

Course Title	Positive Psychology	Instructor(s)	Dr. Futoshi Kobayashi
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Class Style	Lecture & Active Learning	Office Hours	Monday 15:45 - 17:15 & Wednesday 13:00 - 14:30
Track	Liberal Arts	Mode of Instruction	Solo
Credits	3	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	Watch Class 2 Video and send your reports via email.	You must send the Video Report via email.
	3	The Rise of Positive Psychology (2) Mihaly Csikszentmihalyi: Flow	Read the "Elements of Happiness & Power of Intentional Activity" text.
	4	Watch Class 4 Video and send your reports via email.	You must send the Video Report via email.
	5	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.
	6	Watch Class 6 Video and send your reports via email.	You must send the Video Report via email.
	7	Explanations for Final Exam: Imagining Your Alternative Life Without Current Blessings Difficulty of Measuring Happiness Daniel Kahneman: The Experiencing Self and The Remembering Self	1. Read the "Difficulty of Measuring Happiness" text. 2. Your group must send a summary of today's video.
	8	Watch Class 8 Video and send your reports via email.	You must send the Video Report via email.
	9	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.
10	Watch Class 10 Video and send your reports via email.	You must send the Video Report via email.
11	Test 1 (24 min.) Negativity Bias Daniel Kahneman: Loss Aversion	Read the "Negativity Bias" text.
12	Watch Class 12 Video and send your reports via email.	You must send the Video Report via email.
13	Hope C. R. Snyder: Goal, Pathway, and Agency	Read the "Hope" text.
14	Watch Class 14 Video and send your reports via email.	You must send the Video Report via email.
15	Gratitude Robert Emmons: Benefits of Gratitude	Read the "Gratitude" text.
16	Watch Class 16 Video and send your reports via email.	You must send the Video Report via email.
17	Kindness 5 Important Experiments on Kindness	1. Read the "Kindness" text. 2. Prepare for Test 2 by following the study guide.
18	Watch Class 18 Video and send your reports via email.	You must send the Video Report via email.
19	Test 2 (21 min.) Prosocial Spending and Happiness Michael Norton: How to Buy Happiness	Read the "Prosocial Spending and Happiness" text.
20	Watch Class 20 Video and send your reports via email.	You must send the Video Report via email.
21	Seven Principles for Making Marriage Work John Gottman: Gottman Ratio	Read the "Seven Principles for Making Marriage Work" text.
22	Watch Class 22 Video and send your reports via email.	You must send the Video Report via email.
23	Three Different Kinds of Joy and the Danger of Comparing Yourself with Others Schadenfreude Don't Compare Yourself to Others	Read the "Three Different Kinds of Joy and the Danger of Comparing Yourself with Others" text.
24	Watch Class 24 Video and send your reports via email.	You must send the Video Report via email.
25	Positive Psychology for Business & Corporations Shawn Achor: Happiness Advantage Happiness of Employees & Productivity	Read the "Positive Psychology for Work & Organizations" text.
26	Watch Class 26 Video and send your reports via email.	You must send the Video Report via email.
27	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.
28	Watch Class 28 Video and send your reports via email.	You must send the Video Report via email.
29	Test 3 (25 min.) & Preparation for Your Final Exam (Paper)	Upload your final exam paper to

			Moodle on or before the day of the final exam.
	30	Prepare for your final exam.	
		Final Exam (Paper)	
Grading	<p>Tests (3 times X 30%): 90%</p> <p>Final Exam (Paper): 10%</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	<p>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 <u>within 7 days</u> 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.</p> <p>A maximum of three (3.0) absences is allowed. More than three absences will automatically result in a grade of F (Fail).</p>		