

Psychology 166/Political Science 196: Positive Psychology
 Martin Seligman, Christopher Peterson, & John Dilulio
 Spring 2003

We will meet every Tuesday from 3-5 pm for a two-hour lecture in Annenberg. In addition there will be a ten to twelve-student two-hour recitation on Thursday from 3-5 pm. Each student will write one or two short weekly papers about their best thought about the readings, and/or their homework exercise, and prepare a final portfolio. Grades will be based on the complete portfolio, leading in class and class participation, plus any extra papers you choose to write, a final exam, and participation in class listserv discussion. Total enrollment is limited to 120.

Rebecca Kowal (rkowal@sas.upenn.edu) is the course administrator.

http://www.sas.upenn.edu/foxleadership/reg/prog_index.php?screen=prog_psyc166

Date	Topic	Reading	Suggested Recitation
Positive Emotion			
1/14/03	Why Positive Psychology		Strength Introduction
1/21/03	Evolution of Positive Emotion	AH 1-2;	Mood and Achievement
1/28/03	Contentment-Optimism	AH 3-4; PH 1-5	Gratitude Night
2/04/03	Pleasure and Gratification	AH 5-6; F 1-6	Savoring
Positive Traits			
2/11/03	Strengths & Virtues (Peterson)	AH 7-8	VIA Test
2/18/03	Classification of Virtue (Peterson)	PH 6-end	Deploy Top Strength
2/25/03	Nurturing Virtue (Bennett)		Fun vs. Philanthropy
3/04/03	Work & Love	AH 9–11; F 7-10	Turn Work into Flow
Positive Institutions			
3/18/03	Private and Public (Dilulio & Jamieson)		
3/25/03	Leadership Virtues (Dilulio—Eugene Rivers)		
4/01/03	Faith Virtues (Vredenberg- Dilulio)		
4/08/03	The University (Rodin)		
4/15/03	Civic Engagement		
4/22/03	Meaning and Purpose (Seligman)	AH 12-14	

Primary Source Readings

Authentic Happiness (AH)

Martin Seligman. 2002, Free Press

The Pursuit of Happiness. (PH)

David G. Myers. Avon (originally Aquarian) . 1990

VIA - The Classification of Strength and Virtue (2003) www.positivepsychology.org

Flow (F)

Mihalyi Csikszentmihaly (1990)

Dilulio TBN

Instructors

John Dilulio
Martin Seligman
Christopher Peterson
Arthur Schwartz
Tony Jannetta
Tracy Steen
Karen Reivich
Byron Johnson
Jane Eisner
Rebecca Koval
Joe Tierney
Bill Robertson

Teaching Assistants

Nisha Botchwey & Bill Snyder
Jen Bolson & Mark Siegel
Lauren Wine
Katherine Wilson
Elizabeth Gorrell & Brett Tompkins
Rachel King
Michael Rollock
Leah Johns
Nathaniel Herr
Keren Martens
Tom Geraghty
Michael Abrams & Lia Fantuzzo