Centre for Positive Psychology
2015 ANNUAL REPORT
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Centre for Positive Psychology Vision

Our vision and purpose at the Centre for Positive Psychology is to advance the science and practice of wellbeing for students, teachers and education systems (primary, secondary and tertiary) through the application of Positive Psychology.

We realise this purpose through exceptional research, teaching and engagement activities that:

1. Contribute to flourishing students
2. Assist schools to create positive cultures and to build teacher wellbeing, and

We have adopted a +S^3 strategic model: positive students, positive schools and positive systems.

To achieve our mission we will succeed in the following:

- Initiating, managing and evaluating school interventions
- Publishing true cutting-edge research that distinguish us on the world stage and building strategic national and international collaborations
- Developing products and intellectual capital: methodologies, frameworks and tools
- Measuring the outcomes of our work and feeding back the results (learning organisation) to the scientific committee through top tier peer reviewed journal articles, chapter contributions, books and conference publications
- Recruiting, developing and retaining excellent staff and creating a vibrant, professional and healthy organisation (culture)
- Developing future generations of wellbeing practitioners through our teaching, research and engagement
- Establishing a bio-data laboratory
- Marketing our services and products
- Creating a sustainable funding base – identifying and establishing a viable model for successful financial operation
The Melbourne Graduate School of Education’s Dean, Professor Field Rickards, is the person who needs to be credited with the vision to establish this important Centre that will influence the lives of all people within the education system and, in particular, students. Field’s idea started to develop in 2010, with the Centre of Positive Psychology being established in 2013. The aim was to advance the science and practice of wellbeing of students, teachers and education systems through the application of the principles of positive psychology.

The Board of the Centre was established in November 2015 with the aim of providing strategic and governance oversight of the operations of the Centre and to support the Centre in its external engagement with the wider community, including the business and philanthropic communities. The Board’s goal is clear: to help set the strategic direction of the Centre and to work closely with the leadership team, helping to manage the performance of the Centre relative to our strategic objectives. Through the establishment of the Gerry Higgins Chair of Positive Psychology, we strive to fulfil a vision that every student will be exposed to the principles of Positive Psychology through their time at school, which will give them the skill set to not only influence their own lives, but also the lives of people around them.

One day, it will be as fundamental to education as the three Rs of education are today. The growth of the Centre in 2016, and in the coming years, will certainly enable a wider reach to local, national and international communities, and the Board and I are delighted to be part of this strong future for the Centre.

I would like to thank my fellow Board members, Field Rickards, Bruce Parncutt, Chris Tipler, Michael Hewitt-Gleeson and Michael Georgeff. Their involvement and commitment, has allowed us to fine tune our focus and push to achieve our strategic objectives. Chris Tipler in particular, needs to be acknowledged for the amount of time and effort he has put into helping the Centre Management develop a strategic plan. It is a credit to them all that the strategic plan is now a very clear document that allows us to judge our performance. I thank each member of staff of the Centre for their commitment, energy and passion and I thank the many people and organisations who collaborate with the Centre for their enthusiastic support.

The most satisfying aspect is when we receive feedback from students at the University of Melbourne, completing different degrees, who tell us the studies they had taken through the Centre of Positive Psychology have not only changed their lives, but that they plan to use the skills they have gained to influence the lives of others in the future.

John C Higgins
Chairman
Director’s Report

2015 has been a productive year for the Centre for Positive Psychology.

I would like to acknowledge that the contributions and outcomes detailed in this annual report wouldn’t be possible without the wonderful and supportive team, colleagues, partners, and support from the various funding organisations and individuals. In 2015 we enjoyed the addition of three new team members, Associate Professor Lindsay Oades, Dr Christine Siokou and Ms Grace Fiore and we farewelled Ms Therese Joyce. We are proud of our students Dr Kelly Allen, Dr Reuben Rusk and Athena Vass who were awarded their PhD’s in 2015. Dr Allen was also awarded the Australian Psychological Association’s National Executive award for Best Thesis Award in the APS Psychology of Relationships Interest Group.

Our research continues to grow and have impact both nationally and internationally and, during the year the academic team has presented in the United States, Europe, the Middle East, New Zealand and, of course, Australia. Staff have had a significant number of papers published in the leading positive psychology journals and other international peer-reviewed outlets. We continued to work on our ARC Linkage grant which is focused on evaluating positive education in both private and government schools using innovative methods. We’ve spent the year developing our ‘Wellbeing Profiler’ survey and reporting tool that will enable schools to easily and reliably measure the wellbeing of their students. We look forward to partnering with schools on this project.

We are excited about the success of our teaching programs and we celebrated the third Graduating class of our Masters in Applied Positive Psychology. The Professional Certificate in Positive Education continues to thrive and in 2016 we take this program beyond our own campus to Japan, China, South Australia, New South Wales and Western Australia. The undergraduate subjects are rapidly increasing in enrolments – a fact that we take great delight in. It is a joy to work with young bright students who will take their positive psychology knowledge out into many different sectors when they graduate. Our first year subject ‘Wellbeing, Motivation and Performance’ was voted by University of Melbourne students as one of the ‘Top 10 Most Notable Subjects’ across the entire university. When students vote with their feet in such ways we know we are doing something of impact.

We are grateful to the many people who have contributed to our success this year including our Dean, Professor Field Rickards, our Board, our research partners, honorary staff and our students.

Professor Lea Waters (PhD)
Gerry Higgins Chair in Positive Psychology
Director, Centre for Positive Psychology
Melbourne Graduate School of Education,
University of Melbourne
Honouring Gerry Higgins

The Centre is the grateful recipient of the philanthropic major gift of $2.3 million that supports the position of Director and Gerry Higgins Chair in Positive Psychology. This major gift from philanthropist John Higgins has strengthened the University of Melbourne’s research and teaching in the field of positive psychology - which aims to build psychological health and resilience in individuals and organisations.

The Chair is named to honour Gerry Higgins, an Irishman who emigrated from Kiltimagh in County Mayo, Ireland in 1949 and established Higgins Coatings, a successful commercial painting business, in Melbourne. The Chairs in Positive Psychology and Irish studies have been established in collaboration with Newman College, a Catholic residential college of the University, and incumbents play a role in College life.

“Psychology has traditionally supported people to move from minus ten to zero. What I love about positive psychology is it helps people move from zero to plus ten.”

John Higgins, creator of the Gerry Higgins Chair in Positive Psychology

John Higgins is co-Chair of the CPP Board and a board member of the Campaign for the University of Melbourne. He is passionate about education and has a vision that every student be exposed to the principles of positive psychology through their time at school, so they have the skills to influence their own lives, and those of the people around them.

Our People

CENTRE FOR POSITIVE PSYCHOLOGY STAFF

PROFESSOR LEA WATERS

Lea Waters (PhD) is professor of psychology. She holds the Gerry Higgins Chair in Positive Psychology and is the Director of the Centre for Positive Psychology, University of Melbourne. Lea has an Affiliate position with the Centre for Positive Organizations at the University of Michigan (U.S.A) as well as Cambridge University’s Wellbeing Institute (U.K). Lea was named the Australian and New Zealand Academy of Management Educator of the Year in 2004, received an Australian University Teaching Excellence Award from the Australian Prime Minister in 2007 as well as team Citation for Outstanding Contributions to Student Learning from the Australian Government in 2013. Lea was the Scientific Chair for the World Congress in Positive Psychology (Orlando) and is the first Australian to be inducted as a Fellow in the International Positive Psychology Association. In 2015, Lea was listed in the Australian Top 100 Women of Influence, Top Women Business Leaders, by the Financial Review and Westpac Bank. She’s been listed in the Marques Who’s Who in the World since 2009.

ASSOCIATE PROFESSOR DIANNE VELLA-BRODRICK

Dianne Vella-Brodrick (PhD) is an Associate Professor and Deputy Director (Research) at the Centre for Positive Psychology at the Melbourne Graduate School of Education, University of Melbourne. She is the inaugural Director of the Master of Applied Positive Psychology program (2013 – 2015), an Editor in Chief of the Psychology of Well-Being journal and Secretary of the International Positive Psychology Association. Dianne is a psychologist, founder of the Australian Positive Psychology Network and has co-directed three Australian Positive Psychology and Well-being conferences. Her work is well published in scientific journals and she has received around $2.5 million of funding for her world-class research on evaluating well-being programs, particularly positive education programs, using the latest innovations and methods.

ASSOCIATE PROFESSOR LINDSAY G. OADES

Lindsay Oades (PhD) is an Associate Professor and Deputy Director (Learning & Teaching), including current Director of the Masters of Applied Positive Psychology Program, at the Centre for Positive Psychology at the University of Melbourne. In 2013 he was awarded an Australian Government citation for outstanding contribution to student learning. In 2015 he received a Vice Chancellor’s Award (University of Wollongong) for outstanding achievement in research commercialisation. Lindsay has published or in press over 100 refereed journal articles and book chapters related to wellbeing, recovery and coaching, cited over 2500 times. Lindsay has worked with teams that have attracted around $2.8million in research funding. Lindsay has numerous community engagements including; co-editor of the International Journal of Wellbeing; member of the scientific advisory board at the Institute of Coaching at Harvard University; non-Executive Director of Reach Foundation; leadership group of Wellbeing Collaborative, NSW Mental Health Commission. He has been listed in Cambridge Who’s Who since 2012.

DR MARGARET (PEGGY) KERN

Dr Peggy Kern is a Senior Lecturer at the Centre for Positive Psychology at the University of Melbourne’s Graduate School of Education. Dr. Kern received her undergraduate degree in psychology from Arizona State University, a Masters and PhD in social/personality psychology from the University of California, Riverside, and completed postdoctoral training at the University of Pennsylvania. She has published over 45 peer-reviewed articles and chapters, and was recently selected as an early career rising star by the Association for Psychological Science. Her research examines the question of who flourishes in life, why, and what enhances or hinders healthy life trajectories.
DR CHRISTINE SIOKOU

Dr Christine Siokou is a Research Fellow (Positive Systems) at The Centre for Positive Psychology, The University of Melbourne. Christine has an undergraduate degree in Sociology and Politics from the University of Melbourne and a PhD from Curtin University in Public Health. Her research involves the development of the ‘Positive Systems’ research program, understanding and supporting positive students, positive schools and positive systems. Her research interests include: the application of system science, community interventions, alcohol and drug use amongst young people, mixed methods research, implementing system level change, and the evaluation of complex systems.

DR GAVIN SLEMP

Dr Gavin Slemp (Psy.D) is a Lecturer in the Centre for Positive Psychology, University of Melbourne, where he program coordinates the undergraduate breadth sequence. These subjects have been voted as among the most popular in the university by the student union – a vote for students by students. As a registered organisational psychologist (AHPRA), Gavin’s research interests are primarily in the areas of employee wellbeing, autonomous motivation how people shape their experience of work, and positive education in universities. Before becoming an academic, Gavin worked in management consulting within the area of HR Advisory for clients in Australia and across the Asia-Pacific.

DR TAN-CHYUAN CHIN

Dr Tan-Chyuan Chin is a Research Fellow and Director of The Wellbeing Profiler at the Centre for Positive Psychology at The University of Melbourne. She specializes in innovative digital research tools to investigate concepts and processes of emotion regulation and wellbeing. Tan-Chyuan presents regularly at national and international conferences, and has also contributed to the first volumes of The Oxford Handbook of Musical Identities and the Lifelong Engagement with Music: Benefits for Mental Health and Wellbeing. Her research interests include the development and validation of wellbeing measures, and the pathways connecting contextual and psychosocial factors with the various dimensions of wellbeing.

MS THERERE JOYCE

Therese Joyce is the Associate Director of The Centre for Positive Psychology and a consultant to schools and organisations. With two decades experience in international management and leading change, Therese is committed to practical real-world application of positive psychology. Her areas of expertise include Appreciative Inquiry, Strategic Planning, Resilience, Positive Leadership, and Communication. She has a keen interest in diversity and wellbeing in the workplace. Therese has also studied at the London International School of Performing Arts, and has appeared on CBC News Canada, Bupa Blueroom, and ABC Radio National as an expert on playfulness.
Ms Grace Fiore is a Centre Co-ordinator at the Centre for Positive Psychology at the University of Melbourne’s Graduate School of Education. Grace is a highly experienced Administrator / Office Manager with a track record in delivering executive support within a fast paced and demanding work environment. Grace has worked in both public and private sectors across Education, Human Resources, Research, Medical Technology and Renewable Energy.
CENTRE FOR POSITIVE PSYCHOLOGY FELLOWS

Ms Michelle McQuaid  Senior Honorary Fellow
Dr Mathew White  Senior Honorary Fellow
Ms Natalie Brain  Honorary Fellow
Dr Suzy Green  Honorary Fellow
Associate Professor Nikki Rickard  Honorary Fellow
Mr Justin Robinson  Honorary Fellow
Dr Sonia Sharp  Honorary Fellow

CENTRE FOR POSITIVE PSYCHOLOGY RESEARCH ASSOCIATES AND AFFILIATES

Professor Nicholas Haslam
Adjunct Professor, Melbourne School of Psychological Sciences

Associate Professor Adam Barsky
Adjunct Associate Professor, Management and Marketing

Associate Professor Lisa Philips
Adjunct Associate Professor, Melbourne School of Psychological Sciences

Associate Professor Michael Zyphur
Adjunct Associate Professor, The Sir Peter MacCallum Department of Oncology; Medicine – St Vincent's Hospital

Associate Professor Helen Cahill
Youth Research Centre and MEd (Student Wellbeing)

Dr Helen Stokes
Youth Research Centre

Dr Liz Freeman
Lecturer - MEd. (Student Wellbeing)

Ms Desma Strong
Lecturer - MEd. (Student Wellbeing)

Ms Vivienne Archdall
Lecturer - MEd. (Student Wellbeing)

CENTRE FOR POSITIVE PSYCHOLOGY BOARD

The Centre is grateful for the ongoing advice and expertise from our Board, and its recommendations on future direction and growth of the Centre.

The Centre is led by Professor Lea Waters, Gerry Higgins Chair in Positive Psychology and Director, Centre for Positive Psychology. The Centre’s teaching, research, operations and long term strategic planning are supported by the Deputy Director (Learning and Teaching), Associate Professor Lindsay Oades, and Associate Professor Dianne Vella-Brodrick (Acting Director, July to Dec, 2015) and Deputy Director (Research), and the Centre staff. The Centre is also supported by the leadership and operational teams within the Melbourne Graduate School of Education.

CPP BOARD MEMBERSHIP

Mr John Higgins (Chairman)
Chairman of Higgins Coatings

Professor Field Rickards
Dean, Melbourne Graduate School of Education, The University of Melbourne

Professor Lea Waters
Director, Centre for Positive Psychology, Gerry Higgins Chair in Positive Psychology

Associate Professor Dianne Vella-Brodrick
Acting Director, Centre for Positive Psychology (July-Dec)

Mr Tim Brabazon
Executive Director, Melbourne Graduate School of Education

Mr Bruce Parncutt
Chairman of Lion Capital

Mr Chris Tipler
CEO RIOS Advisory

Mr Michael Hewitt-Gleeson
Founder/Owner, School of Thinking

Mr Michael Georgeff
CEO Precedence Healthcare
PHD STUDENTS

The Centre has had a tremendous growth in PhD students in 2015. Each student is an important member of our team, contributing to the research culture at the Centre and to invaluable work that will benefit the positive psychology community and education sector.

2015 RESEARCH AND HIGHER DEGREES STUDENT - COMPLETIONS

<table>
<thead>
<tr>
<th>Student</th>
<th>Principal Supervisor (P)</th>
<th>Co Supervisor (C)</th>
<th>Thesis title</th>
</tr>
</thead>
<tbody>
<tr>
<td>1  Kelly-Ann Allen</td>
<td>Lea Waters (P)</td>
<td>Dianne Vella-Brodrick (C)</td>
<td>In pursuit of belonging: a socio-ecological perspective of school belonging in secondary school settings</td>
</tr>
<tr>
<td>2  Reuben Daniel Rusk</td>
<td>Lea Waters (P)</td>
<td>Dianne Vella-Brodrick (C)</td>
<td>Sustaining the benefits of positive psychology interventions: A psycho-social system approach using five domains of positive functioning.</td>
</tr>
<tr>
<td>3  Athena Vass</td>
<td>Lea Waters (P)</td>
<td>Gavin Slemp (C)</td>
<td>Teaching resilience to students: What are the psychological outcomes for teachers?</td>
</tr>
</tbody>
</table>
### 2015 RESEARCH AND HIGHER DEGREES STUDENT - ENROLMENTS

<table>
<thead>
<tr>
<th>Student</th>
<th>Principal Supervisor (P) Co Supervisor (C)</th>
<th>Thesis title</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Jessica Armitage</td>
<td>Nick Allen (P) Dianne Vella-Brodrick (C)</td>
<td>Well-being and functioning in emerging adulthood: A longitudinal study of determinants and mechanisms.</td>
</tr>
<tr>
<td>2 Thomas Brunzell</td>
<td>Lea Waters (P) Helen Stokes (C)</td>
<td>Meaningful work for educators within a trauma-informed positive education model.</td>
</tr>
<tr>
<td>3 Austin Chia</td>
<td>Lea Waters (P) Peggy Kern (C)</td>
<td>Stakeholder wellbeing as a social responsibility for corporations: Responsibility for who, what and how.</td>
</tr>
<tr>
<td>4 Sally Horne</td>
<td>Dianne Vella-Brodrick (P)</td>
<td>The effects of mindfulness on a range of psychological and physiological outcomes.</td>
</tr>
<tr>
<td>5 Rebekah Kennan Mount</td>
<td>Lea Waters (P)</td>
<td>Mindfulness as method: The potential of mindfulness practices (including meditation) in teacher education.</td>
</tr>
<tr>
<td>6 Rodney Lawn</td>
<td>Dianne Vella-Brodrick (P) Gavin Slemp (C)</td>
<td>Quiet flourishing: Exploring belief’s about introversion-extraversion, and identifying pathways to optimal well-being in trait introverts.</td>
</tr>
<tr>
<td>7 Henry Meghaizel</td>
<td>Dianne Vella-Brodrick (P)</td>
<td>Understanding and nurturing practical wisdom.</td>
</tr>
<tr>
<td>8 Jesus Camacho Morles</td>
<td>Lindsay Oades (P) Gavin Slemp (C)</td>
<td>Using emotional responses to predict collaborative problem solving performance in adolescents.</td>
</tr>
<tr>
<td>9 Lucy Morrish</td>
<td>Dianne Vella-Brodrick (P) Tan-Chyuan Chin (C) Nikki Rickard (C)</td>
<td>Enhancing wellbeing through positive education: Effects of a best-practice positive education program on emotion regulation and academic achievement in Australian adolescent.</td>
</tr>
<tr>
<td>10 Peta Sigley-Taylor</td>
<td>Dianne Vella-Brodrick (P)</td>
<td>The effectiveness of positive psychology interventions in the wellbeing and resilience of adolescents from differing family unit structures.</td>
</tr>
<tr>
<td>11 Karen Williams</td>
<td>Lea Waters (P) Peggy Kern (C) Adam Barsky (C)</td>
<td>Developing and testing a dual approach process model to promote work happiness.</td>
</tr>
<tr>
<td>12 Kenneth Kwok Wai Yu</td>
<td>Dianne Vella-Brodrick (P)</td>
<td>Actualising meaning-in-life starts young: Game-changer to wellbeing and mental health.</td>
</tr>
</tbody>
</table>
PARTNERS

Our goal is to engage and form important connections and partnerships with government, business, industry and schools and their respective communities. We are proud to partner with:

Within Australia
- Brighton Grammar School
- Geelong Grammar School
- Geelong High School
- Kambrya Secondary College
- Maroondah City Council
- Newman College
- Northern Bay College
- PESA Positive Education Schools Association
- Queen’s College
- Ringwood Secondary College
- Sacred Heart College (Kyneton)
- Seymour College
- St Peter’s College, Adelaide
- The Hamilton and Alexandra College

International
- University of Michigan
- Boston University
- Northern Illinois University
- University of Pennsylvania
- University of East London
- Cambridge University
- Villanova University, USA

WE SUPPORT

The Melbourne Graduate School of Education is proud to sponsor the Positive Psychology Interest Group - a network for those interested in the science of wellbeing, with meetings at the University of Melbourne and Monash University.
2015 Highlights

AUSTRALIAN RESEARCH COUNCIL LINKAGE PROJECT
Enhancing adolescent mental health through positive education

Project Team: Associate Professor Dianne Vella-Brodrick, Professor John Hattie, Associate Professor Nikki Rickard, Winthrop Professor Donna Cross, Dr Tan-Chyuan Chin (Research Fellow), Mr Justin Robinson, Ms Christine King

Positive education is a preventative, strengths-based approach to addressing the mental health needs of young people in schools. This study uses innovative methods to examine the contribution of positive education to adolescent mental health, social and learning outcomes and to guide effective and widespread dissemination of positive education.

In 2015 Chief Investigator Associate Professor Dianne Vella-Brodrick led the evaluation of the Geelong Grammar School (GGS) ARC Linkage project for the 3rd year. A focus has been on tailoring the GGS Positive Education program and delivering and evaluating it in selected public schools. Longitudinal assessments which include on-line surveys, psychophysiological and biological, experience sampling and focus group data will continue into 2016.

DEVELOPMENT OF THE WELLBEING PROFILER

In 2015 CPP further developed the scientifically-grounded, easy to administer survey – the Wellbeing Profiler to assess student wellbeing in schools. The Wellbeing Profiler meets the large market need across the globe of schools seeking to measure student wellbeing as part of the need to meet their Curriculum Frameworks.

The Wellbeing Profiler is an online measurement tool that is a student-report questionnaire which is affordable, easy to administer and interpret, and written in adolescent-friendly language, for use in schools. The tool measures wellbeing in 6 domains as identified in the research literature as important indicators of youth wellbeing. This measurement tool contains self-rated response questions as well as open-ended questions to examine the students’ perception of ‘how their life is going’ in 6 key areas. Thus, a student self-report measure will allow us to understand what matters to young people and how they experience the world with the view to developing more tailored wellbeing interventions.


The six domains of the wellbeing profiler are illustrated below.

The Wellbeing Profiler for Schools
NATIONAL AND INTERNATIONAL ENGAGEMENT OF THE CPP

The Centre received significant national and international exposure on Positive Education and Positive Psychology in 2015 with staff presenting their research and teaching findings at a range of public events and conferences. In 2015 Professor Lea Waters was invited to deliver a TEDx talk. CPP staff had extensive media engagements nationally and internationally and included radio-ABC, RRR, Pulse, SYN community radio, prominent newspapers across the states, The Conversation, University of Melbourne media, and international media.

CPP GROWTH AND EXCELLENCE IN TEACHING

Wellbeing, Motivation and Performance, CPP’s undergraduate subject, was voted in 2015 as one of the most notable subjects by students, with high recommendations. Dr Gavin Slemp, Associate Director of Undergraduate Programs, convened the University’s positive psychology based breadth subjects, all of which had significant increased enrolments and maintained high student experience feedback. Postgraduate enrolments into the Masters and Professional Certificates continue to grow and attract students nationally and internationally.
2015 AWARDS AND RECOGNITION FOR STAFF

Professor Lea Waters was included in the Australian Top 100 Women of Influence list for 2015, by the Financial Review and Westpac Bank. In 2015 Lea was the first Australian to be inducted as Fellow in the International Positive Psychology Association.

Associate Professor Lindsay Oades received Vice Chancellor’s Award (University of Wollongong) for excellence in research commercialisation. This relates to Lindsay’s work in mental health recovery which is now applied in mental health services in all mainland states of Australia including the model used for training of over 4000 mental health practitioners. Lindsay helped launch the Wellbeing Collaborative in June 2015, a group of government and community-managed organisations that are working towards wellbeing.

Dr Margaret (Peggy) Kern was selected as an Early Career Rising Star by the Association for Psychological Sciences. This achievement recognises outstanding psychological scientists in the earliest stages of their research career post-PhD whose innovative work has already advanced the field and signals great potential for their continued contributions.

In 2015, Dr Tan-Chyuan Chin received The University of Melbourne Early Career Researcher Award to develop an instrument for measuring student Wellbeing in schools. With both Faculty and Centre support, Tan-Chyuan has led the development of The Wellbeing Profiler for Schools (described above).
Teaching

Centre staff make a significant contribution to a range of undergraduate and postgraduate studies and teaching within the Melbourne Graduate School of Education.

The Centre conducts teaching in postgraduate programs and undergraduate Breadth subjects, all of which have had enrolment growth over the years. Industry specialists provide guest lectures which strengthen the student experience and applied learning. We also work closely with our colleagues in the related areas of Student Wellbeing and Educational Psychology.

During 2015 teaching in our Professional Certificate in Education (Positive Education) took place in Melbourne and South Australia and plans are underway to conduct teaching across additional states and overseas in 2016. A new program - Professional Certificate in Positive Psychology is also planned for 2016.

2015 STUDENT ENROLMENTS

<table>
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<tr>
<th>Programs</th>
<th>Student Enrolments</th>
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<tr>
<td><strong>Master of Applied Positive Psychology</strong></td>
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<td>Program Director: Associate Professor Dianne Vella-Brodrick</td>
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<td><strong>Subjects:</strong></td>
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<tr>
<td>Principles of Positive Psychology EDUC90787</td>
<td>37</td>
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<td>Applications of Positive Psychology EDUC90788</td>
<td>32</td>
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<td>Positive Psychology &amp; Organisations EDUC90789</td>
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<tr>
<td>Research Project- Positive Psychology EDUC90790</td>
<td>60</td>
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<tr>
<td><strong>Professional Certificate in Education (Positive Education)</strong></td>
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<tr>
<td>Program Director: Dr Margaret (Peggy) Kern</td>
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<td><strong>Subjects:</strong></td>
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<td>Intro to Positive Education EDUC90806</td>
<td>42</td>
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<td>Building Pos. Ed. Communities EDUC90807</td>
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<td><strong>Undergraduate Breadth subjects</strong></td>
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<td>Associate Program Director: Dr Gavin Slemp</td>
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<td>Wellbeing Motivation &amp; Performance EDUC10057</td>
<td>302</td>
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<tr>
<td>Positive Communities &amp; Organisations EDUC20074</td>
<td>104</td>
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<tr>
<td>Positive Leadership &amp; Careers EDUC30072</td>
<td>74</td>
</tr>
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</table>
STUDENT TESTIMONIALS

MASTER OF APPLIED POSITIVE PSYCHOLOGY:

“This course is both personally and professionally rewarding. I have introduced the positive psychology principles into my business through strengths-focused leadership and teamwork and incorporated Positive Organisational Psychology into advisory work with clients. I would recommend this course unreservedly – it is relevant to all facets of people within organisations, teams and individual development.”

Jo Fisher, Managing Director of Jo Fisher Executive

“I honestly cannot speak more highly about this course, both from a professional and personal perspective. Of the degrees and postgrads I have completed and of all the universities I have attended I by far have grown and developed the most so far during this MAPP. The quality of presenters and lecturers, our amazing course co-ordinators, the genuine passion and knowledge shown by each of these people and the high quality of fellow students is what is making it exceptional. We are really encouraged to challenge our thinking and critically evaluate and this has made it a phenomenal experience with really rich learning. This course has far exceeded the really high expectations I came into it with.”

Student Feedback

UNDERGRADUATE BREADTH SUBJECT: WELLBEING, MOTIVATION AND PERFORMANCE (WMP)

“WMP truly changed my perspective in so many ways. Generally, I have a wider perspective, I am better able to handle tough situations, and I have a better appreciation of my everyday life. The quality of my relationships has improved and it has become easier to have a positive outlook on life.”

Subject Experience Survey

“Ever since our conversation about competence and connection my whole perception of who I want to be as a doctor has changed. I really would like to incorporate my artistic abilities into medicine. I can see myself as a paediatrician, spending time with children, drawing with them, healing them. It will be something special.”

Subject Experience Survey

PROFESSIONAL CERTIFICATE IN EDUCATION (POSITIVE EDUCATION)

“I highly recommend this course to educators. The content is rigorous, insightful and challenging. It is based on current research, using scientifically based evidence. As a school executive, the course has certainly provided me with academically rigorous knowledge, skills and confidence to initiate and lead positive education at my school.”

Renata Grudic, College Head Teacher (Teaching and Learning), Northern Beaches Secondary College, NSW

“The course was invaluable in that it helped us shape a clear vision and strategic plan for the creation of a ‘flourishing school community’ and facilitated links with experts at the forefront of Positive Education in Australia.”

Rhiannon McGee, Director of Pastoral Care, P-12, Loreto Mandeville Hall, Toorak

“Positive emotions don’t just synchronise, they also spread. University of California researchers tracked the emotional content of posts generated by a large sample of online platform users over three years and found each post expressing a positive or negative emotion caused friends to generate one to two additional posts expressing the same emotion.”

Professor Lea Waters
Centre for Positive Psychology
2015 Grants and Publications

GRANTS

Category 1:

Category 2-4:
University Internal Grants:


PUBLICATIONS

Books

Book Chapters


Referred Journal Articles


**Refereed conference proceedings**


**Reports**

Supporting the Centre for Positive Psychology

There are many ways to support the work of the Centre for Positive Psychology, including donations that support students and academics. We are grateful to our donors for their help creating scholarships, supporting ground-breaking research, building important partnerships, assisting community engagement and for the establishment of the Gerry Higgins Chair in Positive Psychology – the academic lead of our Centre.

If you have any queries regarding giving to the Centre for Positive Psychology, and about how your gift can help make a difference, please contact Chris Harvey, Deputy Director of Divisional Advancement via ch@unimelb.edu.au or by telephone on +61 3 9035 5781.