

## Tamkang University Academic Year 111, 2nd Semester Course Syllabus

Course Title	THE ART OF HAPPINESS	Instructor	LIH-WEN MAU
Course Class	TNUXB0A COMMON ELECTIVE COURSES, 0A	Details	<ul style="list-style-type: none"> <li>◆ General Course</li> <li>◆ Selective</li> <li>◆ One Semester</li> </ul>
Relevance to SDGs	SDG3 Good health and well-being for people SDG4 Quality education		

### Schoolwide Aim of Education

- I. To adapt to new circumstances.
- II. To integrate knowledge from different sources.
- III. To carry on lifelong learning.
- IV. To advance in the complicated world.

### Subject Schoolwide essential virtues

1. A global perspective. (ratio:15.00)
2. Information literacy. (ratio:15.00)
3. A vision for the future. (ratio:15.00)
4. Moral integrity. (ratio:10.00)
5. Independent thinking. (ratio:10.00)
6. A cheerful attitude and healthy lifestyle. (ratio:20.00)
7. A spirit of teamwork and dedication. (ratio:10.00)
8. A sense of aesthetic appreciation. (ratio:5.00)

Course Introduction	<p>This course will look at current theories on happiness and positive psychology as well as practical implications of those theories for our own lives. We will explore the connection between happiness, optimism, and meaning. Practical strategies for creating more opportunities for happiness in our lives and for learning how to deal more effectively with sources of unhappiness will be explored.</p>
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**The correspondences between the course's instructional objectives and the cognitive, affective, and psychomotor objectives.**

Differentiate the various objective methods among the cognitive, affective and psychomotor domains of the course's instructional objectives.

- I. Cognitive : Emphasis upon the study of various kinds of knowledge in the cognition of the course's veracity, conception, procedures, outcomes, etc.
- II. Affective : Emphasis upon the study of various kinds of knowledge in the course's appeal, morals, attitude, conviction, values, etc.
- III. Psychomotor: Emphasis upon the study of the course's physical activity and technical manipulation.

No.	Teaching Objectives	objective methods
1	The main teaching objective is to enhance students' level of awareness, mindfulness and deepen learning to lead a happier and meaningful life.	Cognitive

The correspondences of teaching objectives : core competences, essential virtues, teaching methods, and assessment

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		12345678	Lecture, Discussion, Video	Study Assignments, Discussion(including classroom and online), Report(including oral and written), Activity Participation

**Course Schedule**

Week	Date	Course Contents	Note
1	112/02/13~ 112/02/19	Introduction: The Art and Science of Happiness	
2	112/02/20~ 112/02/26	What Is Happiness?	
3	112/02/27~ 112/03/05	Why Be Happy?	

4	112/03/06 ~ 112/03/12	Is It Possible to Increase Happiness in Life?	
5	112/03/13 ~ 112/03/19	How to Increase Happiness in Life?	
6	112/03/20 ~ 112/03/26	Positive Emotions and Thinking	
7	112/03/27 ~ 112/04/02	Practice of Positivity	
8	112/04/03 ~ 112/04/09	Living in the Present	
9	112/04/10 ~ 112/04/16	Gratitude	
10	112/04/17 ~ 112/04/23	Midterm Exam Week	
11	112/04/24 ~ 112/04/30	Love and Kindness	
12	112/05/01 ~ 112/05/07	Happiness in Relationships	
13	112/05/08 ~ 112/05/14	Coping and Forgiveness	
14	112/05/15 ~ 112/05/21	Happiness and Wellness	
15	112/05/22 ~ 112/05/28	Goal and Finding Meaning	
16	112/05/29 ~ 112/06/04	Happy Person Interview-Group Report (I)	
17	112/06/05 ~ 112/06/11	Happy Person Interview-Group Report (II)	
18	112/06/12 ~ 112/06/18	Final Exam Week	
Requirement			
Teaching Facility		Computer, Other (Video)	
Textbooks and Teaching Materials		Stumbling on Happiness by Daniel Gilbert for midterm book report (group report); Self-developed teaching materials	
References			
Number of Assignment(s)		(Filled in by assignment instructor only)	
Grading Policy		◆ Attendance : 20.0 %   ◆ Mark of Usual :   %   ◆ Midterm Exam : 30.0 % ◆ Final Exam : 30.0 % ◆ Other (Participation) : 20.0 %	

Note	<p>This syllabus may be uploaded at the website of Course Syllabus Management System at <a href="http://info.ais.tku.edu.tw/csp">http://info.ais.tku.edu.tw/csp</a> or through the link of Course Syllabus Upload posted on the home page of TKU Office of Academic Affairs at <a href="http://www.acad.tku.edu.tw/CS/main.php">http://www.acad.tku.edu.tw/CS/main.php</a> .</p> <p>※ <b>Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</b></p>
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