

Important Note: The reading material listed below is what lectures are based on. You can use this material as supplementary material to lectures and, if needed, to help fill in gaps in your class notes. *You are not expected to read every word of every article. You're not expected to read any of these actually!* I have been studying and researching in this field for many years, so lectures are generally based on a broad composite of articles, knowledge, and experience gained over this time. It's hard to pick just *one* reading to cover each topic!

You should be able to get all the information you need if you attend lectures and engage with the material in class. Take notes during lectures. Ask questions in class (and after class if you need/want to). *Think* about the concepts being presented – don't just try to copy down verbatim what is being said. *Slides are posted so don't write down what's on the slides* – write down further explanatory information. This strategy seems to have worked well for students in my classes before.

C01. Introduction / History

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C02. What is “Positive”

- Pawelski, J. O. (2016). Defining the ‘positive’ in positive psychology: Part II. A normative analysis. *The Journal of Positive Psychology*, 11(4), 357-365. <https://doi.org/10.1080/17439760.2015.1137628>
- Prinzing, M. M. (2021). Positive psychology is value-laden—It's time to embrace it. *The Journal of Positive Psychology*, 16(3), 289–297. <https://doi.org/10.1080/17439760.2020.1716049>
- Zelenski, J. M. (2020). *Positive psychology: The science of well-being*. Sage, [pp. 5-15]

C03. Character Strengths & Virtues

- Biswas-Diener, R., Kashdan, T. B., & Minhas, G. (2011). A dynamic approach to psychological strength development and intervention. *The Journal of Positive Psychology*, 6(2), 106-118. <https://doi.org/10.1080/17439760.2010.545429>
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- Gander, F., Wagner, L., Amann, L., & Ruch, W. (2022). What are character strengths good for? A daily diary study on character strengths enactment. *The Journal of Positive Psychology*, 17(5), 718–728. <https://doi.org/10.1080/17439760.2021.1926532>
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C04. Theories: Broaden and Build

- Conway, A. M., Tugade, M. M., Catalino, K. I., & Fredrickson, B. L. (2012). The Broaden-and-Build theory of positive emotions: Form, function, and mechanisms. In S. David, I. Boniwell, & A. C. Ayers (Eds.), *The Oxford Handbook of Happiness* (pp. 17-34). Oxford University Press.
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C05. Theories: Self-Determination Theory, Hedonia, Eudaimonia

- Chen, H., & Zeng, Z. (2023). Seeking pleasure is good, but avoiding pain is bad: Distinguishing hedonic approach from hedonic avoidance orientations. *Journal of Happiness Studies*. <https://doi.org/10.1007/s10902-023-00687-7>
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C06. Meaning in Life

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- King, L. A., & Hicks, J. A. (2012). Positive affect and meaning in life. In Wong, P. T. P. (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed.) (pp.125-141). Routledge/Taylor & Francis Group.
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C07. Review for Exam 1

C08. EXAM 1

C9. Wellbeing from a Global / Cultural Perspective

- Case, B., Counted, V., Ritchie-Dunham, J., Cowden, R., Gibson, C., Koga, H., Lomas, T., & Padgett, N. (2023). Beyond a single story: The heterogeneity of human flourishing in 22 countries. *International Journal of Wellbeing*, 13(4), 3555, 1-35. <https://doi.org/10.5502/ij.v.13i4.3555>
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C10. Positive Psychology Interventions, Valuing vs Prioritizing

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C16. Review for Exam 2

C17. Exam 2

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C20. in class working on papers and review of Exam 2

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