



National Taiwan University of Science and Technology

2020 Summer Program

PSY 203 Positive Psychology

Course Outline

Term: June 01-July 03,2020

Course Code: PSY 203

Instructor: Dr. Job Chen

Home Institution: Clemson University

Office Hours: TBA and by appointment

Email: zhuoc@clemson.edu

Credit: 4

Course Description: Traditionally, much of psychology has been concerned with the question: “What is wrong with you and how do we fix it?” Positive psychology asks a very different question: “What is right with you and how do we promote it?” This course will emphasize recent research findings and theoretical advances in positive psychology. This course is about human flourishing. The course is designed to introduce students to the current research designs, techniques, research findings, and theories in positive psychology. The course is also designed to allow students to experience some of the interventions and strategies used in positive psychology in a personal way. In other words, this course involves both a study of positive psychology as well as an experiential involvement in this field. Students will learn about their personal strengths and acquire the tools, based on empirically validated methods, to enhance their own subjective well-being.

Required Textbooks: Sonja Lyubomirsky: The How of Happiness: A Scientific Approach to Getting the Life You Want

Grading & Evaluation:

Grades will be distributed as 90-100%=A, 80-89%=B, 70-79%=C, 60-69%=D; and below 60% = F.

Assignments and Essays (30%) – there will be multiple assignments and essays pertaining to theories



covered in the class through the semester.

Midterm exam (30%) – will be multiple choice questions given at the end of week 3 to cover all materials previously studied.

Final exam (40%) – will be multiple choice questions given at the end of week 5 to cover all materials previously studied.

Course Schedule:

Week1

Session 1: Introduction to Positive Psychology

Session 2: Science of Happiness

Session 3: Assessing Well-Being

Session 4: Character Strengths

Week2

Session 1: Science of Laughter

Session 2: Hope

Session 3: Optimism

Session 4: Happiness and Choices I

Week3

Session 1: Happiness and Choices II

Session 2: Friendships

Session 3: Wisdom

Session 4: Commitment

Midterm

Week4



Session 1: Love I

Session 2: Love II

Session 3: Self Control I

Session 4: Self Control II

Week5

Session 1: Self Respect

Session 2: Empathy

Session 3: Spirituality I

Session 4: Spirituality II

Final Exam

