

## Shanghai Jiao Tong University

### PS907 Positive Psychology

<b>Instructor:</b>	TBD	<b>Email:</b>	
<b>Instructor's Home Institution:</b>		<b>Office:</b>	TBD
<b>Office Hours:</b>	TBD		
<b>Term:</b>	15 July - 9 August, 2019	<b>Credits:</b>	4 units
<b>Classroom:</b>	TBD	<b>Teaching Assistant(s):</b>	TBD
<b>Class Hours:</b>	Monday through Friday, 120 mins / teaching day		
<b>Discussion Session:</b>	2 hours each week, conducted by teaching assistant(s)		
<b>Total Contact Hours:</b>	66 contact hours (1 contact hour = 45 mins, 3000 mins in total)		
<b>Required Texts (w/ ISBN):</b>	Lyubomirsky, S. (2007). The How of Happiness. NY: Penguin Publishing Group. (THOH) (ISBN 978-1-1012-0280-7)		
<b>Prerequisite:</b>	N/A		

## Course Overview

Prior to World War II, psychology had three stated principles: make the lives of people fulfilling, identify and enhance human excellence, and treat pathology. Proponents of positive psychology make the argument that over the past 60 years, psychology, particularly clinical psychology, has focused almost solely on the treatment of pathology and less-than-optimal functioning, while ignoring the first two goals of psychology. Researchers and practitioners interested in studying and promoting human potential have made the argument that psychology should study human strengths and the conditions that lead to human flourishing.

In this course we will consider research and theory related to the following questions: Why bother studying positive experiences? What conditions result in optimizing human potential and flourishing? What benefits are associated with various human strengths? Can we do things differently to meet our full potential or are we stuck wherever we are? Are there drawbacks in focusing on strengths and positive experiences? Can positive psychology help people flourish even in the face of adversity?

Many of the lessons in this course have experiential components. Therefore, you will not only be learning about the concepts and techniques related to positive psychology in the academic sense. You will also be learning through doing and, as such, will have knowledge based both on scientific review and personal experience.

## Course Goals

In this course, students will:

- ✧ Develop an understanding of the underlying assumptions and basic questions associated with positive psychology.
- ✧ Acquire insight into their personal strengths and virtues. Additionally, students will be exposed to exercises that have been posited to increase these strengths and help people respond to adversity in constructive ways that allow them to flourish.
- ✧ Cultivate an understanding of the various dimensions of subjective well-being and the application of these dimensions to daily functioning.
- ✧ Become familiar with research that supports or refutes the principles, strategies, and skills associated with positive psychology.

## Grading Policy

### 1. Course grades will be based on total points earned from the following activities:

Exams: 3 (2 midterms and a final) \* 25 points each = 75 points

Response papers: 2 \* 12.5 points each 25 points

The majority of your grade will be based on three in-class examinations. Exam questions will be primarily in the form of multiple choice items and short answers. The exams will cover all

reading material (including reading material not covered in class) and all lecture/class material (including material not covered in the readings). It is *very important* to attend class. There will be several video clips, class discussions, and demonstrations in class that will not appear in your reading materials but *will* appear on your exams.

Number grade	Letter grade	GPA
90-100	A	4.0
85-89	A-	3.7
80-84	B+	3.3
75-79	B	3.0
70-74	B-	2.7
67-69	C+	2.3
65-66	C	2.0
62-64	C-	1.7
60-61	D	1.0
≤59	F (Failure)	0

## 2. Papers

Students will write two short (2-pages, double-spaced, 12-point font) papers applying principles learned in the course to real life events. Topics will be assigned one week before the papers are due.

## 3. Academic Misconduct

No plagiarism or cheating will be tolerated. This means among other things that you will not submit someone else's work as your own, copy someone else's work, or cheat in any other way. When you draw on others' work, you must cite that work properly.

### Course Schedule

Day	Topic	Reading
Day 1	Introduction	
Day 2	What is Positive Psychology and Why do we Need It?	THOH Chapter 1
Day 3	Positive Emotions: Pleasure and Happiness	THOH Chapter 2, pp 38-47
Day 4	Positive Emotions: Broaden and Build	Fredrickson (2001)
Day 5	Acquisition and Adaptation	THOH Chapter 3
Day 6	Savoring	THOH Chapter 7, pp 190-204
Day 7	FIRST MIDTERM EXAM	
Day 8	Positive Personality: Character Strengths	<a href="http://www.viacharacter.org/www/The-Survey">http://www.viacharacter.org/www/The-Survey</a>
Day 9	Hope and Optimism	THOH, Chapter 4, pp 101-111; First reaction paper due
Day 10	Humility and Other Virtues	Exline (2008)
Day 11	Positive Self	Neff (2008); Kernis & Heppner (2008)
Day 12	Positive Motivation	THOH , pp 205-226
Day 13	Flow	THOH , pp 180-189
Day 14	SECOND MIDTERM EXAM	
Day 15	Mindfulness and Meditation	THOH , pp. 240-244; Kabat-Zinn (2005)
Day 16	Gratitude and Forgiveness	THOH ,Chapter 4, pp. 88-100; Chapter 6, pp 169 179 2nd reaction paper due
Day 17	Positive Relationships	THOH , pp. 138-149
Day 18	Creating Good Relationships	Crocker & Canevello (2016)
Day 19	Overcoming Adversity with Positivity	THOH , Chapter 6, pp 150-168
Day 20	FINAL EXAM	