

Tamkang University Academic Year _101_, _2_ Semester
Course Syllabus

Course Title	Positive Psychology		Instructor	Lin, Shu-ping
Department/Year/Class	Course Details			
TDCXM2A	<input type="checkbox"/> Required <input checked="" type="checkbox"/> Selective	<input type="checkbox"/> 0 (One Semester) <input checked="" type="checkbox"/> 1 (1st Semester) <input type="checkbox"/> 2 (2nd Semester) <input type="checkbox"/> 3 (3rd Semester)	Credits	2
Aim of Education		Core Competences		
<p>一、Cultivate professional practitioners, having knowledge of Educational Psychology and Counseling.</p> <p>二、Provide vocational training of capabilities to research on theory .</p> <p>三、Enhance students' professional ability to apply for all levels of schools, community mental centers and related institutions.</p> <p>四、Combine Educational Psychology and Counseling to increase students' employment opportunity.</p> <p>五、Integrate theory and practice to broaden students and teachers' diverse perspectives.</p> <p>六、Train students with ability to acquire professional certificates.</p>		<p>A、Have professional knowledge of Educational Psychology and Counseling.</p> <p>B、The ability to research into Educational Psychology and Counseling.</p> <p>C、The ability to engage in the specialized practice of Educational Psychology and Counseling.</p> <p>D、Have vocational ethics of Educational Psychology and Counseling.</p>		
Course Introduction (50 to 100 words)	To introduce the origin and thoughts of positive psychology. Help students to learn the concepts and theories of positive psychology through textbook and important paper. In addition, students will learn how to apply positive psychology in daily life and counselling to embody the spirits of positive psychology into counselling practice.			

The Relevance among Teaching Objectives, Objective Levels and Core Competences

I. Objective Levels (select applicable ones) :

(I) Cognitive Domain : C1 Remembering 、 C2 Understanding 、 C3 Applying 、 C4 Analyzing 、 C5 Evaluating 、 C6 Creating

(II) Psychomotor Domain : P1 Imitation 、 P2 Mechanism 、 P3 Independent Operation 、 P4 Linked Operation 、 P5 Automation 、 P6 Origination

(III) Affective Domain : A1 Receiving 、 A2 Responding 、 A3 Valuing 、 A4 Organizing 、 A5 Charaterizing 、 A6 Implementing

II. The Relevance among Teaching Objectives, Objective Levels and Core Competences :

- (I) Determine the objective level(s) in any one of the three learning domains (cognitive, psychomotor, and affective) corresponding to the teaching objectives. Each objective should correspond to the objective level(s) of ONLY ONE of the three domains.
- (II) If more than one objective levels are applicable for each learning domain, select the highest one only. (For example, if the objective levels for Cognitive Domain include C3, C5, and C6, select C6 only and fill it in the boxes below. The same rule applies to Psychomotor Domain and Affective Domain.)
- (III) Determine the core competences that correspond to each teaching objective. Each objective may correspond to one or more core competences at a time. (For example, if one objective corresponds to three core competences: A, AD, and BEF, list all of the three in the box.)

Teaching objectives	Relevance	
	Objective Levels	Core Competences
1 To be familiarized with origin, principles and development of positive psychology	C3	A
2 To comprehend different major concept of positive psychology	C4	A
3 To learn how to apply the perspectives of positive psychology to counselling	A6	C
4		

Teaching Objectives, Teaching Methods and Assessment

Teaching Objectives	Teaching Methods	Assessment
Knowing the origin, basic theory and development of Positive Psychology	Class teaching, presentation, seminar discussion	presence 、 presentation 、 seminar discussion
Learning the important idea of Positive Psychology	Class teaching, presentation, seminar discussion	presence 、 presentation 、 seminar discussion
Learning the application of Positive Psychology's points of view	Class teaching, presentation, seminar discussion	presence 、 presentation 、 seminar discussion
4		

This course has been designed to cultivate the following essential qualities in TKU students.

Essential Qualities of TKU Students	Description
<input type="checkbox"/> global perspectives	翻譯建構中
<input type="checkbox"/> a vision for the future	

<input type="checkbox"/> information literacy	
<input checked="" type="checkbox"/> ethical and moral principles	
<input checked="" type="checkbox"/> independent thinking	
<input checked="" type="checkbox"/> an awareness of healthy living	
<input type="checkbox"/> effective teamwork	
<input type="checkbox"/> an appreciation of the arts	

Course Schedule

Week	Date	Subject/Topics	Note
1	2/19	Introduction The foundation and evolution of positive psychology	
2	2/26	The fundamental theories of positive psychology	
3	3/5	coaching I Coaching towards a better life within	
4	3/12	coaching II Coaching towards a better life in a context	
5	3/19	The definition of happiness in a culture context	
6	3/26	Positive emotion and positive personality	
7	4/2	Attribution: Past, Now, and Future	
8	4/9	Virtue	
9	4/16	Individual strengths	
10	4/26	Midterm Exam Week	
11	4/30	Positive psychology in education: cultivate your children	Seminar discussion in groups
12	5/7	Positive psychology in Career: self-fulfillment	Seminar discussion in groups
13	5/14	Positive psychology in Romance: love and understanding	Seminar discussion in groups
14	5/21	Altruistic	Seminar discussion in groups
15	5/28	To find out client's potential	Seminar discussion in groups
16	6/4	Learn how to encounter life events in positive perspective	Seminar discussion in groups
17	6/11	Conclusion: Goal and Meaning	
18	6/18	Final Exam Week	

Requirement

Teaching Facility

Computer Overhead Projector Other (_____)

Textbook(s)

Suggested Readings	1. Robert Biswas-Diener & Ben Dean (2010) 2. Peterson, C. (2006) 3. Seligman, M. (2003)
Number of Assignment(s)	2 (Filled in only for those courses that apply)
Grading Policy	■usual behavior : 30% ■midterm exams : 20% ■final exams : 20% ■assignments : 30%
Note	This syllabus may be uploaded at the website of Course Syllabus Management System at http://info.ais.tku.edu.tw/csp or through the link of Course Syllabus Upload posted on the home page of TKU Office of Academic Affairs at http://www.acad.tku.edu.tw/index.asp . ※Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.

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