

Course Title	POSITIVE PSYCHOLOGY	Instructor(s)	Dr. Futoshi Kobayashi
		E-mail	fkobayas@sky.miyazaki-mic.ac.jp
Class Style	Lecture & Active Learning	Office Hours	Tuesday & Thursday 15:45 - 17:15
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
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.		
Objectives	<p>After successful completion of the course, students will be able to</p> <ul style="list-style-type: none"> - explain key concepts and terminology of selected topics in positive psychology. - discuss and present selected phenomena in positive psychology. - apply the fruits of positive psychology to their life for better well-being. 		
Prerequisite	None		
Schedule	No	Contents	Homework
	1	Introduction	Read pages 4-5 of the textbook.
	2	Chapter 1: What is Positive Psychology? (1)	Review and comprehend TED Talk of Daniel Kahneman: The Riddle of Experience vs. Memory (Video, 20 min.).
	3	Chapter 1: What is Positive Psychology? (2)	Upload Exercise 1 before class 4.
	4	Chapter 2: Learning About Positive Psychology: Not a Spectator Sport (1)	Upload Positive Self-Introduction before class 5.
	5	Chapter 2: Learning About Positive Psychology: Not a Spectator Sport (2)	Think about positive self-introductions of other classmates.
	6	Chapter 2: Learning About Positive Psychology: Not a Spectator Sport (3)	Upload Exercise 2 before class 9.
	7	Chapter 3: Pleasure and Positive Experience (1)	Review and comprehend TED Talk of Dr. Mihaly Csikszentmihalyi: Flow, The Secret to Happiness (19 min.).
	8	Chapter 3: Pleasure and Positive Experience (2)	Upload Exercise 3 before class 11.
	9	Presentation Day (for Exercise 2)	Think about Exercise 2 of other classmates.
	10	Chapter 4: Happiness (1)	Review and comprehend today's videos in the Moodle.
	11	Chapter 4: Happiness (2)	Think about Exercise 3 of other classmates.
	12	Chapter 4: Happiness (3)	Upload Exercise 4 before class 15.
	13	Chapter 4: Happiness (4)	Upload Exercise 5 before class 16.
	14	Chapter 5: Positive Thinking (1)	Upload Exercise 6 before class 17.
	15	Chapter 5: Positive Thinking (2)	Review and comprehend today's videos in the Moodle.
16	Chapter 6: Character Strength (1)	Understand and comprehend your character strengths.	

	17	Presentation Day (for Exercise 6)	Think about Exercise 6 of other classmates.
	18	Chapter 6: Character Strength (2)	Upload Exercise 7 before class 24.
	19	Chapter 7: Values (1)	If not finished, continue working on Exercise 7.
	20	Chapter 7: Values (2)	Think about "A Universal Structure of Human Values" (pp. 181-182).
	21	Chapter 7: Values (3)	Upload Exercise 8 before class 26.
	22	Chapter 8: Interests, Abilities, and Accomplishments (1)	Upload Exercise 9 before class 28.
	23	Chapter 8: Interests, Abilities, and Accomplishments (2)	Upload Exercise 10 before class 29.
	24	Presentation Day (for Exercise 7)	Think about Exercise 7 of other classmates.
	25	Chapter 9: Wellness (1)	Review and comprehend today's videos in the Moodle.
	26	Chapter 9: Wellness (2)	Review and comprehend today's videos in the Moodle.
	27	Chapter 10: Positive Interpersonal Relationships (1)	Review and comprehend today's videos in the Moodle.
	28	Presentation Day (for Exercise 9)	Think about Exercise 9 of other classmates.
	29	Chapter 10: Positive Interpersonal Relationships (2)	Review and comprehend today's videos in the Moodle.
	30	Final Project	Prepare for the final examination.
		Final Exam	
GRADING	<p>5% Positive Self-Introduction 80% Exercise (10 times X 8%) 15% Final Project</p> <p>The final grade will be determined as below. A: 90-100 points B: 80-89 points C: 70-79 points D: 60-69 points F: Less than 60 points</p> <p>Plagiarism Plagiarism is not acceptable at MIC. 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	Peterson, C. (2006). <i>A primer in positive psychology</i> . Oxford University Press.		
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 half (0.5) 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 five and a half (5.5) absences is allowed. The sixth absence will automatically result in a grade of F (Fail).</p>		

