Positive Psychology is a course that explores the best that people can be and the farther reaches of human potential. We will explore how positive characteristics such as intelligence, creativity, self-regulation, emotional intelligence, spirituality, virtues and strengths interact with development and positive environments to maximize human potential. We will explore positive human relationships, families, and communities, and sustainable relationships with nature and the other beings around us. Finally, throughout the course, we will integrate what we have learned about optimal human development into best practices for mentoring, coaching, and counseling.

Format:
A lecture, based on either the professor’s scholarly work or on the textbook, will be presented during the first 45 minutes, followed by a small group discussions of mini-experiments of the week and experiential activities

Texts-- Required
Steve Baumgardner and Marie Crothers Positive Psychology
Barbara Kerr (Ed) Encyclopedia of Giftedness, Creativity, and Talent Development (available free, online, through KU Library, and for download on BB).

Self-Assessment Materials – Required
You will need to purchase a packet of instruments ($25.00) for self-assessment in the 3rd week of class – these are provided at a discount through the Williamson Family Endowment. Checks should be made out to University of Kansas.

Recommended: Howard Gardner Intelligence Reframed or Frames of Mind
Gallup Association (Don Clifton) Strengths Finder 2.0
Mihalyi Csikszentmihalyi Creativity
Mihalyi Csikszentmihalyi Flow
Daniel Goleman Social Intelligence
Daniel Goleman Emotional Intelligence
Barbara Kerr Smart Boys OR Smart Girls (Purpose, Meaning, Self-Actualization)

Personal Mini-Experiments Students will complete mini experiments which should be typed (12pt, Times New Roman) and double-spaced, 3-5 pages and posted to Bb Discussion or email to Bkerr@ku.edu. Students will share the results of their mini-experiments within small groups. 30%
**Active Participation**: Attendance and discussion in class and on blackboard (more to follow) 20%
A moderated discussion during the last week will consist of papers posted to Discussion Board, and responses to each paper.

**Quizzes** 20% TBA

**Final Paper**, 20% Major Personal Experiment.
1. To participate in a comprehensive assessment and interpretation of your positive abilities, interests, personality traits, emotional intelligence, self-regulation, and flow experiences.
2. To write a 10 page paper in APA style reviewing at least 5 scholarly articles for one of the traits you found most interesting from your assessment process (perhaps your high score on emotional intelligence, your high score on conscientiousness, or your flow experience, or your creativity). You may consider discussing in your paper what research says about the heritability of the trait, how the trait develops, gender differences if they exist, cultural differences if they exist, and effects of education on the trait. Make sure to link the articles to your own experience (this paper should be half about existing research regarding the trait you chose and half about you). Also, please include how this trait affects your future goals.
3. OR If you are a graduate student: Design a study exploring some aspect of a positive psychology variable, with lit review as above and a methods section.

**DISABILITY**

The KU Office of Disability Resources (DR) coordinates accommodations and services for all eligible students with disabilities. If you have a disability and wish to request accommodations and have not contacted DR, please do so as soon as possible. Their office is located in 22 Strong Hall; their phone number is 785-864-2620 (V/TTY). Information about their services can be found at [http://www.disability.ku.edu/](http://www.disability.ku.edu/). Please also contact me privately in regard to your needs in this course.”

**Academic Misconduct**: In the case of academic misconduct, which includes but is not limited to cheating, fabrication and falsification, plagiarism, or facilitating academic misconduct, it is my policy to give a failing grade for the assignment/activity in question.

**SOE Mission Statement**:  
The primary mission of the School of Education is to prepare leaders in education and human service fields. As stated in the School Code:  
Within the University, the School of Education serves Kansas, the nation and the world by (1) preparing individuals to be leaders and practitioners in education and related human service fields, (2) expanding and deepening understanding
of education as a fundamental human endeavor, and (3) helping society define and respond to its educational responsibilities and challenges.

The components that frame this mission for our initial and advanced programs are Research and Best Practice, Content Knowledge, and Professionalism. These interlocking themes build our Conceptual Framework.

Schedule of Classes

8/22 Introduction to Positive Psychology
   From Kerr Encycl. of GCT
   Intelligence Theories
   Multiple Intelligences
   Cognitive Abilities

8/29 What is Positive Psychology
   From Chapter 1 from Baumgardner
   Talent Domains—Introduction to the Beehive
   From Kerr – Encyclopedia of Giftedness, Creativity, and Talent
   Academic Talent
   Artistic Ability
   Athletic Giftedness
   Entrepreneurial Ability
   Inventors
   Mathematical Talent
   Multilingualism
   Musical Intelligence
   Scientifically Gifted
   Verbal Ability

9/5 Interpersonal/Intrapersonal Abilities
   From Kerr Encycl. of GCT
   Leadership
   Emotional Intelligence
   Spiritual Intelligence
   Consciousness
   Baumgardner, Ch. 11

9/12 Creativity
   From Kerr Encycl. of GCT
   Relationship of Creativity to Intelligence
   Creativity Process
   Flow
   Creative Personality
   Creativity and Mental Illness
   MINI EXPERIMENT 1 DUE
9/19 Happiness
*From Baumgardner Chapter 2, Chapter 5, Chapter 6*
All about Happiness

QUIZ 1 OVER ALL LECTURES AND READINGS UP TO 9/19

9/26 *From Baumgardner Chapter 3:*
Positive Emotions and Well-Being

10/3 *From Baumgardner Chapter 4:*
Resilience

10/10 *From Baumgardner Chapter 7*
Self Regulation
MINI EXPERIMENT 2 DUE

10/17 From Baumgardner, Chapter 8
Hope and Goals

QUIZ 2 OVER LECTURES AND READINGS 9/19 UP TO 10/17

10/24 From Baumgardner, Ch. 11, Close Relationships and Well Being
MINI 3 DUE

11/7 *From Baumgardner Chapter 9 and 10:*
Interests
Positive Traits
Personality
Values and Strengths of Character

11/14 Take all Assessments

11/22 Integrating your Assessments with your Goals.

12/5 *From Baumgardner Chapter 12, Kerr Encycl. GCT Spiritual Intelligence*
Life Above Zero
Spiritual Intelligence

QUIZ 3 OVER ALL MATERIALS 10/13 to 11/18

12/12 *Conclusion and Wrap-up*
Final Exam Day  Final paper due  online Blackboard /Discussion 5 pm