

Positive Psychology A

Spring 2017

Credits: 3

Long Study Tour: Budapest

Major Disciplines: Psychology, Human Development, Education/Educational Studies

Mondays and Thursdays, 8.30-9.50

Classroom: F24-203

Course Information and Purpose

1. Instructor Information:

Instructor:

Kamilla Lange

Msc. Psychology (2006, University of Copenhagen). BA. Psychology (2003, University of Copenhagen). Works as a clinical psychologist and mindfulness instructor. Teacher and supervisor for both psychologists, medical doctors and other professionals. Author of a book on mindfulness and body acceptance. With DIS since 2015.

Psychology Program Director:

Carla Caetano, Ph.D.

DIS Contact:

Psychology Program Assistant:

Collin Shampine

Email: cas@dis.dk

Phone: +4533765414

Guest Lecturers

Emil Ryø Tjørnehøj, Health Care Officer, Copenhagen Municipality

Date: Monday, March 27.

Time: 8.30-9.50

Topic: "Besøgsbabyer", a program that brings infants and their parents to elder care facilities.

Torben Jørgensen DIS Faculty, Mag.art.

Date: Thursday, March 16.

Time: 8.30-9.50

Topic: Introduction to the History and Politics of Hungary

2. Course Description:

Prerequisites: A course in psychology at the university level.

How do we understand happiness and well-being, and how can we achieve human flourishing? These two questions drive our study in the field of positive psychology. The science of positive psychology tells us that many of us can achieve a higher level of well-being that we currently have. This course explores how we can reach for a higher level of happiness as individuals, in groups and as a society. What knowledge do we need, which capabilities can we strengthen to cultivate well-being and a flourishing life?

We will examine the theoretical literature and the empirical evidence to understand the key constructs in positive psychology. We will explore how the science in the field is manifested in the world around us, and how it can be applied to create positive changes in daily life.

This course will focus on three main themes:

1. The intrapersonal domain, where we explore the role of emotions, physical experience, and attention in well-being.
2. The interpersonal domain, where we look at how relationships, engagement, and valued activity can contribute to a meaningful life.
3. The professional realm of positive psychology. What interventions can be applied to achieve flourishing? What skills are essential for the facilitation of positive psychology?

Through academic teaching, group work, experiments as well as field studies and both a short study tour and a longer study tour, this course emphasizes the integration of academic skills and critical reflection with experience in actual application both in our everyday life and as professionals.

3. Objectives:

Regarding Theory and Research:

- Explore theoretical and empirical foundations of positive psychology within the context of other psychological disciplines and traditions.
- Examine human flourishing in different contexts.
- Perform a critical examination of the research in the field of positive psychology.
- Identify and characterize different perspectives and values expressed in positive psychology via theory and research.

Regarding Application:

- Relate theoretical perspectives in positive psychology with intervention goals.
- Outline a plan for a positive psychology intervention.
- Demonstrate methods of intervention in positive psychology.

4. Academic Excellence Award:

Each semester we recognize one outstanding student from the Psychology Program (Positive Psychology, European Clinical Psychology or Cross-Cultural Psychology) with an Award of Academic Excellence. It is reserved for a student who has distinguished him- or herself through diligence, commitment, academic performance, and ideally a student who contributes to a good, collaborative learning environment in class.

5. Class Representatives:

Each semester DIS looks for class representatives to become an official spokesperson for their class group, addressing any concerns that may arise (in academic or related matters), suggesting improvements and coming up with new ideas. Class representatives are a great way for DIS faculty to ensure better and timelier feedback on their courses, assessments and teaching styles, and as such perform an invaluable role in connecting student needs with faculty instruction during term time. Class Representatives will be elected in class at the beginning of the semester.

Course Components

1. Required Textbook (Available in DIS Library):

- Sheldon, M.K. Et al. (Eds.) (2011). *Designing Positive Psychology. Taking Stock and Moving Forward*. New York: Oxford University Press.
- Hefferon K. & Boniwell, I., (2011). *Positive Psychology. Theory, Research, and Applications*. UK: McGraw Hill.

2. Required Articles and Other Media on Canvas:

- Selected research articles and book chapters will be uploaded on Canvas. References are listed in the course schedule below. Articles (references provided at the end of this syllabus, will be uploaded to Canvas).
- Additional articles will be added to Canvas based on student interest and needs

3. Approach to Teaching: In this class, the emphasis is on relating theory with real life in as many ways as possible. The focus is on experiential learning including personal reflections, research and theory testing, and training in applications of positive psychology. You must respect any personal information shared in class and treat it with strict confidentiality. Reflections and discussions are essential for the class, but you are expected to be respectful and civil. We learn from hearing each other's thoughts and ideas and this requires an open and trusting environment.

4. Field Study:***Sophia Schuff, Architect.***

- Date: Tuesday, February 7.
- Time: 9.30-12.30
- Objective: Learn about the foundation of the built environment and explore Copenhagen to see what features make the Danish capital thrive and why it is such a wonderful place to call home.

Chris MacDonald, physiologist and founder of Justhuman.

Date: February 6.

Time: 13.00-15.00

Location: Bethesda Church, Rømersgade 17

- Topic: The Power of Well-being and Human Performance.

Jakob Lund, body therapist. .

Date: Wednesday, March 15.

Time: 10.00-12.30.

- Objective: Learn about BreatheSMART, a program that teaches meditation and stress reduction to prison inmates and other groups.

5. Core Course Week, incl. Short Study Tour:***Theme: Well-Being in Denmark.***

- **Purpose:** During Core Course Week and our Short Study Tour to Western Denmark, we will be considering *Well-Being in Denmark*. We will learn about central concepts of the field such as well-being and flourishing. Through a variety of workshops and activities, we will examine happiness in Danish life, the national-level influence of the Danish welfare state, and the local community and environments' promotion of quality of life. We will also look at positive psychology applications for work life.

- **Timing:** In Copenhagen Monday, February 6 and Tuesday, February 7; No class on Wednesday, February 8; In Western Denmark Thursday, February 9 – Saturday, February 11.
- **Orientation:** Orientation will occur in the week before departure and students will receive a detailed booklet on the bus on departure day.
- **Assignment:** See details below

6. Long Study Tour to Budapest, Hungary:

Theme: *Well-Being in Budapest – past and present.*

- **Purpose:** On our Long Study Tour to Budapest, Hungary, we will explore *Well-Being in Budapest – past and present*. We will learn about well-being through Hungary's history over the past 130 years, from thriving cultural capital, through two World Wars, the country's occupation, first by the Nazis and then the Soviet Communists, and up to their post-communist state today.
- We will visit organizations which integrate positive psychology in their work. We will see how it can be applied to healing, to community building, and in the everyday life in Budapest. We will visit Budapest's famous mineral baths and see famous cultural sites, from the beautiful Hungarian State Opera House, which opened in the late 1800's, to the House of Terror, which will give us a powerful glimpse into life during the Nazi and Communist occupations.
- **Timing:** Sunday, March 19. – Friday, March 24.
- **Orientation:** We will have orientation in class the week before departure and students will be given a booklet with details on departure day.
- **Group Assignment:** See details below

7. Expectations of the Students: I expect you to have done the reading and come prepared for each class with notes and reflections on the subject. You are required to engage actively in the classroom and participate constructively in discussions and group work. You must respect the confidentiality of personal information shared in class and in group discussions.

Assignments and Evaluation

Methods of Evaluation	How evaluated	Due Date	Percentage of grade
Class participation	Individual	Ongoing	20%
Core Course Week Research Analysis	Individual	February 17	30%
Long Study Tour presentation	Group	March 30	15%
Final paper	Individual	April 28	35%
Total			100%

Class Participation (20%):

Participation in class requires arriving on time and being prepared in relation to readings and other assignments. Your participation grade reflects the importance of being active in this course, which relies in great part on the

reflections, discussions, and exercises in class. Active participation is essential in both the classroom, on study tours, and in group work. Furthermore, attendance is mandatory.

Core Course Week Research Analysis (30%; 4 pages, excluding title page and references. Use the APA reference and citation style):

Due Date: February 17.

- Chose an empirical study of well-being published in a peer-reviewed journal and relate it to your observations from the Core Course Week.
 - Describe the theory and hypothesis behind the study.
 - How does the theory correspond with what you have learned about well-being in Denmark?
 - Evaluate the methodology. Is the research internally valid?
 - Discuss the external validity of the studies.

Analyze the applicability of the research. Relate the findings to the observations you have made during core course week.

Long Study Tour Presentations – Well-being in Budapest (15%; Visual product and class presentation)

Due Date: March 30.

Groups of 5 will each create a visual product (slideshow, video, collage, photo exhibition) and a 15 minute class presentation based on the long study tour. The subject will be:

Well-being in Budapest

- Describe what we know about the well-being of Hungarians today.
- Discuss the influence on well-being of Hungary's political systems, organizations, and culture.
- Propose possible ways to increase the well-being in Hungary.

Final Paper (35%; 6 pages, excluding title page and references. Use the APA reference and citation style):

Due Date: April 28.

- This paper is a reflection on the academic theory and research as well as the observations and experiences you have made during the course. Include a discussion of the two basic questions behind the course:
 - How do we understand happiness and well-being? Discuss the measurement and research of happiness, its limitations and possible bias.
 - How can we achieve human flourishing? Describe some interventions that can be used to increase quality of life and engagement in both individuals and communities.
 - Include a discussion of the future of positive psychology. Identify possible challenges and new areas of research?

To be eligible for a passing grade in this class you must complete all of the assigned work.

Policies

Attendance:

You are expected to attend all DIS classes when scheduled. If you miss a class for any reason please contact the faculty no later than the day of the missed class. If you miss multiple classes, the Office of Academic Support and the Director of Student Affairs will be notified and they will follow-up with you to make sure that all is well. Absences will jeopardize your grade and your standing at DIS. Allowances will be made in cases of illness, but in the case of multiple absences you will need to provide a doctor's note.

Academic honesty, plagiarism, and violating the rules of an assignment:

DIS expects that students abide by the highest standards of intellectual honesty in all academic work. DIS

assumes that all students do their own work and credit all work or thought taken from others. Academic dishonesty will result in a final course grade of “F” and can result in dismissal. The students’ home universities will be notified. DIS reserves the right to request that written student assignments be turned in electronic form for submission to plagiarism detection software. See the Academic Handbook for more information, or ask your instructor if you have questions.

Policy on late papers:

Late papers will not be accepted.

Policy for students who arrive late to class:

Late arrivals to class disrupts the teaching and should be avoided. Repeated late arrivals will affect your participation grade.

Use of laptops or phones in class:

Phones, tablets, and computers are accepted in class purely for the use of note taking. If they are used for other purposes, it will affect your participation grade.

Disability and resource statement:

Any student who has a need for accommodation based on the impact of a disability should contact the Office of Academic Support (acadsupp@dis.dk) to coordinate this. In order to receive accommodations, students should inform the instructor of approved DIS accommodations within the first two weeks of classes.

Course Schedule	
<p>Wednesday, January 18.</p> <p>08.20 - 11.00</p> <p>PSY Program Orientation</p>	<p>Psychology Program Orientation Wednesday - January 18th Time: 8.15-11.00 Location: Kosmopol (Fiolstræde 44, 1171 København K)</p>
<p>Thursday, January 19</p> <p>08.30 - 09.50</p> <p>Class 1</p>	<p>Topics to be covered today:</p> <ul style="list-style-type: none"> • Welcome. <ul style="list-style-type: none"> ○ Introduction to the course. ○ Using Canvas in this course • Happiness: Circumstance or Skill? <ul style="list-style-type: none"> ○ What is happiness? How do we understand and define it? ○ Are we the passive receivers of happiness when we are in the right setting? Or is happiness rather a human capacity that we can develop and strengthen? <p>Required readings:</p> <p><u>Textbook:</u></p> <ul style="list-style-type: none"> • Hefferon K. & Boniwell, I., (2011). <i>Positive Psychology. Theory, Research, and Applications</i>. UK: McGraw Hill. (pp. 1-21). <p><u>Canvas:</u></p> <ul style="list-style-type: none"> • Gable, S. L. & Haidt, J. (2005). <i>What (and Why) Is Positive Psychology?</i> Review of

	<p>General Psychology, Vol. 9, No. 2, pp. 103-110.</p> <p>Optional resources:</p> <ul style="list-style-type: none"> • TED talk: Martin Seligman: The new era of positive psychology. http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology
<p>Monday, January 23.</p> <p>08.30 - 09.50</p> <p>Class 2</p>	<p>Topics to be covered today: <i>The intrapersonal domain</i></p> <ul style="list-style-type: none"> • Measurement and Research of Well-Being. <ul style="list-style-type: none"> ○ How do we quantify the subjective? ○ Critical evaluation of research studies; what is the external validity of the studies? <p>Required readings: <u>Canvas:</u></p> <ul style="list-style-type: none"> • Simmons, Nelson, and Simonsohn. (2011). False-Positive Psychology: Undisclosed Flexibility in Data Collection and Analysis Allows Presenting Anything as Significant. <i>Psychological Science</i>, 22, 11, pp. 1359-1366. • OECD (2013), <i>OECD Guidelines on Measuring Subjective Well-Being</i>, OECD Publishing. (pp. 29-59). • Podcast: Hidden Brain: The Process of Science.
<p>Thursday, January 26.</p> <p>08.30 - 09.50</p> <p>Class 3</p>	<p>Topics to be covered today: <i>The intrapersonal domain</i></p> <ul style="list-style-type: none"> • Hedonic Pleasure – Eudaimonic Joy <ul style="list-style-type: none"> ○ Definition and achievement of these basic constructs in Positive Psychology. ○ Can they truly be separated? <p>Required readings: <u>Textbook:</u></p> <ul style="list-style-type: none"> • Hefferon K. & Boniwell, I., (2011). <i>Positive Psychology. Theory, Research, and Applications</i>. UK: McGraw Hill. (pp. 76-87). • Kashdan, T.B. & Ciarrochi, J. (2013). <i>Mindfulness, Accetance and Positive Psychology. The seven foundations of well-being</i>. California: Context Press. (pp. 1-29). <p>Optional resources <u>Canvas:</u></p> <ul style="list-style-type: none"> • TED talk: Nancy Etcoff: Happiness and its surprises. http://www.ted.com/talks/nancy_etcoff_on_happiness_and_why_we_want_it
<p>Monday, January 30</p> <p>08.30 - 09.50</p> <p>Class 4</p>	<p>Topics to be covered today: <i>The intrapersonal domain</i></p> <ul style="list-style-type: none"> • Emotions <ul style="list-style-type: none"> ○ What are the adaptive functions of emotions and when do they become maladaptive? <p>Required readings: <u>Textbook:</u></p> <ul style="list-style-type: none"> • Kashdan, T.B. & Ciarrochi, J. (2013). <i>Mindfulness, Accetance and Positive Psychology</i>.

	<p><i>The seven foundations of well-being</i>. California: Context Press, pp 30-67.</p> <ul style="list-style-type: none"> • Kashdan & Rottenberg. (2010). Psychological flexibility as a fundamental aspect of health. <i>Clinical Psychology Review</i>, 30, pp 865-878.
<p>Thursday, February 2</p> <p>08.30 - 09.20</p> <p>Class 5</p> <p>9.20-9.50</p>	<p>Topics to be covered today:</p> <ul style="list-style-type: none"> • The Body in Positive Psychology 1 <ul style="list-style-type: none"> ○ The relationship between emotions and physical health. ○ The pathways of pain. <p>Short study tour presentation</p> <p>Required readings:</p> <p><u>Canvas:</u></p> <ul style="list-style-type: none"> • Hefferon, K. (2013). Positive psychology and the Body: The Somatopsychic Side to Flourishing. UK, Open University Press (pp. 20-38). • Roditi, D. & Robinson, M.E. (2011). The role of psychological interventions in the management of patients with chronic pain. <i>Psychology Research and Behavior Management</i>, 4, pp. 41-49. <p><u>Video:</u></p> <ul style="list-style-type: none"> • Dr. Robynne Chutkan: "Revitalize. Why The Microbiome Is The Future of Medicine." • https://www.youtube.com/watch?v=pDBI9txA-W0

<p>CORE COURSE WEEK</p> <p>Theme: Wellbeing in Denmark</p> <p>Date: Monday, February 6th – Saturday, February 11th</p>	
<p>Monday, February 6.</p>	<p>10.00-11.30 Class Discussion Preparation for the Core Course Week. Happiness in Denmark. Location: N7-A21</p> <p>11.45-13.00 Lunch on your own</p> <p>13.-15.00 Academic activity: Lecture by Chris MacDonald Location: Bethesda Church, Rømersgade 18. Objective: To learn about what the scientific fields of biology, physiology, psychology and sociology bring to the theories about wellbeing.</p>
<p>Tuesday, February 7.</p>	<p>10.00-12.30 Academic activity: Field Study Sophia Schuff, Architect, DIS Faculty. Objective: Learn about the role of the built environment and explore Copenhagen to see what features make the Danish capital thrive. Location: N7-A21</p> <p>12.30-13.30</p>

	<p>Group Lunch provided by DIS Location: Un Mercato at Torvehallerne (Glass Market)</p> <p>13.30-15.00 Academic activity: Documentary Screening of “Happy” Location: V23-201 Objective: discussion of the documentary</p> <ul style="list-style-type: none"> • What are the central aspects of happiness? • What life choices create happiness according to this documentary? • How does the documentary correspond with the research on happiness and wellbeing? <p>Discussion of the documentary</p> <p>15.00-15.30 Location: V23-201 Wrap up and preparation for the tour.</p>
<p>Wednesday, February 8</p>	<p>NO CLASS THIS DAY</p>
	<p style="text-align: center;">Short Study Tour: Aarhus, Denmark Dates: Thursday, February 9 - Saturday, February 11 <i>*Students will be handed an information booklet on the bus on departure day*</i></p> <p style="text-align: center;">Core Course Week Evaluations: Please complete the online survey at home by Monday at MIDNIGHT. The link and instructions will be emailed to you and posted as an announcement on Canvas.</p>
<p>Monday, February 13</p> <p>08.30 - 09.50</p> <p>Class 6</p>	<p>Topics to be covered today: <i>The interpersonal domain</i></p> <ul style="list-style-type: none"> • The body in Positive Psychology 2 <ul style="list-style-type: none"> ○ Using the body to increase well-being. ○ The body as subject. <p>Required readings: Canvas:</p> <ul style="list-style-type: none"> • Segerstrom, Suzanne C., Timothy W. Smith, and Tory A. Eisenlohr-Moul. (2011) Positive psychophysiology: The body and self-regulation. <i>Designing positive psychology: Taking stock and moving forward</i>: 25-40. • Davidson, R.J. et al. (2003). Alterations in brain and immune function produced by mindfulness meditation. <i>Psychosomatic Medicine</i>, 65 (4), pp. 564-570. • TED talk: Amy Cuddy. Your body language shapes who you are: http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en
<p>Thursday, February 16.</p> <p>08.30 - 09.50</p> <p>Class 7</p>	<p>Topics to be covered today: <i>The intrapersonal domain</i></p> <ul style="list-style-type: none"> • Mindfulness 1 <ul style="list-style-type: none"> ○ The skill of paying attention. ○ Acceptance and emotional regulation.

<p>NB: Core Course Week Analysis due on February 17.</p>	<p>Required readings: <u>Textbook:</u></p> <ul style="list-style-type: none"> Sheldon, M.K. Et al. (Eds.) (2011). <i>Designing Positive Psychology. Taking Stock and Moving Forward</i>. New York: Oxford University Press. (pp. 335-348). <p><u>Canvas:</u></p> <ul style="list-style-type: none"> Video: Jon Kabat-Zinn. How can mindfulness change your life https://www.youtube.com/watch?v=EJjyrzqkXrE
<p>Monday, February 20. 08.30 - 09.50 Class 8</p>	<p>Topics to be covered today: <i>The intrapersonal domain</i> Mindfulness 1 The skill of paying attention</p> <ul style="list-style-type: none"> Acceptance and emotional regulation <p>Required readings: <u>Textbook:</u></p> <ul style="list-style-type: none"> Sheldon, M.K. Et al. (Eds.) (2011). <i>Designing Positive Psychology. Taking Stock and Moving Forward</i>. New York: Oxford University Press. (pp. 335-348). <p><u>Canvas:</u></p> <ul style="list-style-type: none"> Video: Jon Kabat-Zinn. How can mindfulness change your life <ul style="list-style-type: none"> https://www.youtube.com/watch?v=EJjyrzqkXrE
<p>Thursday, February 23. 08.30 - 09.50 Class 9</p>	<p>Topics to be covered today: <i>The interpersonal domain</i></p> <ul style="list-style-type: none"> Social Happiness. <ul style="list-style-type: none"> The role of personal relationships. Connecting with a broader community. <p>Required readings: <u>Textbook:</u></p> <ul style="list-style-type: none"> Sheldon, M.K. Et al. (Eds.) (2011). <i>Designing Positive Psychology. Taking Stock and Moving Forward</i>. New York: Oxford University Press. (pp. 265-292). <p><u>Canvas:</u></p> <ul style="list-style-type: none"> Holt-Lunstad, J. (2010). Social relationships and Mortality Risk: A Meta-analytic Review. <i>PLoS Medicine</i>, 7 (7): e1000316.
<p>Travel Break February 27—March 3 No class</p>	
<p>Monday, March 6.</p>	<p>No class this day</p>
<p>Thursday, March 9. 08.30 - 09.50 Class 10</p>	<p>Special assignment day: <i>The interpersonal domain</i></p> <ul style="list-style-type: none"> Story Corps; National Day of Listening. <ul style="list-style-type: none"> The students will be divided into groups and use the Story Corps tool to interview each other about one or more important relationship(s) in their life. Each student will then write a short paper reflecting on the interview.

	<p>Required readings: Canvas:</p> <ul style="list-style-type: none"> The Atlantic, Nov. 23, 2012: On National Day of Listening, How to Get Someone's Story. http://www.theatlantic.com/health/archive/2012/11/on-national-day-of-listening-how-to-get-someones-story/265548/
<p>Monday, March 13. 08.30 - 09.50 Class 11</p>	<p>Topics to be covered today</p> <ul style="list-style-type: none"> Post Traumatic Growth <ul style="list-style-type: none"> Adversity and opportunity Flexibility and meaningful redirection. <p>Required Readings: Canvas:</p> <ul style="list-style-type: none"> Hefferon, K, Greal, M. & Mutrie, N., (2009). Post-traumatic growth and life threatening physical illness: A systematic review of the qualitative literature. <i>British Journal of Health Psychology</i>. 14, pp. 343-378. Stacey Kramer Ted Talk: The best gift I ever survived: <ul style="list-style-type: none"> https://www.ted.com/talks/stacey_kramer_the_best_gift_i_ever_survived
<p>Field Study: Date: Wednesday, March 15 Time: 10.00—12.30 Location: Støberiet, Rentemestervej 80, 2400 Copenhagen NV Objective: Learning about Breathe SMART by using the breath to reduce stress, impulsivity and increasing quality of life. Guest Lecture: Jakob Lund.</p>	
<p>Thursday, March 16. 08.30 – 09.50 Guest Lecture Class 12</p>	<p>Topics to be covered today:</p> <p>Guest lecture: No So Torben Jørgensen, DIS Faculty</p> <ul style="list-style-type: none"> Introduction to the History and Politics of Hungary <p>No required readings for today.</p>
<p>LONG STUDY TOUR Budapest, Hungary Theme: Well-Being in Budapest – Past and Present Dates: March 19-24 <i>*Students will be handed an information booklet at the airport on departure day*</i></p> <p>Long Study Tour Evaluations: Please complete the online survey at home by Monday at MIDNIGHT. The link and instructions will be emailed to you and posted as an announcement on Canvas.</p>	
<p>Monday, March 27. 08.30 - 09.50 Guest lecture</p>	<p>Topics to be covered today:</p> <p>Guest lecturer: Emil Ryø Tjørnehøj, Copenhagen Municipality.</p> <ul style="list-style-type: none"> On “Besøgsbabyer”, a program where babies and their parents visit elderly people in nursing homes.

Class 13	No required readings today
Thursday, March 30. 08.30 - 09.50 Class 14	<p>Topics to be covered today:</p> <ul style="list-style-type: none"> • Long Study Tour Presentation <p>No required readings for today</p>
Monday, April 3. 08.30 - 09.50 Class 15	<p>Topics to be covered today:</p> <p><i>The professional realm</i></p> <ul style="list-style-type: none"> • Working with Strengths. <ul style="list-style-type: none"> ○ Identifying strengths, virtues and values. ○ Developing what works. <p>Required readings:</p> <p><u>Textbook:</u></p> <ul style="list-style-type: none"> • Snyder, C.R. et. al. (2011). <i>Positive Psychology. The Scientific and Practical Explorations of Human Strengths</i>. Sage (pp. 37-67). <p><u>Canvas:</u></p> <ul style="list-style-type: none"> • Wood et al. (2011). Using personal and psychological strengths leads to increases in well-being over time: A longitudinal study and the development of the strengths use questionnaire. <i>Personality and Individual Differences</i>, 50, pp 15-19. <ul style="list-style-type: none"> ○ Complete the VIA strengths test. http://www.viacharacter.org/www/The-Survey
Thursday, April 6 08.30 – 09.50 Class 16	<p>Topics to be covered today:</p> <p><i>The professional realm</i></p> <ul style="list-style-type: none"> • Positive Psychology and Work Life. <ul style="list-style-type: none"> ○ Positive psychological capital. ○ How to identify and develop the capability for flourishing at work. <p>Required readings:</p> <p><u>Textbook:</u></p> <ul style="list-style-type: none"> • Sheldon, M.K. Et al. (Eds.) (2011). <i>Designing Positive Psychology. Taking Stock and Moving Forward</i>. New York: Oxford University Press. (pp. 351-364). <p><u>Canvas:</u></p> <ul style="list-style-type: none"> • Luthans, F. et al. (2007). <i>Positive Psychology Capital: Measurement and Relationship with Performance and Satisfaction. Personnel Psychology</i>, 60, 541-572
Monday, April 10. 08.30 - 09.50 Class 17	<p>Topics to be covered today</p> <p><i>The professional realm</i></p> <ul style="list-style-type: none"> • Positive Psychology Interventions. <ul style="list-style-type: none"> ○ The role as positive psychology facilitator. <p>Required readings:</p> <p><u>Textbook:</u></p> <ul style="list-style-type: none"> • Hefferon K. & Boniwell, I., (2011). <i>Positive Psychology. Theory, Research, and</i>

	<p><i>Applications</i>. UK: McGraw Hill. (pp. 150-174).</p> <p>Canvas:</p> <ul style="list-style-type: none"> Seligman et al. (2005). Empirical Validation of Interventions. <i>American Psychologist</i>. 60 (5), pp. 410-421.
<p>Travel Break April 12-17 No Class</p>	
<p>Thursday, April 20</p> <p>08.30 - 09.50</p> <p>Class 18</p>	<p>Topics to be covered today:</p> <ul style="list-style-type: none"> Course wrap up <p>No required readings for today</p>
<p>Final Paper Due April 28</p>	
<p>Psychology Concluding Dinner Date: Thursday, April 27 Time: 18.00-20.00 Location: TBA</p>	
<p>DIS Final Showcase Date: May 8 Time: 16.00-19.00 Location:</p>	
<p>Finals Period May 8 - 11 There is no final exam in this class</p>	