

Course Title	Positive Psychology	Instructor(s)	Dr. Futoshi Kobayashi
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Class Style	Lecture & Active Learning	Office Hours	Tuesday & Thursday 15:45 - 17:15
Track	Liberal Arts	Mode of Instruction	Solo
Credits	2	Allocated Year	3rd or 4th year, Fall Semester
Active Learning	2-(3) Presentations 4-(9) Group Work on Questions 5-(2) Simulations and Experiments	Compulsory or Elective	Elective
Course Overview	Positive Psychology is a new subfield of Psychology that was born around the turn of the 21st century. Traditionally, psychology tried to solve psychological problems but did not pay much attention to how to make better human beings and make happier lives. This course introduces the basics of Positive Psychology.		
Course Objectives	After successful completion of the course, students will be able to apply the fruits of positive psychology to their lives for better well-being.		
Prerequisite	None		
Course Schedule	No	Contents	Homework
	1	Introduction & The Rise of Positive Psychology (1) Martin Seligman: The "Father" of Positive Psychology Barbara Fredrickson: The Broaden-and-Build Theory	1. Read the "The Rise of Positive Psychology" text. 2. Your group must send a summary of today's video.
	2	The Rise of Positive Psychology (2) Mihaly Csikszentmihalyi: Flow	Read the "Elements of Happiness & Power of Intentional Activity" text.
	3	VIA Survey: 24 Character Strengths Elements of Happiness & Power of Intentional Activity Sonja Lyubomirsky: Elements of Happiness Hedonic Adaptation & George Bailey Effect	1. Take the VIA survey to find your top five character strengths. 2. Read the "Hedonic Adaptation & George Bailey Effect" text.
	4	Exercise 1: Imagining Your Alternative Life Without Current Blessings Difficulty of Measuring Happiness Daniel Kahneman: The Experiencing Self and The Remembering Self	1. Upload your paper for Exercise 1 before class 8. 2. Your group must send a summary of today's video.
	5	From Authentic Happiness Theory to Well-Being Theory Martin Seligman: Flourishing	1. Read the "From Authentic Happiness Theory to Well-Being Theory" text. 2. Prepare for Test 1 by following the study guide.
	6	Test 1 (24 min.) Negativity Bias Daniel Kahneman: Loss Aversion	Read the "Negativity Bias" text.
	7	Hope C. R. Snyder: Goal, Pathway, and Agency	Read the "Hope" text.

	8	Gratitude Robert Emmons: Benefits of Gratitude	Read the "Gratitude" text.
	9	Kindness Five Important Experiments on Kindness	1. Read the "Kindness" text. 2. Prepare for Test 2 by following the study guide.
	10	Test 2 (21 min.) Prosocial Spending and Happiness Michael Norton: How to Buy Happiness	Read the "Prosocial Spending and Happiness" text.
	11	Exercise 2: "My Happiness Boosting Plan" Project Seven Principles for Making Marriage Work (1)	1. Read the "Seven Principles for Making Marriage Work" text. 2. Upload both the calendar and the PowerPoint file for Exercise 2 before/on December 31st (i.e., within this year).
	12	Seven Principles for Making Marriage Work (2) John Gottman: Gottman Ratio Three Different Kinds of Joy and the Danger of Comparing Yourself with Others Don't Compare Yourself to Others	Read the "Three Different Kinds of Joy and the Danger of Comparing Yourself with Others" text.
	13	Positive Psychology for Business & Corporations Shawn Achor: Happiness Advantage Are Happy Employees More Productive?	Read the "Positive Psychology for Business & Corporations" text.
	14	Materialism Tim Kasser: The High Price of Materialism 10 Scientific Studies that Will Encourage You to Own Less	1. Read the "Materialism" text. 2. Prepare for Test 3 by following the study guide.
	15	Test 3 (25 min.) & How to Prepare Your Final Exam	Upload your final exam paper to Moodle on or before the day of the final exam.
		Final Exam	
Grading	<p>Tests (3 times X 20%): 60%</p> <p>Exercises (2 times X 10%): 20%</p> <p>Final Exam (Paper): 20%</p> <p>The final grade will be determined as below.</p> <p>A: 90-100 points</p> <p>B: 80-89 points</p> <p>C: 70-79 points</p> <p>D: 60-69 points</p> <p>F: Less than 60 points</p> <p>Plagiarism</p> <p>Students must submit their own work and not copy from other sources, unless they credit their sources with appropriate referencing. Students caught copying information from other sources and pretending that it is their own work will automatically result in a grade of 'F' or withdrawal from the course.</p>		
Textbooks	You can download all the texts from the course in Moodle.		
References	None		
NOTES	You are expected to be punctual and to attend all lessons. A delay or early departure will be counted as a one-third day absence. A "delay" means an arrival to the class after the instructor calls rolls. However, any		

absence, delay, or early departure can be excused if an official document (e.g., doctor's notes) is submitted to your instructor within 7 days of such an occurrence. When you miss a lesson, it is your responsibility to see your instructor afterwards (and perhaps other students who attended the lesson), to find out how to catch up with the work you missed. If you expect to be absent from a forthcoming lesson, you should email your instructor to explain your absence at least one day in advance. The schedule, policies, and procedures in this course are subject to change due to the class progress, weather conditions (e.g., typhoons), etc., and at the discretion of the instructor.

A maximum of three (3.0) absences is allowed. More than three absences will automatically result in a grade of F (Fail).