Miyazaki International College

Course Syllabus

Fall 2019

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| Course Title (Credits) | PSY 320 Positive Psychology (3 Credits) |
| Course Designation for TC | N/A |
| Content Teacher | |
| Instructor | Futoshi Kobayashi, Ph.D. |
| E-mail address | fkobayas@sky.miyazaki-mic.ac.jp |
| Office/Ext | MIC 1-410/Ext. 3735 |
| Office hours | Tuesday & Thursday 15:45 - 17:15 |
| Language Teacher | |
| Instructor | N/A |
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| Office/Ext | N/A |
| Office hours | N/A |

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| Course Description: | | |
| 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: | | |
| Students will  - explain key concepts and terminology of selected topics in positive psychology.  - discuss and present selected phenomena in positive psychology.  - practice listening, reading and speaking on topics in positive psychology.  - apply the fruits of positive psychology to their life for better well-being.  Critical thinking: In this course we practice essential critical thinking skills including interpretation, analysis, evaluation, inference, and explanation. We will practice these critical thinking skills both formally through specific assignments and tests, as well as more informally during class discussions, presentations, question and answer sessions, and other active learning activities. | | |
| Course Schedule: | | |
| Day | Topic | Content/Activities |
| 1:  10/2 (Wed.) | Introduction | Discussion of Syllabus  Explanation of Goals and Purpose of Course  Teaching Self-Enrollment of Moodle  Introduction of Learner’s Dictionary (Web) |
| 2:  10/7 (Mon.) | Chapter 1: What is Positive Psychology? (1) | Positive Psychology: A Very Short History With a Very Long Past (pp. 4-6)  TED Talk of Dr. Martin Seligman: The New Era of Positive Psychology (24 min.) & Group Discussions |
| 3:  10/9 (Wed.) | Chapter 1: What is Positive Psychology? (2) | FAQs About Positive Psychology (pp. 6-20)  The Pillars of Positive Psychology (pp. 20-21)  Explanation of Exercise 1: Writing Your Own Legacy (pp. 22-23) |
| **10/14 (Mon.)** | **No Class** | **MEI 80th Anniversary Ceremony** |
| 4:  10/16 (Wed.) | Chapter 2: Learning About Positive Psychology: Not a Spectator Sport (1) | Exercise 1 Due  Positive Self-Introduction (pp. 25-28) |
| **10/21 (Mon.)** | **No Class** | **MIC Festival Clean-up Day** |
| 5:  10/23 (Wed.) | Chapter 2: Learning About Positive Psychology: Not a Spectator Sport (2) | Presentations of “Positive Self-Introduction” (5-10 min. per student) |
| 6:  10/28 (Mon.) | Chapter 2: Learning About Positive Psychology: Not a Spectator Sport (3) | Fun Versus Philanthropy (pp. 34-36)  Explanation of Exercise 2: Fun vs. Philanthropy Experiment |
| 7:  10/30 (Wed.) | Chapter 3: Pleasure and Positive Experience (1) | Flow (pp. 65-69)  TED Talk of Dr. Mihaly Csikszentmihalyi: Flow, The Secret to Happiness (19 min.) & Group　Discussions |
| **11/4 (Mon.)** | **No Class** | **Substitute Holiday** |
| 8:  11/6 (Wed.) | Chapter 3: Pleasure and Positive Experience (2) | Savoring (pp. 69-72)  Explanation of Exercise 3: Savoring Your Joy (p. 71) |
| 9:  11/11 (Mon.) | Presentation Day (for Exercise 2) | Presentations of “Fun vs. Philanthropy Experiment” (5-10 min. per student) |
| 10:  11/13 (Wed.) | Chapter 4: Happiness (1) | Watch Video by Dr. **Sonja Lyubomirsky** & Group Discussions  Boosting Happiness (pp. 97-100)  Explanation of Exercise 4: What is Your Happiness Profile? (pp. 100-103) |
| 11:  11/18 (Mon.) | Chapter 4: Happiness (2) | Exercise 3 Presentations  Lecture: Imagining Your Alternative Life Without Current Blessings.  Explanation of Exercise 5: Imagining Your Alternative Life Without Current Blessings ⇒　Video 1 |
| 12:  11/20 (Wed.) | Chapter 4: Happiness (3) | Exercise 4 Due  Discussion of Video 1  Students will start their Exercise 5. |
| **13: 11/21 (Thursday but Monday Schedule)** | Chapter 4: Happiness (4) | Students work on and finish their Exercise 5.  Exercise 5 Due |
| 14:  11/25 (Mon.) | Chapter 5: Positive Thinking (1) | The Pollyanna Principle (pp. 111-112)  What is Optimism? (pp. 114-115)  Dispositional Optimism (pp. 119-120)  Taking Life Orientation Test online  Explanation of Exercise 6: My Happiness Boosting Plan Project |
| 15:  11/27 (Wed.) | Chapter 5: Positive Thinking (2) | Explanatory Style (pp. 120-121)  Hope (pp. 122-123)  Taking Adult Hope Scale |
| 16:  12/2 (Mon.) | Chapter 6: Character Strength (1) | Basic Issues in Studying Good Character (pp. 139-141)  Identification of Character Strength (pp. 141-142)  The VIA Classification of Character Strengths and Virtues (pp. 142-145) |
| 17:  12/4 (Wed.) | Presentation Day (for Exercise 6) | “My Happiness Boosting Plan” Project (Exercise 6) Presentations & Class Discussions |
| 18:  12/9 (Mon.) | Chapter 6: Character Strength (2) | Assessment of Character Strength (pp. 148-152)  Taking VIA Survey online  Explanation of Exercise 7: Using Signature Strengths in New Ways (pp. 158-162) |
| 19:  12/11 (Wed.) | Chapter 7: Values (1) | What Are Values? (pp. 170-173) |
| 20:  12/16 (Mon.) | Chapter 7: Values (2) | A Universal Structure of Human Values (pp. 181-184)  Explanation of Exercise 8: Values Assessment  ⇒　Video 2 |
| 21:  12/18 (Wed.) | Chapter 7: Values (3) | Finish Video 2  ⇒　Start Exercise 8 |
| 22:  12/23 (Mon.) | Chapter 8: Interests, Abilities, and Accomplishments (1) | Vocational Interests (pp. 206-209)  Taking Holland Code Career Test online  Explanation of Exercise 9: Holland Code Career Test |
| 23:  1/6 (Mon.) | Chapter 8: Interests, Abilities, and Accomplishments (2) | General and Specific Intelligence (pp. 210-214)  Explanation of Exercise 10: Multiple Intelligences Assessment  Taking Multiple Intelligence Tests online  Discussion of Test Results |
| 24:  1/8 (Wed.) | Presentation Day (for Exercise 7) | Individual Report of Exercise 7 (5-10 min. per student) |
| **1/13 (Mon.)** | **No Class** | **National Holiday** |
| 25:  1/15 (Wed.) | Chapter 9: Wellness (1) | Minds and Bodies: The Legacy of Descartes (pp. 227-229) |
| 26:  1/20 (Mon.) | Chapter 9: Wellness (2) | Exercise 8 Due  Mental Health as Resilience (pp. 238-241)  Mental Health as Maturity (pp. 242-244) |
| 27:  1/22 (Wed.) | Chapter 10: Positive Interpersonal Relationships (1) | Dr. Harry Harlow’s Surrogate Mothers Experiment (pp. 253-254)  Imprinting (p. 254) |
| 28:  1/27 (Mon.) | Presentation Day (for Exercise 9) | Individual Report of Exercise 9 (5-10 min. per student) |
| 29:  1/29 (Wed.) | Chapter 10: Positive Interpersonal Relationships (2) | Exercise 10 Due  Attachment Theory (pp. 258-260)  Attachment Styles & Romantic Relationships in Adulthood (pp. 260-263)  Self-Reflection Exercise |
| 30:  2/3 (Mon.) | Final Project | Explanations for Final Project |
|  | Final Exam | Submission of Final Project |
| Required Materials: | | |
| Assigned Text  Peterson, C. (2006). *A primer in positive psychology*. New York, NY: Oxford University Press.  ISBN-13: 978-0195188332  Bring a highlighter, a red pen, a pencil, an eraser, an English-English dictionary, and an A4 binder to every class. Also, we will watch videos in this class. Thus, you must bring your earphones (or headphones) with you. Keep all the materials from this class in the binder. Students are expected to keep this syllabus and all class materials organized neatly in a binder, and to bring the binder to every lesson. | | |
| Course Policies (Attendance, etc.): | | |
| 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. 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.    **A maximum of five and a half (5.5) absences is allowed. The sixth absence will automatically result in a withdrawal from the course.** | | |
| Class Preparation and Review: | | |
| Students are expected to spend at least one hour reviewing and doing homework and one hour preparing for every hour of lesson time. | | |
| Grades and Grading Standards: | | |
| 5% Positive Self-Introduction  80% Exercise (10 times X 8%)  15% Final Project  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  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. | | |
| Methods of Feedback: | | |
| In principle, graded work will be returned within one week of submission with appropriate feedback, i.e., grade, comments, etc. | | |
| Diploma Policy Objectives: | | |
| Work completed in this course helps students achieve the following Diploma Policy objectives:   1. Advanced thinking skills (comparison, analysis, synthesis, and evaluation) based on critical thinking (critical and analytic thought) 2. The ability to identify and solve problems   5. Proficiency in the use of information technology | | |
| Notes: | | |
| The schedule, policies, and procedures in this course are subject to change at the discretion of the instructor. | | |

