



Shanghai Jiao Tong University

PS907 Positive Psychology

Instructor:	Michael Fitzgerald, PhD	Email:	Michael.Fitzgerald@minneapolis.edu
Instructor's Home Institution:	Century College	Office:	
Office Hours:	TBD		
Term:	July 15-August 9, 2019	Credits:	4 units
Classroom:	TBD	Teaching Assistant(s):	TBD
Class Hours:	Monday through Friday, 120 mins per teaching day		
Discussion Sessions:			
Total Contact Hours:	66 contact hours (1 contact hour = 45 mins, 3000 mins in total)		
Required Texts (with ISBN):	<p>Positive Psychology: The Scientific and Practical Explorations of Human Strengths 3rd Edition by <u>Shane J. Lopez</u>, <u>Jennifer Teramoto Pedrotti</u>, <u>Charles Richard Snyder</u></p> <p>ISBN-13: 978-1452276434</p>		
Prerequisite:			



Course Goals

This course combines a study of theory, research, and application in the rapidly growing field of positive psychology. You critically examine the psychology of well-being with both its possibilities and limitations, focusing on topics such as positive emotions, character strengths, flow, flourishing, mindfulness, creativity, and post-traumatic growth within the context of culture and history. You investigate how positive psychology complements other areas of psychology, therapy, coaching, and communication; and how it can be applied in real-world, professional settings such as business development and the clinical context. Through experiential learning and reflection, you gain the necessary tools for developing sustainable happiness and increased life satisfaction.

Grading Policy

There will be three exams in this course; each exam will be worth 50 points. Exams will consist of multiple-choice questions and short answer questions. Additionally there will be assignments to be done either in or outside of class depending on the assignment. None of the exams will be cumulative. Missing an exam earns a grade of zero. No exams will be administered before the scheduled class. Please keep in mind that the exams cover both lecture material and textbook material. Some material is covered in both lecture and in the textbook, but some is covered only in lecture, and some is covered only in the textbook. I am the best person to contact for help with the material.

Additionally, there will be three reflection papers written during the course relating to the material.

And each student will also keep an active journal during the course as well.

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

Exams: 3 exams, 50 points each = 150 points

Assignments: 10 assignments, 10 points each = 100 points

Papers: 3 papers, 15 points each = 45 points

Journal: 40 points

Total of 335 points for the course



Grading Scale is as follows:

Number grade	Letter grade	GPA
90-100	A	4
85-89	A-	3.7
80-84	B+	3.3
75-79	B	3
70-74	B-	2.7
67-69	C+	2.3
65-66	C	2
62-64	C-	1.7
60-61	D	1
≤59	F (Failure)	0



Class Schedule

Day	Topics	Chapter
Day 1 7/15	Introduction and Syllabus Pursuing Happiness	Syllabus
Day 2 7/16	The Meaning and Measure of Happiness	Ch. 2
Day 3 7/17	The Happiness System	Ch. 3
Day 4 7/18	The Malleable Brain	Ch. 4
Day 5 7/19	The Secret of Smiling	Ch. 1
Day 6 7/22	Positive Feelings as a Compass	Ch. 2
Day 7 7/23	Positive Traits	Ch. 2
Day 8 7/24	Exam 1	
Day 9 7/25	The Art of Now: Six Steps to Living in the Moment	
Day 10 7/26	The Six Pillars of Self-Esteem Ch. 1: Self-Esteem: The Immune System of Consciousness	
Day 11 7/29	The concept of Flow	Ch. 7
Day 12 7/30	If money doesn't make you happy, then you probably aren't spending it right	Ch. 8
Day 13 7/31	The Secret to Buying Happiness	Ch. 8
Day 14 8/1	Exam 2	
Day 15 8/2	Emotional Intelligence in Practice	Ch 10
Day 16 8/3	Physical Activity: Positive Psychology in Motion	Ch 9
Day 17 8/4	Doing Better but Feeling Worse: The Paradox of Choice	Ch. 6
Day 18 8/5	Happiness and Social Relationships: You Can't Do Without Them	Ch. 4
Day 19 8/6	The Science of Success: Here's What Really Happens When You Extend a Deadline & What makes marriage work	
Day 20 8/7	Exam 3	