

Psychology 262: Positive Psychology

Martin Seligman

Fall 2002

We will meet every Tuesday from 1:30 p.m. until 4:30 p.m. in room 305 on the 3rd floor of 3815 Walnut St. Each student will write two short weekly papers. One about their best thought or questions about the readings, and the second about the real world homework activity. Each student will prepare a final portfolio due at the last class. There are no examinations. Grades will be based on the complete portfolio, leading in class, and class participation, plus any extra papers you choose to write, and participation in class listserv discussion.

Date	Topic	Primary Source (Read before class)	Activity
9/10/02	History of PP		
9/17/02	Introductions	AH Chapters 1-2	Written Introduction
9/24/02	Positive Emotion	AH 3-4; PH 1-5	Fun vs. Philanthropy
10/1/02	Contentment & Optimism	AH 5-6; LO 1-5	Gratitude Letter
10/8/02	Pleasure & Gratification	AH 7; Flow 1-5	Beautiful Morning
10/15/02	Strength & Virtue	AH 8-9	VIA Inventory
10/22/02	Signature Strengths	VIA Manual TBA	Deploy Top Strength
10/29/02	Highest Moments	Flow 6-10	Highest Moment
11/05/02	Work	AH 10 ; PH 6-7; LO 6 –9	Work Into Flow
11/12/02	Love & Children	AH 11-13; PH 8-9	Gift of Time
11/19/02	Maturing and Aging Well	AW entire	Gratitude Night
11/26/02	Meaning and Purpose	AH 14; LO 11, PH 10, epilogue	Meaning
12/03/02	Reprise & Best Thoughts		

Primary Source Reading

Authentic Happiness (AH)

Martin Seligman. Free Press (Simon and Schuster), 2002

The Pursuit of Happiness. (PH)

David G. Myers. Avon (originally Aquarian)

Learned Optimism. (LO)

Martin Seligman. Pocket Books, 1991

Flow (F)

Mihaly Csikszentmihalyi. Harper and Row, 1991

Aging Well (AW)

George Vaillant Little, Brown 2002

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