



Beijing Jiaotong University

2020 Summer Session

PSY 203 Positive Psychology

Course Outline

Term: July 13-August 7, 2020

Class Hours: 10:00-11:50 (Monday through Friday)

Code: PSY 203

Instructor: Job Chen, Ph.D.

Home Institution: Clemson University

Office Hours: By Appointment

Email: zhuoc@clemson.edu

Credit: 4

Class Hours: This course will have 52 class hours, including 32 lecture hours, 8 lecturer office hours, 8-hour TA discussion sessions, 4-hour review sessions.

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?”

Course Objectives:

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:

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

Grading & Evaluation:

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

- In-class pop quizzes (10%) – will be multiple choice questions given regularly in the beginning of class to cover materials recently studied.
- First exam (25%) – will be 50 multiple choice questions given in the beginning of week 2 to cover all materials previously studied.
- Midterm exam (25%) – will be 50 multiple choice questions given in the beginning of week 3 to cover all materials previously studied.
- Final exam (40%) – will be 80 multiple choice questions given in the end of week 4 to cover all materials previously studied.

Course Schedule:

Week1

Session 1: Character Strengths

Session 2: Science of Happiness

Session 3: Assessing Well-Being

Session 4: Science of Laughter

Session 5: TA Review

Week2

Session 1: First Exam and Recap



Session 2: Happiness and Choices

Session 3: Hope and Optimism

Session 4: Friendships

Session 5: TA Review

Week3

Session 1: Midterm Exam and Recap

Session 2: Wisdom and Commitment

Session 3: Love

Session 4: Self Control

Session 5: TA Review

Week4

Session 1: Self Respect

Session 2: Empathy

Session 3: Spirituality

Session 4: TA Review

Session 5: Final Exam