Instructor: Angela L. Duckworth  
Office: 3701 Market Street #215  
Office Hours: Mondays 9:30 – 10:30 am  
Email: duckworth@psych.upenn.edu

TAs: Andy Gersick (agersick@sas.upenn.edu)  
Office: IRCS, 3401 Walnut St., Suite 400A, Rm #405C  
Office Hours: Wednesdays 11:00 am – 12:00 pm

Lectures: Mondays & Wednesdays, 2:00-3:30 pm  
Location: Stiteler Hall, B6

Office: 3701 Market Street #215  
Office Hours: Mondays 9:30 – 10:30 am  
Email: duckworth@psych.upenn.edu

Office: 3701 Market Street #215  
Office Hours: Wednesdays 11:00 am – 12:00 pm

COURSE DESCRIPTION
Positive psychology is the scientific study of positive experience, positive individual traits, and the institutions and practices that facilitate their development. This course reviews the history of positive psychology and the contributions this new field has made to several traditional research areas in psychology. Areas of controversy (e.g., what is happiness, how should we measure it, what determines it, can and should we deliberately increase it) will be critically examined, with consideration given to conflicting viewpoints and their respective empirical support. In addition to the substantive content of positive psychology, attention will be given to the standard research methods that are so critical to research in this field (as well as in psychological science more generally). In recitations, we will experience positive psychology interventions firsthand and, ultimately, identify ways that positive psychology can inform our personal conceptions of happiness and prompt habits that will make us happier.

LECTURES
Lectures will be held on Monday and Wednesday from 2:00 - 3:30 PM in Stiteler Hall, B6. PowerPoint slides in PDF format for the lectures will be posted (after lecture) on Blackboard under Course Documents.

RECITATIONS
In addition to weekly lectures, your active participation is required in nine 50-minute recitation sections held during the weeks of 1/23, 1/30, 2/6, 2/20, 2/27, 3/12, 3/26, 4/2 and 4/9. Recitation sections will meet on the second floor of 3701 Market Street in conference room 201. Recitation meetings are also noted in the course schedule. You will have to sign up for your recitation section in person by the end of the day on Wednesday, 1/18: A sign-up sheet will be posted on the door of room #210 (second floor) of 3701 Market. You may only sign up for ONE recitation section – if we find your name in two places, we’ll randomly pick one. It is advised that you come early to sign up since recitations will be assigned on a first come, first serve basis. You may only attend alternate meetings in the event of an emergency and with prior permission from both your recitation section leader and the leader of the session you are able to attend. If you have any questions about recitation, please email Caroline, chaimm@sas.upenn.edu.

In advance of these recitations, you will complete homework assignments, which typically require you to do some activity and then write a 1-page, single-spaced paper (max 500 words) on the experience. These papers must be handed in to your recitation leader during the recitation section – no late assignments will be accepted. Recitation papers will not be accepted via email. In most recitations, we will read aloud from our papers. Listening to writing being read aloud and listening to ourselves as we read our own words is a sure-fire technique for improving our writing skills.

Your recitation paper should have the following standard heading in the top left-hand corner of your paper:

First Name Last Name (e.g. John Doe)  
PSYC 266  
Date (MM/DD/YY)  
Recitation assignment (e.g., Gratitude Letter)

Unless you are otherwise informed, all recitation sections will be held in either the windowed or non-windowed conference room at The Positive Psychology Center, located on the second floor of 3701 Market Street. Please flash your Penn ID to the guard in the lobby of this building (in which case you do not have to sign the guest book).
TEXTBOOK

The textbook is available through the Penn Bookstore, and is also widely available from various online retailers. A copy of the textbook is also available for use through Rosengarten Reserve (located on the ground floor of Van Pelt Library).

ADDITIONAL REQUIRED READING
In addition to your textbook, readings will include relevant original scientific papers. These readings are listed on the syllabus and posted on the class Blackboard website under Readings (https://courseweb.library.upenn.edu/). Any assigned readings outside of the textbook (e.g., essays by Maya Angelou) will be posted on Blackboard. Note that readings marked with an asterisk (*) are optional.

GRADING
Grading is probably the least palatable of a teacher’s responsibilities. Nevertheless, it serves a role in providing feedback to you and the institution about your performance. Your final grade for this course will be based on the following:

1. **Quizzes (30%)**: There will be two short quizzes (each worth 15% of your final grade) on material covered in lectures (including guest lectures), readings, and recitation sections. These quizzes will be given on 2/13 and 4/18 (the dates are also noted in the course schedule below). The format will be a combination of multiple choice and short answer questions. In calculating your final grade, I will drop your lowest quiz score. If you miss a quiz, this will be the one whose grade is dropped. There are no make-up quizzes.

2. **Midterm (20%)**: A comprehensive midterm on 3/19 will include material from the first half of the course. Material will include that covered in lecture (including guest lectures), readings, and recitation sections. The format will be a combination of multiple choice and short answer questions.

3. **Final Exam (44%)**: A comprehensive final exam will include material from the entire course. The format will be a combination of multiple choice and short answer questions. A makeup final exam will be granted only if the student has a valid medical excuse (letter from a doctor or other health official) for the time of the exam. The final exam will be held on Friday, May 4, from 9:00-11:00 am. University policy holds that students may not be required to take more than two final exams in one day, and may reschedule the middle exam in the event that they have three scheduled final exams on the same day. As there are no final examinations scheduled before this exam time, makeup exams will not be offered for students with more than two exams on this date.

4. **Research Requirement (6%)**: The Department of Psychology requires that this course has a mandatory research requirement for all students. To fulfill the requirement you can EITHER:

   1) Participate in experimental sessions (See Research Participation Instructions on Blackboard), adding up to 4 credits prior to the end of term (3 credits may be obtained via any combination of credit hours, as long as the total adds to 4, e.g., 2 x 2-credit sessions; 4 x 1-credit sessions; 8 x 0.5-credit sessions) OR 2) Read a research article and write a short 4-page (double-spaced) paper about it.

   Completing either option will not exceed 4 hours of your time. The paper will be given a letter grade. If students complete the experimetrix requirement they will automatically get 100% for that grade. However, if they do less than their full experimetrix requirement, then they get that proportion as their grade (e.g., 75% of hours fulfilled equals 75% as a grade.) If you choose to complete option 2, you must get approval from one of the TAs during office hours and identify which research article you will use to complete the assignment.

5. **Written Assignments (for borderline grades)**: For each recitation section meeting, you will be required to complete a short activity and write a 1-page paper on the experience. These papers must be brought in hard copy to your recitation section and submitted to your recitation leader at the end of section. **Late papers will not be accepted.** Write something you are proud to share with others by reading aloud, which will be the general expectation in recitation sections. We will review these papers in detail, and consult with your recitation leader about your participation and attendance, in the case of borderline grades at the end of the semester.

I will use the following standard scale for assigning final letter grades for the course:
RE-GRADING
If you have a question or concern that there was an error in grading any of your work, you must submit a re-grade request in writing no more than one week after work was returned (late requests will NOT be considered). Specifically, slip your written request for a re-grade under my office door. If you submit a request, your work will be re-graded in its entirety, and the final grade could be higher or lower than your original grade.

PLAGIARISM
Be sure you understand the University’s guidelines on Academic Integrity before submitting any assignment. See me, or someone from the Office of Student Conduct (http://www.upenn.edu/osc), if you have any questions – especially regarding plagiarism (what it is and how it can be avoided).

STUDENT ROLE
I expect you to do the readings continuously ahead of the lectures. So, for each of the lecture topics, do the reading indicated below that topic in advance. Do not expect a good learning experience if you do not keep your part. Cramming before exams assures an unsatisfactory class experience. (Incidentally, cramming has been shown empirically to be an inefficient strategy for learning.) Let’s make class a creative experience – I am looking forward to learning from your astute questions (informed by the readings) and comments. PowerPoints will be posted after class, not beforehand. I realize that many of you like to take notes on printouts of the slides, but I assure you that class will be more engaging if you allow it to unfold without foreknowledge of every point.

COURSE SCHEDULE
Note: Readings marked with an asterisk (*) are optional. All other readings are required. Readings should be completed before the class for which they are assigned.

WEEK 1 (Week of 1/9)

Assignments for this week (Due week by the end of the day on Wednesday, 1/18)

Sign-up for Recitation: You will have to sign up for your recitation section in person at 3701 Market Street, Suite 210. A sign-up sheet will be posted on the door. Sign up is first come, first serve so come early!

Wednesday, 1/11/12: History and overview of Positive Psychology

Textbook Chapters 1 and 2

Recitation: No recitation this week

WEEK 2 (Week of 1/16)

Assignments for this week (Due week of 1/23)

RECITATION PAPER #1: Positive Introduction

Write a one-page, single-spaced positive introduction, and bring a hardcopy, which you will read in recitation. See pp. 25-28 in textbook. Read Maya Angelou’s essay “Philanthropy” for a model of a positive introduction.

Monday, 1/16/12: Martin Luther King, Jr. Day – NO CLASS

Wednesday 1/18/12: Pleasure and positive experience
Textbook Chapter 3


Recitation: No recitation this week

WEEK 3 (Week of 1/23)

Assignments for this week (Due week of 1/30)

RECITATION PAPER #2: Savoring

Stop and notice the next time something pleasurable occurs. Savor this event using one or more of the suggestions on page 71 in your textbook.

Write a one-page, single-spaced reflection on this exercise, explaining what you did, your savoring strategy, your subjective experience, and your insights from this exercise. Bring a hardcopy to recitation. Optionally, bring the object of your savoring (chocolate? music? poem?) to share with your classmates.

Monday 1/23/12: Life satisfaction

Textbook Chapter 4


Wednesday 1/25/12: Guest lecture by Adam Grant, Wharton, The other edge: Why some successful people seem too good to be true


Recitation: Discuss Recitation Paper #1 (Positive Introduction)

WEEK 4 (Week of 1/30)

Assignments for this week (Due week of 2/6)

RECITATION PAPER #3: Supportive Listening Exercise

At some point after the lecture and before your recitation, please interview one of your friends. The topic of the interview is your friend's life story. Using the approach described in the lecture, listen to your friend's life story. Plan on listening for approximately 30 minutes (although you are welcome to go for longer if both of you are interested). On the day FOLLOWING your interview, ask your friend for short feedback about the experience. Once you have gone over your friend's feedback, please write your own reflection about the experience, integrating your friend's feedback into your own reflection. Please avoid mentioning any identifying information in your reflection paper.

Possible portions of your reflection may (but don’t have to) include:
1) What was it like to listen to your friend's life story?
2) What was your friend's experience like (based on your friend's feedback)?
3) How did your experience compare with your friend's experience?
4) How did your behavior during the interview compare with your normal behavior during everyday conversations with friends?
What are possible cultural or autobiographical reasons for these differences?
5) How might this interview influence the relationship between you and your friend?

**Monday 1/30/12: Individual differences: Why are some people happier than others?**


**Wednesday 2/1/12: Guest lecture by Eran Magen, Supportive listening**


**Recitation: Discuss Recitation Paper #2 (Savoring)**

**WEEK 5 (Week of 2/6)**

 ASSIGNMENTS FOR THIS WEEK (DUE WEEK OF 2/13)

Prepare for Quiz #1.

**Monday 2/6/12: Guest lecture by Barry Schwartz, The paradox of choice**


**Wednesday 2/8/12: Is it possible to increase happiness?**


**Recitation: Discuss Recitation Paper #3 (Supportive Listening Exercise)**

**WEEK 6 (Week of 2/13)**

 ASSIGNMENTS FOR THIS WEEK (DUE WEEK OF 2/20)

RECITATION PAPER #4: Three Good Things

Complete the *Three Good Things* exercise on pages 38-39 in your textbook *one week prior to this week’s recitation*. Read Maya Angelou’s essay, “Porgy and Bess” before you complete the exercise. Write a one-page reflection paper on this experience and bring it to recitation.

**Monday 2/13/12: Happiness and health**
★ QUIZ 1 ★


**Wednesday 2/15/12: Happiness and income**


*Note that the assigned article is long in part because it contains many tables and figures. Do not be daunted by its length!*


*Recitation: No recitation this week.*

**WEEK 7 (Week of 2/20)**

**Assignments for this week (Due week of 2/27)**

RECITATION PAPER #5: Gratitude Letter

Write a letter of gratitude to someone you have not properly thanked (see pp. 31-34 in your textbook for an example and guidance on writing this letter). It is up to you whether you choose to read this letter in person or over the phone to the person you are thanking. If you are horrified at this proposition, you can simply send your letter or even keep it to yourself. Write a one-page reflection paper on this experience, and bring a hardcopy of your paper to recitation. Optionally, include the gratitude letter itself.

**Monday 2/20/12: Positive interventions**


**Wednesday 2/22/12: Happiness and public policy**


**Recitation: Discuss Recitation Paper #4 (Three Good Things)**

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**WEEK 8 (Week of 2/27)**

**Assignments for this week (Due week of 3/12)**

RECITATION PAPER #6: VIA-IS

Take the Values in Action Inventory of Character Strengths on www.authentichappiness.com. You'll need to register on the site to take the survey, which you'll find on the "Questionnaires" pull-down menu. Print out your results then use one or more of your signature strengths more frequently and more effectively in your daily life. Write a one-page paper on this experience and bring a hard copy to recitation. See more detailed suggestions in your textbook pp. 158-162, but keep in mind that you can come up with your own ideas.

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**Monday 2/27/12: Character strengths and virtue**

Textbook Chapter 6

**Wednesday 2/29/12: Optimism and resilience**

Textbook Chapter 5


**Recitation: Discuss Recitation Paper #5 (Gratitude Letter)**

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**WEEK 9 (Week of 3/5)**

**Monday 3/5/12 and Wednesday 3/7/12: Spring Break – No Classes**

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**WEEK 10 (Week of 3/12)**

**Assignments for this week (Due week of 3/19)**

Prepare for Midterm.

**Monday 3/12/12: Self-esteem and self-efficacy**


**Wednesday 3/14/12: Guest Lecture by Marty Seligman, Flourishing**


**Recitation: Discuss Recitation Paper #6 (VIA-IS)**

## WEEK 11 (Week of 3/19)

### Assignments for this week (Due week of 3/26)

### RECITATION PAPER #7: Active-Constructive Responding

Find at least 3 opportunities to use active-constructive responding with someone you know (it doesn't have to be the same person each time). See pp. 271-272 in textbook. Write a brief reaction paper containing details about the interactions you had, both in terms of what you did and how the other person reacted. In particular, how does the experience of active constructive responding differ from that of supportive listening? Bring a hardcopy of your paper to recitation.

**Monday 3/19/12:**

★★ MIDTERM ★★

**Wednesday, 3/21/12: A positive psychology of relationships: Love and social connectedness**

Textbook Chapter 10


**Recitation: No recitation this week.**

## WEEK 12 (Week of 3/26)

### Assignments for this week (Due week of 4/2)

### RECITATION PAPER #8: This I Believe

The *This I Believe* project invites essays that capture the core personal values that define their lives. In under 500 words, write a statement of personal belief. Tell your story. Be specific. And be prepared to read this in recitation section – if each essay is under 500 words, it should take 3 minutes per person. At the end, if there is time, we will discuss what this exercise revealed. See [http://thisibelieve.org/guidelines/](http://thisibelieve.org/guidelines/) for guidelines and feel free to (optionally) submit your essay to NPR.

**Monday 3/26/12: Values**
Textbook Chapter 7


**Wednesday 3/28/12: Interests and talents**

Textbook Chapter 8


**Recitation: Discuss Recitation Paper #7 (Active-Constructive Responding)**

**WEEK 13 (Week of 4/2)**

* **Assignments for this week (Due week of 4/9)**

  **RECITATION PAPER # 9: Growing up to be...**

  For this assignment, I want you to think about what you’d like to do with your life. This is how I’d like you to do it. Think of a role model who exemplifies the sort of person you would in your wildest and most fairy-dusted dreams grow up to be. There was a time in my life that I wanted to be like Alice Waters or Tom Colicchio, but now I look to Walter Mischel or Carol Dweck for inspiration. So, you, too, might change your mind. Nevertheless, I think it would hugely useful to read an autobiographical essay or book by someone whom you radically admire and emulate. In your one-page reflection paper, simply tell this person’s story, and say why you so admire them. This will be something like a Positive Introduction, not of yourself, but of your exemplar.

  **Monday 4/2/12: Flow and deliberate practice**


  **Wednesday 4/4/12: The character strength of self-control**


  **Recitation: Discuss Recitation Paper #8 (This I Believe)**
WEEK 14 (Week of 4/9)

Assignments for this week (Due week of 4/16)

Prepare for Quiz #2.

Monday 4/9/12: Positive institutions

Textbook Chapter 11

Wednesday 4/11/12: Positive historical periods


Recitation: Discuss Recitation Paper #9 (Growing up to be...)

WEEK 15 (Week of 4/16)

Assignments for this week

No assignments for this week.

Monday 4/16/12: Genius and grit


Wednesday 4/18/12: Positive cultural influences

★ QUIZ 2 ★


Recitation: No recitation this week.

WEEK 16 (Week of 4/23)

Assignments for this week

Start preparing for final exam on Friday, 5/4.

Monday 4/23/11: Putting it all together – Positive psychology in perspective


Recitation: No recitation this week.

FINAL EXAM: Friday, May 4, 9:00-11:00 am. Location to be determined.

Note: Updated information regarding the time and location of final exams can be found on the Registrar’s webpage (http://www.upenn.edu/registrar/).
# January 2012

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Recitation Paper #2 (Savoring) due in recitation

Recitation Paper #3 (Supportive Listening) due in recitation

Quiz 1

No recitation this week

Recitation Paper #4 (Three Good Things) due in recitation

Recitation Paper #5 (Gratitude Letter) due in recitation
## March 2012

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