



**Shanghai Jiao Tong University**  
**PS907 Positive Psychology (Online)**

<b>Instructor Information</b>	Michael Fitzgerald Home Institution: Metropolitan State University Email: michael.fitzgerald@minneapolis.edu Office Hours: Determined by Instructor		
<b>Term</b>	June 29, 2020 - July 24, 2020	<b>Credits:</b>	4 units
<b>Class Hours</b>	Monday through Friday, 120 mins per teaching day		
<b>Discussion Sessions</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 (with ISBN)</b>	Positive Psychology: The Scientific and Practical Explorations of Human Strengths 3rd Edition by Shane J. Lopez, Jennifer Teramoto Pedrotti, Charles Richard Snyder ISBN-13: 978-1452276434		
<b>Prerequisite</b>	N/A		



## Course Overview

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.

## Course Goals

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

## Course Procedure

This course is conducted completely online through D2L Brightspace. Because this course is online, much of your learning will be happening independently. However, I will do my best to provide opportunities for you to engage with me and with the material in ways that approximate classroom experiences. To accomplish this, the course will consist of lecture, participation activities, and a class discussion board.

On our course D2L Brightspace page, you will find content organized into modules by chapter. Within each module, you will find the lecture materials, participation assignment, and any other supplemental readings for that chapter.

I will use our course page's announcement feed to communicate important information about the class. This might include updates or changes to the course schedule, important information about exams, assignments, etc. I will also post an announcement on our class feed at the throughout each week to touch base and orient you to the topics you will encounter during your readings. Checking your email and our course D2L page regularly is much like attending class every day.



### Class Discussion Board

Here you will discuss questions relevant to positive psychology for us to discuss as a class as it relates to the course material. This gives you a chance to learn from other's experiences, to appreciate the diversity of your classmates' individual perspectives, and hopefully to get a chance to think about things from another's point of view. Participation in the discussion board is required. Please get in contact with instructor if an issue arises.

### Grading Scale

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