
Date	Topic
Sept 9	Chapter 1 Intro to positive Psych
Sept 11	Chapter 2 Perspectives on Pos Psych
Sept 16	Chapter 3 Classifications and Measures
Sept 18	Chapter 4 Developing Strengths
Sept 23	Mini-Experiment 1 assigned; Introduction to your groups
Sept 25	Chapter 5 Living Well in Life
Sept 30	Mini-Experiment 1 Due ; Mini-Experiment 2 assigned
Oct 2	Chapter 6 The Principles of Pleasure
Oct 7	Guest Lecture (Lisa Sansom) / Group project time
Oct 9	Chapter 7 Making the Most of Emotional Experiences
Oct 14	<i>Thanksgiving – No Class</i>
Oct 16	MIDTERM EXAM (CH 1 – 7)
Oct 21	Chapter 8 Optimism, Hope - Guest Lecture (Li Jun Ji)
Oct 23	Mini-Experiment 2 Due ; Mini-Experiment 3 assigned
Oct 28	Chapter 9 Wisdom and Courage
Oct 30	Chapter 10 Mindfulness
Nov 4	Guest lecture (Mindfulness – Dr Symthe)
Nov 6	Mini-Experiment 3 Due ; Group project time
Nov 11	Chapter 11 Empathy / Egotism
Nov 13	Chapter 12 Attachment, Love, Flourishing
Nov 18	Chapter 13 Balance between Mental Health and Behaviour
Nov 20	Chapter 14 Interceding to Prevent the Bad enhance the Good
Nov 25	POSTER DAY
Nov 27	POSTER DAY
TBA	FINAL EXAM (In Final Exam Schedule)

Please note that I reserve the right to modify the course syllabus during the semester as the course progresses and external events may dictate. Any changes made will be communicated to you either via your Queen's email or through Moodle.