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Course Information

## Required Texts and Materials

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## Course Assessments

Assessments	Course Outcomes	General Education Outcomes	% of Final Grade

## Assignments and Grading

Participation (~~5~~%) of total)

MUST

Weekly Activities and Reflection Papers (20%~~total~~)

Participation in Online Discussion or Readings (20% of total)

Leading Discussion (~~5~~%) of total)

In-Class Participation (~~0~~%) of total)

MUST

Mini-Midterm and Integrative Reflection (10% of total)



Student Counseling Services

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## Course Policies

### Attendance Policy

you are expected to attend each of our class meetings

one-third of a full letter grade

unexcused

# Calendar of Course Topics, Assignments, and Activities

## Course Topics, Calendar of Activities, Major Assignment Dates

Week 1 Introduction to the Course and Foundations  
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Week 2 Hedonic and Eudaimonic Well-Being

Week 3 Second Wave Positive Psychology

Reflection: Positive Psychology Measure

Week 4 The New Science of SWB/EIRD People

Mini-Midterm Due

Week 5 National Accounts of SWB, The Happiest People

Reflection: Savoring Expedition (Due 9/21)

Week 6 Individualism, Culture, and Well-Being

Reflection: The Good Life in Different Cultures  
Submit Paper/Project Proposal Draft

NO CLASS Break Day

Week 7 Positive Emotions Coping with Changes

Reflection: Observing Emotional Expression  
Paper/Project Proposal Draft Feedback Return

Week 8 The Need to Belong and The Need to Be Different

Reflection: Meditation Practice

Week 9 Relationships, MiniPresentations

Project/Paper MiniPresentations

Week 10 Spending Money for Happiness, Gratitude

Reflection: Gratitude Intervention

Week 11 Narrative Identity and Nostalgia, Expressive Writing

Week 14 Personality, Social Media and FOMO

Reflection: Commercial Media Fas

Week 15 Religion/Spirituality & Virtues  
NO CLASSBreak Day

Reflection:Applying Character Strengths

Week 16 Positive Universities

Final Paper/Project Due During Fina