



HKU SPACE

香港大學專業進修學院
HKU School of Professional and Continuing Education

Certificate for Module (Applied Positive Psychology: Cultivating a Fulfilling Life)
證書 (單元：實踐正向心理學—建立豐盛人生)

Programme Code: CS060A

Application Code: 2470-CS060A



"The scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, relational, institutional, cultural, and global dimensions of life."
(Seligman & Csikszentmihalyi, 2000)

Programme Details



College of Humanities and Law

人文及法律學院

HKU SPACE is a non-profit making University company limited by guarantee.



QF Level 5 (Reg. No.: 25/000409/L5)

Validity Period: 1 April 2025 - on-going



This course has been included in the list of reimbursable courses under the Continuing Education Fund.

This course is recognised under the Qualifications Framework (QF Level [5])

Introduction

Do you often feel tired, stretched, or overwhelmed by life's challenges? How can we manage stress and difficulties more effectively so that we can protect and strengthen our well-being?

Positive Psychology focuses on cultivating the strengths and qualities that help us thrive, rather than simply survive. It offers a practical approach to building a more meaningful, resilient, and fulfilling life. In this programme, you will explore how evidence-based ideas from applied positive psychology can help you better understand yourself, strengthen your relationships, and support your mental well-being.

Designed for adult learners seeking both personal growth and practical application, this part-time programme introduces key concepts such as character strengths, emotional intelligence, growth mindset, resilience, and coaching for change. Whether you hope to enrich your own life or apply these insights in your professional practice, this module provides a structured and accessible starting point.

Why study this programme?

You will learn how to move beyond simply coping with challenges and begin building the inner resources that help people thrive. The programme helps students understand the professional language and research foundations of applied positive psychology, while also encouraging them to apply what they learn in everyday life.

By the end of the programme, you will be able to analyse the foundations of applied positive psychology, understand its scope, evaluate your own character strengths, and apply practical strategies to enhance mental health and well-being.

Target Group

This programme is suitable for anyone interested in personal development, mental well-being, and the practical use of psychology in daily life and work. It may be especially relevant for those in people-focused or helping roles, and it is also well suited to coaches, counsellors, teachers, managers, allied health professionals, social workers, and others who are interested in personal growth.

Programme Structure

This part-time programme will be offered as one module, containing 10 sessions, each lasting 3 hours.

Days/Time

Classes will be held on Tuesday evenings from 7:00p.m. - 10:00p.m., from February 16 - April 20, 2027.

Medium of Instruction

English

Assessment

Students need to fulfill the requirements of the following before graduation:

- A minimum attendance requirement of 70%; and
- 50% of above of overall course mark.

Fee(s)

Course Fee: HK\$ 10,500

Application Fee: HK\$ 150 (non-refundable)

Entry Requirements

Applicants should hold a Higher Diploma or an Associate Degree awarded by a recognised institution, or equivalent;

Applicants with other qualifications will be considered on individual merit.

Application

Applicants should submit: i) *a completed application form (SF26)*[^], ii) *copies of academic certificates*, iii) *a copy of HKID card or passport**, iv) *an application fee of HK\$150* by crossed cheque (payable to “HKU SPACE”) to the following address:

Ms Jamie Ho

HKU SPACE, 11/F, Fortress Tower,

250 King’s Road,

North Point, H.K.

(Remarks: Application for Certificate for Module (Applied Positive Psychology: Cultivating a Fulfilling Life))

[^] Application forms can be obtained from any HKU SPACE Learning Centres or download from <http://hkuspace.hku.hk>

* Applicants will be asked to present their HKID cards or passports for verification if applying in person at one of the HKU SPACE enrolment counters, or to attach a copy of their HKID cards or passports if applying by post.

Closing Date for Application

January 26, 2027 (Tuesday)

Enquiries

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