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## Human strengths and well-being

PROF. CAMILLO REGALIA

<b>Area of study:</b>	Sociology, Psychology and Law
<b>Area Code:</b>	PS/SO330
<b>Method of Instruction:</b>	In-person

### Description

What is a life worth living? The answer to this question is important in orienting our attitudes, values and choices in everyday life, especially in times of crisis. Positive psychology claims that cultivating human strengths can help us to develop a meaningful and flourishing life and to improve our well-being. The course provides a journey into the main concepts of positive psychology, their scientific foundation and their influence on personal and social life, taken into account how the culture influences the way the positive aspects of human experience are assessed and valued.

### Course contents

Drawing from scientific evidences, the course aims to focus on the main human strengths - , - e.g. self-efficacy, emotional intelligence, gratitude, forgiveness, humility, hope, optimism, love, positive mental health, altruism, compassion-, to examine their antecedents and correlates and show how they can help people to flourish in everyday life both at personal level and in social interactions.

### Prerequisites

A background in Social Psychology may prove helpful, but it is not compulsory.

### Method of instruction

Lecture and Seminar

### Course requirements

Students have to comply with the following requirements:

- a. Students are expected to regularly attend class sessions and actively contribute to in-class debate.
- b. Students are expected to study in advance the assigned course readings
- c. Students will have to take two written exams: a mid-term test and a final test, at the end of the teaching period.

The use of the mobile phone is not allowed during the class.

### Credits

6 ECTS



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## Grading

Attendance and class participation	25% of final grade
Group assignments	20% of final grade
Midterm test	25% of final grade
Final written exam	30% of the final grade

## Course readings and materials

All the readings will be available in a course pack and the lecturer's slides will be available on Blackboard.

## Instructor bio

**Prof. Camillo Regalia** is currently Full Professor of Social Psychology at the Department of Psychology, Director of Centre for Family Studies & Research, Director of the PhD School of Psychology.

He teaches Social Psychology, Immigration Psychology and Social Psychology of the Family at the Faculty of Education and the Faculty of Psychology. His main research interests are in: pro-social constructs (self- and other-forgiveness, empathy, and gratitude within close and family relationships; intergroup forgiveness), family relations, relational antecedents and correlates of religious identity, self-efficacy beliefs and the influence of culture and migration on identity and family functioning. He is author and co-author of several international publications.

## E-mail address

[camillo.regalia@unicatt.it](mailto:camillo.regalia@unicatt.it)