

Psychology 262: Positive Psychology
 Martin Seligman & Christopher Peterson
 Spring 2002

We will meet every Tuesday from 1:30 p.m. until 4:30 p.m. in room 305 on the 3rd floor of 3815 Walnut St. Each student will write a short weekly paper about their best thought or questions about the readings and prepare a final portfolio. There are no examinations. Grades will be based on the complete portfolio, leading in class, and class participation, plus any extra papers you choose to write, and participation in class listserv discussion.

Date	Topic	Primary Source (Numbers refer to chapters)
1/08/02	History of PP (Christopher Peterson)	
1/15/02	Introductions	AH Chapters 1-2; AP pp. 5-14
1/22/02	Positive Emotion	AH 3-4; PH 1-5
1/29/02	Changing Happiness Level	AH 5-6 AP 34-43; 56-67.
2/05/02	Strengths & Virtues	AH 7-8;
2/12/02	Cultivating Virtue	VIA Manual TBA; PH 6-end
2/19/02	Work	AH 9 ; F 1-5; AP 79-88
2/26/02	Love	AH 10; F 6-end
3/05/02	Raising children	AH 11; AP 159-183
3/19/02	Optimism (Peterson)	LO 1-7; AP 44-55
3/26/02	Changing Pessimism	LO 8-end
4/02/02	Maturing and Aging Well	AP 89-98
4/09/02	Meaning and Purpose	AH 12; W first half
4/16/02	Non Zero	W second half.
4/23/02	Conclusion	

Primary Source Reading

Authentic Happiness (AH)
Martin Seligman.

The Pursuit of Happiness. (PH)
David G. Myers. Avon (originally Aquarian). 1990

Learned Optimism. (LO)
Martin Seligman. Pocket Books, 1991

Flow (F)
Mihaly Csikszentmihalyi. Harper and Row, 1991

NonZero: The Logic of Human Destiny (W)
Robert Wright, Pantheon, 2000

The American Psychologist (2000), volume 55, Number 1.

Positive psychology is the study of the "good life", or the positive aspects of the human experience that make life worth living. As an art, it focuses on both individual and societal well-being. Positive psychology began as a domain of psychology in 1998 when Martin Seligman chose it as the theme for his term as president of the American Psychological Association. It is a reaction against psychoanalysis and behaviorism, which have focused on "mental illness", meanwhile emphasising maladaptive