

Tamkang University Academic Year 104, 2nd Semester Course Syllabus

Course Title	POSITIVE PSYCHOLOGY	Instructor	LIN, SHU-PING
Course Class	TDCXM2A MASTER'S PROGRAM, GRADUATE INSTITUTE OF EDUCATIONAL PSYCHOLOGY AND COUNSELING, 2A	Details	<ul style="list-style-type: none"> ◆ Selective ◆ One Semester ◆ 2 Credits
Departmental Aim of Education			
<p>I. To foster prospective practitioners with disciplines of Educational Psychology and Counseling Psychology.</p> <p>II. To train students with disciplines and research specialization.</p> <p>III. To nourish students' disciplines in interacting with settings of various levels of schools and other related agencies.</p> <p>IV. To enhance students' competitiveness via incorporating studies of Educational Psychology and Counseling Psychology.</p> <p>V. To integrate theory and practice in diversifying the horizons for students.</p> <p>VI. To well-prepare students with competence in their certifying by the public agencies.</p>			
Departmental core competences			
<p>A. Well-equipped with disciplines of Educational Psychology and Counseling Psychology.</p> <p>B. Competent for conducting research on the fields of Educational Psychology and Counseling Psychology.</p> <p>C. Competent for acting as a specialist in Educational Psychology and Counseling Psychology.</p> <p>D. Well-specialized in ethics of Educational Psychology and Counseling Psychology.</p>			
Course Introduction	<p>To introduce the origins and thoughts of positive psychology. Guide students to learn the concepts and theories of positive psychology through textbooks and papers. Students will comprehend: 1) how to apply positive psychology i enhancing their life quality; 2) how to embody the spirits of positive psychology into counseling and practice, such as coaching; and 3) how to implement a project of coaching and employee assistant program.</p>		

The Relevance among Teaching Objectives, Objective Levels and Departmental 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 Departmental core competences :

- (i) Determine the objective level(s) in any one of the three learning domains (cognitive, psychomotor, and affective) corresponding to the teaching objective. 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 Departmental core competences that correspond to each teaching objective. Each objective may correspond to one or more Departmental core competences at a time. (For example, if one objective corresponds to three Departmental core competences: A,AD, and BEF, list all of the three in the box.)

No.	Teaching Objectives	Relevance	
		Objective Levels	Departmental core competences
1	To comprehend the theories and practice of positive psychology.	A6	ABCD

Teaching Objectives, Teaching Methods and Assessment

No.	Teaching Objectives	Teaching Methods	Assessment
1	To comprehend the theories and practice of positive psychology.	Lecture, Discussion, Practicum, Problem solving, project	Report, Participation, project

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

Essential Qualities of TKU Students	Description
◆ A global perspective	Helping students develop a broader perspective from which to understand international affairs and global development.
◆ Information literacy	Becoming adept at using information technology and learning the proper way to process information.
◆ A vision for the future	Understanding self-growth, social change, and technological development so as to gain the skills necessary to bring about one's future vision.
◆ Moral integrity	Learning how to interact with others, practicing empathy and caring for others, and constructing moral principles with which to solve ethical problems.
◆ Independent thinking	Encouraging students to keenly observe and seek out the source of their problems, and to think logically and critically.
◆ A cheerful attitude and healthy lifestyle	Raising an awareness of the fine balance between one's body and soul and the environment; helping students live a meaningful life.
◆ A spirit of teamwork and dedication	Improving one's ability to communicate and cooperate so as to integrate resources, collaborate with others, and solve problems.
◆ A sense of aesthetic appreciation	Equipping students with the ability to sense and appreciate aesthetic beauty, to express themselves clearly, and to enjoy the creative process.

Course Schedule

Week	Date	Subject/Topics	Note
1	105/02/15~ 105/02/21	Introduction: The foundation and evolution of positive psychology	
2	105/02/22~ 105/02/28	The fundamental theories of positive psychology	
3	105/02/29~ 105/03/06	coaching I: Coaching towards a better life within	
4	105/03/07~ 105/03/13	Coaching II: Coaching towards a better life in a context	
5	105/03/14~ 105/03/20	The definition of happiness in a cultural context	
6	105/03/21~ 105/03/27	Positive emotions and positive personality traits	
7	105/03/28~ 105/04/03	Attribution: Past, now, and future	
8	105/04/04~ 105/04/10	Virtue	
9	105/04/11~ 105/04/17	Individual strength	
10	105/04/18~ 105/04/24	Midterm week	
11	105/04/25~ 105/05/01	Positive psychology in education: cultivate your children	
12	105/05/02~ 105/05/08	Positive psychology in career: Self-fulfillment	

13	105/05/09 ~ 105/05/15	Positive psychology in romance: Love and understanding	
14	105/05/16 ~ 105/05/22	Altruistic	
15	105/05/23 ~ 105/05/29	Finding the Nemo: emphasize ones' potential	
16	105/05/30 ~ 105/06/05	Being positive, positive, and positive	
17	105/06/06 ~ 105/06/12	Conclusion: Don't worry; Be happy!	
18	105/06/13 ~ 105/06/19	Final	
Requirement			
Teaching Facility	Computer, Projector		
Textbook(s)	Oxford Handbook of Positive Psychology (Oxford Library of Psychology) by Shane J. Lopez		
Reference(s)			
Number of Assignment(s)	3 (Filled in by assignment instructor only)		
Grading Policy	◆ Attendance : 20.0 % ◆ Mark of Usual : 20.0 % ◆ Midterm Exam : % ◆ Final Exam : % ◆ Other <projects> : 60.0 %		
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/CS/main.php . ※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.		