

CET242 Positive Early Childhood Education

Level: 2

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

This course CET242 Positive Early Childhood Education aims to introduce learners to the key theories and application of Positive Education. Through this course, learners will develop an understanding of the key theories and leading research in Positive Psychology and Positive Education. Learners will also develop an understanding of the holistic and systemic approach needed to begin transforming into a positive institution that will support and sustain the movement. Through various experiential learning activities and action learning, they will begin to apply positive practices in their own life, and at their early childhood education setting - with staff and their own colleagues, with the children in their care, and with parents.

Topics:

- Introduction and Overview of Positive Psychology: Theory and Research
- Theory and Role of Positive Emotions
- Keys to Flourishing – PERMA – Positive Emotions, Engagement, Relationship, Meaning, Accomplishment
- Mindfulness as a Key Enabler for Generative Conversations and Relationship Management
- Developing Personal Mindful Practices for Self-Awareness and Self-Management
- Developing Engaging Skills for Generative Conversations
- The Positive Education Movement and History
- Global Evidences of Impact of Positive Education and Wellbeing in Academic Performance
- Local Evidence and Case Studies of Positive Education, Mindfulness and Wellbeing in Building Positive School Cultures
- Core Components of Positive Education
- Developing Age-Appropriate Experiential Learning Experiences that Incorporate Positive Education Principles
- Positive PERMA and Appreciative Inquiry Practices at Work and in the Home/Family Context.

Learning Outcome:

- Outline key theories in positive psychology and wellbeing
- Examine the benefits and challenges of positive education in early childhood education
- Develop ways to promote PERMA practices in age-appropriate experiential learning in children, the family context and the workplace
- Apply positive psychology theories in own life and relationships
- Practise personal mindful practices for self-awareness and self-management
- Develop age-appropriate learning experiences incorporating principles of positive

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
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Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	30
	GROUP BASED ASSIGNMENT 1	20
Overall Examinable Components	ECA	50
Total		100