek | | |
| IS THE COURSE OFFERED TO ERASMUS STUDENTS? | Yes, in the form of Reading Courses in the English Language and written assignments | | |
| ΗΛΕΚΤΡΟΝΙΚΗ ΣΕΛΙΔΑ COURSE WEBSITE (URL): | https://elearn.uoc.gr/course/view.php?id=1413 | | |

2. LEARNING OUTCOMES

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| Learning Objectives |
| <p>This course is designed to achieve the following goals:</p> <ul style="list-style-type: none"> • To introduce major topics and subspecialties including critical theory and research finding that have defined the field of Positive Organizational Behavior • To increase the understanding of the Happiness and Well-being at Work and the complicated systems of individual and group psychological processes involved • Help students increase the awareness of their hidden “positive” potential through self-evaluation exercises • Help students understand the importance of positive intervention in the organizational context |
| General Competences |
| <ul style="list-style-type: none"> • Search for, analysis and synthesis of data and information, with the use of the necessary technology • Decision-making • Working independently • Team work • Respect for difference and multiculturalism • Production of free, creative and inductive thinking. |

SYLLABUS

This seminar is designed to give undergraduate students a working and practical knowledge of the growing domain of positive organizational behaviour (POB) based on an intensive immersion in POB research and practice. POB is an interdisciplinary approach to leading and being in work organizations in ways that call forth the best in people, resulting in individual and collective flourishing. Flourishing is a term that captures the optimal state of functioning of individuals, groups or organizations, with indicators such as thriving, engagement, health, growth and creativity as well as other markers of being in a state of positive deviance.

Seminar Sessions (plan):

1. Introduction- Learning Objectives-Requirements of the seminar
2. What is Positive Organizational Behavior? Basic principles.
3. Character Strengths and Virtues.
4. Understanding the role of positive emotions in work
5. Case study: «Happiness in work»
6. Psychological Capital and personal resources.
7. Positive working environments- Positive Cultures.
8. Creativity in organizations.
9. Values, Motivation and Goal Theories.
10. Psychometric assessment of POS constructs- The case of optimism
11. Positive Psychological Interventions in organizations
12. Presentations of individual assignments
13. Presentations of group assignment

3. TEACHING and LEARNING METHODS - EVALUATION

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|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|--------------|
| DELIVERY | Face to face | | |
| USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY | Use of Information and Communication Technologies (ICT) in teaching Use of e-class for the support of teaching and the achievement of learning outcomes, and for communicating with students. | | |
| TEACHING METHODS | | | |
| | Teaching methods | Workload | ECTS credits |
| | Lectures | 39 hours | 1,56 |
| | Group Assignment | 45 hours | 1,8 |
| | Individual assignment | 25 ώρες | 1,00 |
| | Total | 154 hours | 6,16 |
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| STUDENT PERFORMANCE EVALUATION | <ol style="list-style-type: none">1. Individual assignment (25%)2. Group Assignment (40%)3. Participation in class (10%)4. Final exam (25%) <p>Language of evaluation: Greek. For Erasmus exchange students language of evaluation will be English.</p> |
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4. Bibliography

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| <ul style="list-style-type: none">• Stalikas, A. & Mitskidou, P. (2011). Introduction to Positive Psychology. Athens: Topos Publications• Cameron, K., & Dutton, J. (Eds.). (2003). Positive organizational scholarship: Foundations of a new discipline. Berrett-Koehler Publishers. |
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