

# Course Syllabus

<b>Course Title</b>	Positive Psychology and counseling(GR26267-1)		
<b>Course Type</b>	Major(etc.)	<b>Credits (Credit Hours)</b>	3.0
<b>Department (College)</b>	Education	<b>Instructor</b>	Sunhee Jang Eissenstat
<b>Classification (Year in School)</b>	1~4	<b>Phone</b>	
<b>Classroom</b>	교육108	<b>E-mail</b>	
<b>Class Hours</b>	월 1월 2월 3화 1화 2화 3목 1목 2목 3금 1금 2금 3	<b>Office Hours</b>	
<b>Prerequisite(s)</b>	N/A		
<b>Course Description</b>	This course explores life issues through a positive psychology approach and implements counseling interventions. It covers various positive psychology-based counseling techniques that can enhance the quality of life.		

## Course Objectives for Enhancing Competency - Teaching Methods - Grading

<b>Course Objectives</b>	Understanding the use of positive psychology in counseling practice and applying the key concepts in case conceptualization. This course explores life issues through a positive psychology approach and implements counseling interventions. It covers various positive psychology-based counseling techniques that can enhance the quality of life. The course also includes information about key concepts of positive psychology, strength-based counseling, and application on people with serious mental health conditions.							
<b>Teaching Methods</b>	Lecture	Presentation	Discussion / Debate	Problem-based Learning	Team-based Learning	Flipped Learning	Experiment / Practice	Etc. (with details)
	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<Detailed information on teaching methods> 예시) <원격> This course is an in-person class that includes lectures, classroom discussions, small group activities, and presentations. Students will be facilitated to apply key concepts to counseling cases and exchange feedback for counseling intervention program among students.							
<b>Grading</b>	Midterm	Final	Individual Tasks	Team Projects	Class Participation	Attendance	Etc. (with details)	Total (%)
	20	20	25	25	10			100
	<Detailed information on grading> Evaluation will be based on a mid-term exam (20%), final exam (20%), and individual assignments (25%) such as reflective writing journal. Class participation (10%) is assessed through active engagement in discussions and activities. A team program (25%) is assessed through integrating positive psychology technique assignment.							
<b>Accommodations for Students with Disabilities</b>	- Students with vision impairment: provision of course related materials, note-taking helper, permission to record lectures, etc. - Students with a hearing impairment: provision of course related materials, note-taking helper, permission to have e-learning lectures in sign language or shorthand, etc. - Students with physical disabilities or cerebral palsy: provision of course related materials, note-taking helper, permission to record lectures, etc. - Any other requests that are considered necessary. ※ For students with disabilities, the evaluation method can be adjusted in accordance with Article 28 of the Class Management Guidelines.							

## Textbooks & References

Category	Author	Title	Publisher	Year of Publication
Main Textbook	Rashid, T., & Seligman, M. P.	Positive psychotherapy: Clinician manual	Oxford University Press	2018
Supplementary Textbook	Snyder, C. R., Lopez, S. J., Edwards, L. M., & Marques, S. C. (Eds.).	The Oxford handbook of positive psychology	Oxford University Press	2020
Supplementary Materials				
Other Materials				

## Weekly Course Schedule

Week	Topics	Instruction Methods	Evaluation Methods	Class Materials & Assignments, Etc.
1	Course Overview and Introduction	Lecture/ Discussion/ Video viewing	none	Topics: <ul style="list-style-type: none"> <li>Overview of course</li> <li>Basic themes of positive psychology</li> <li>A balanced perspective on me</li> </ul>
2	Wellness and Prevention Model of Counseling	Lecture/ Discussion/ Video viewing	none	Topics: <ul style="list-style-type: none"> <li>The centrality of character strengths and how to use them in positive psychotherapy</li> <li>Se</li> </ul>
3	Practice of Positive Psychology Counseling	Lecture / Discussion/ Video viewing	none	Topics: <ul style="list-style-type: none"> <li>Positive Psychotherapy: Practice, Process, and Mechanisms of Change</li> <li>Case Conceptualiza</li> </ul>
4	Strength-based Counseling	Lecture/ Discussion/ Group activity/ Pair activity	Due: Reflective Journal 1	Topics: <ul style="list-style-type: none"> <li>Strength-focused personality test: VIA Survey</li> <li>Self-image, self-esteem, and self-efficacy</li> </ul>
5	Discussing Wisdom, Creativity, & Courage	Lecture/ Discussion/ Group activity/ Pair activity	Due: Reflective Journal 2	Topics: <ul style="list-style-type: none"> <li>Enhancing wisdom in life</li> <li>Courage and perseverance</li> <li>Creativity and wellbeing</li> <li>Crea</li> </ul>
6	Discussing Positive Appraisal, Forgiveness, and Satisficing	Lecture/ Discussion/ Group activity/ Pair activity	Due: Reflective Journal 3	Topics: <ul style="list-style-type: none"> <li>Working with memories</li> <li>Forgiving and letting it go</li> <li>Perfectionism and procrastination</li> </ul>
7	Discussing Altruism and Gratitude	Lecture/ Discussion/ Pair activity / Exam	Due: <ul style="list-style-type: none"> <li>Group Project</li> <li>Reflective Journal 4</li> <li>Midterm</li> </ul>	Topics: <ul style="list-style-type: none"> <li>Altruism - definition, measurement, cultivation</li> <li>The empathy-egotism doorway</li> <li>Grati</li> </ul>
8	Discussing Happiness, Hope and Optimism	Lecture/ Discussion/ Group activity/ Pair activity	Due: Reflective Journal 5	Topics: <ul style="list-style-type: none"> <li>Models of happiness and wellbeing</li> <li>Principle of pleasure</li> <li>Understanding happiness</li> </ul>

9	Discussing Subjective Wellbeing	Lecture/ Discussion/ Group activity/ Pair activity	Due: Reflective Journal 6	Topics: • Measures of subjective wellbeing • Psychological wellbeing & Bottom up predictors of we
10	Discussing Resilience and Post-traumatic Growth	Lecture/ Discussion/ Group activity/ Pair activity	Due: Reflective Journal 7	Topics: • Defining resilience • Resilience versus recovery  • Individual factors • Post-trauma
11	Discussing Flow, Slowness and Savoring	Lecture/ Discussion/ Group activity/ Pair activity	Reflective Journal 8	Topics: • Flow and optimal experience • Accomplishment / successful experience • Mindfulness & S
12	Discussing Positive Human Relationship and Communication	Lecture/ Discussion/ Group activity/ Pair activity	Due: Reflective Journal 9	Topics: • Maintaining positive relationships • Positive impression • Emotions in human relationsh
13	Discussing Attachment and Love	Lecture/ Discussion/ Group activity/ Pair activity	Due: Reflective Journal 10	• Attachment and object relations theory • Relationship satisfaction & stability • Minding relati
14	Counseling with Spirituality	Lecture/ Discussion/ Group activity/ Pair activity	• Reflective Journal 11 • Integrating Positive Psychology Techniques	• Distinction between spirituality and religion • Religion, spirituality and wellbeing • Positiv
15	Final Exam & Group Presentation	Exam / Student Presentation	• Final Exam • Group Presentations	Exam
* The schedule above is subject to change.				

## References

### Reflective Journal Writing:

The purpose of journal writing is to help students cultivate and apply critical thinking skills as they express their thoughts and reactions to the unit's content. This task encourages students to think deeply and critically about the material, and to articulate the key insights gained from each day's learning. Students will submit at least 5 among the daily topics.

### Mid-term and Final Examinations:

The mid-term and final examinations will be based on readings and material presented in class. The exam questions are in the form of case conceptualization that students can apply key concepts to diverse cases.

### Integrating Positive Psychology Techniques:

As a group, you will develop a report outlining a wellness development program designed for a specific population.

## Reflection on Course Evaluation from Previous Term

<b>Course Evaluation by Students</b>	This is the first time teaching this course
<b>CQI by Professor</b>	This course successfully promoted students' understanding and application of positive psychology in counseling through reflective journals, discussions, case conceptualization, and group projects. Students demonstrated strong engagement and growth in strengths-based counseling skills. Future improvements include adding more role-play activities, culturally responsive case studies, updated research articles, and clearer assignment rubrics to further strengthen practical counseling competencies an