

# PSYCH 3446 001

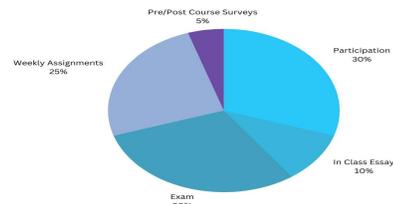
## The Science of Well-Being

Lead Teaching Assistants (LTAs), [psych3446@gmail.com](mailto:psych3446@gmail.com)

No prerequisite required for enrollment in this course

### Grade Breakdown

- 30% participation
- 30% Exam (short/long answer format)
- 25% weekly exercises and discussion board (reflection)
- 10% Essay
- 5% pre/post course surveys (completion)



### COURSE DESCRIPTION:

*Have you ever taken a course from the founder of the field? How about a course designed to increase your well-being by the end of the semester?*

Welcome to a once in a lifetime opportunity. In this course, students will learn directly from the founder of positive psychology, Martin Seligman. Students will engage in foundational topics as well as groundbreaking material from the source himself. The course is rooted in research, discussion, experiential learning, and small group reflection. We will integrate the process of learning with personal experience and reflection. As Christopher Peterson said, "Positive psychology is not a spectator sport". We will read selected articles and chapters, as well as participate in numerous activities and positive interventions. This course has a unique structure with lectures on Tuesday's and smaller recitation sessions on Thursday's led by a TA. The structure allows intimate reflection, engagement, as well as discussion.

#### Course Objectives:

- (1) Increase the well-being of students by semester end and beyond;
- (2) Build deep foundational knowledge of positive psychology;
- (3) Explore the cutting edge scientific research and methodology (i.e. Artificial Intelligence);
- (4) Apply course material in real life through intervention and reflection;
- (5) Develop strong positive student-to-student & student-to-TA relationships within semester-long small groups (12-15 students per TA);
- (6) Have fun!!!

#### Communication: What if I have a question?

**Course material:** any questions regarding policies, upcoming assignments, readings, topics, or dates refer to...[Syllabus and Canvas](#)

**Course content:** any questions about assignment/exam/reading/lecture review, or exam/assignment makeup...[Assigned TA](#)

**Course Issues:** illness or crisis, academic honesty, issue TA cannot resolve...[LTA Team](#)  
[psych3446@gmail.com](mailto:psych3446@gmail.com)

#### Need to know:

- **Tuesdays:** Lectures with Marty Seligman *Fagin Auditorium* (attendance mandatory)
- **Thursdays:** Students are assigned small groups (12-15) for weekly recitation sessions led by a TA in an assigned room. These groups remain the same the entire semester.
- **Weekly:** readings, HW experiential assignments, HW reflection posts, and discussions are designed to increase knowledge about positive psychology and hopefully increase personal well-being
- **Makeups:** Students have a 24 hour window to notify TA about exam makeup
- **Regrade:** Students have one week after grade release for exam regrade requests