

Module Details	
Module Title	Enhancing Lifespan Psychological Wellbeing
Module Code	PSY7027-B
Academic Year	2023/4
Credits	20
School	School of Social Sciences
FHEQ Level	FHEQ Level 7

Contact Hours	
Type	Hours
Lectures	22
Seminars	8
Directed Study	170

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Semester 2

Module Aims
<p>This module will examine key factors in psychological wellbeing throughout the lifespan: in infancy and childhood, adolescence and young adulthood, mid-adulthood and middle age, and older adulthood. We will consider the factors that impact wellbeing and mental health in each of these periods of the lifespan - environmental, social, psychological and physical - and examine how wellbeing can be enhanced.</p>

## Outline Syllabus

Definitions of wellbeing and mental health. Approaches to evaluating, assessing and enhancing wellbeing and mental health. Lifespan developmental stages, and the respective factors - environmental, social, psychological and physical - that affect wellbeing and mental health at different periods across the lifespan.

Indicative lecture content:

- 1 What is psychological wellbeing, and what is lifespan psychology?
- 2 Pre-natal Challenges and Opportunities, e.g., maternal health
- 3 Challenges and Opportunities in Infancy, e.g., attachment
- 4 Challenges and Opportunities in Childhood, e.g., friendships, schooling
- 5 Challenges and Opportunities in Adolescence, e.g., definition of identity
- 6 Challenges and Opportunities in Young Adulthood, e.g., independence
- 7 Challenges and Opportunities in Mid Adulthood, e.g., parenting
- 8 Challenges and Opportunities in Middle Age, e.g., career satisfaction, physical health
- 9 Challenges and Opportunities in Older Adulthood, e.g., retirement, physical health
- 10 More challenges and opportunities in Older Adulthood, e.g., bereavement, approaching death
- 11 Reflections on approaches across the lifespan to enhancing psychological wellbeing

## Learning Outcomes

Outcome Number	Description
01	A critical understanding of psychological lifespan development
02	Demonstrate critical evaluation of the factors influencing psychological wellbeing across the lifespan.
03	An appreciation of the ways in which environmental, social, psychological and physical factors can impact wellbeing at different points in the lifespan.
04	A critical understanding of methods by which wellbeing can be enhanced at different lifespan periods.
05	Produce a presentation on one aspect of psychological wellbeing across the lifespan.
06	Coursework to demonstrate a breadth of knowledge across the subject area.

## Learning, Teaching and Assessment Strategy

Lectures will be used to: introduce concepts; explore lifespan periods in depth and the relevant potential impacts on psychological wellbeing, with a view to appreciating how this could be enhanced. Seminars will involve discussion of selected publications to evaluate the efficacy of a range of interventions aimed at improving psychological wellbeing across the lifespan, with a view to developing presentations (Poster; Vlog; Blog)

## Mode of Assessment

Type	Method	Description	Weighting
Summative	Presentation	Individual Pre-recorded Presentation	50%
Summative	Coursework - Written	Research Assignment (2000 words)	50%

## Reading List

To access the reading list for this module, please visit <https://bradford.rl.talis.com/index.html>

*Please note:*

*This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.*

---

© University of Bradford 2023

<https://bradford.ac.uk>