

课程详述

COURSE SPECIFICATION

以下课程信息可能根据实际授课需要或在课程检讨之后产生变动。如对课程有任何疑问，请联系授课教师。

The course information as follows may be subject to change, either during the session because of unforeseen circumstances, or following review of the course at the end of the session. Queries about the course should be directed to the course instructor.

1.	课程名称 Course Title	English Through the Science of Happiness
2.	授课院系 Originating Department	Center for Language Education
3.	课程编号 Course Code	CLE059
4.	课程学分 Credit Value	2
5.	课程类别 Course Type	通识选修课程 General Education (GE) Elective Courses
6.	授课学期 Semester	春季 Spring / 夏季 Summer / 秋季 Fall
7.	授课语言 Teaching Language	英文 English
8.	授课教师、所属学系、联系方式 Instructor(s), Affiliation & Contact (For team teaching, please list all instructors)	Allison Dansie, CLE Lecturer allison@sustech.edu.cn Wisdom Valley Building 3, Room 210
9.	实验员/助教、所属学系、联系方式 Tutor/TA(s), Contact	无 NA
10.	选课人数限额(可不填) Maximum Enrolment (Optional)	22

11. 授课方式 Delivery Method	讲授 Lectures	习题/辅导/讨论 Tutorials	实验/实习 Lab/Practical	其它(请具体注明) Other (Please specify)	总学时 Total
学时数 Credit Hours	32	0	0	0	32
<p>This course is a blended course, meaning that some classes will be held online and others will be held in person. Attendance is required for both types of classes.</p> <ul style="list-style-type: none"> • Odd week classes (Weeks 1,3,5,etc) will be held in-person • Even week classes (Weeks 2,4,6,etc) will start with a quick WeChat discussion and attendance check and then transition to materials provided on Blackboard. These online materials are meant to allow students to progress at their own pace, but students must pay close attention to the Weekly Task Checklist; deadlines for all tasks will be listed there. <p>Total 16 weeks x 2 hours/week = 32 course hours</p>					

12. 先修课程、其它学习要求 Pre-requisites or Other Academic Requirements	无 NA
13. 后续课程、其它学习规划 Courses for which this course is a pre-requisite	无 NA
14. 其它要求修读本课程的学系 Cross-listing Dept.	无 NA

教学大纲及教学日历 SYLLABUS

15. 教学目标 Course Objectives

This course will introduce students to the science of happiness, a branch of psychology, and will also help them improve their academic listening and speaking skills in English. The course will explore the science of well being through English-medium podcasts, Ted Talks, social science essays, and extended seminar-style discussions. By the end of the course students will be able to use specific linguistic strategies to understand and communicate more effectively in English, and also be able to analyze positive psychology texts in order to decide which happiness strategies might work best in their own lives. The goal is two-fold: improve students' academic English and their sense of well being.

16. 预达学习成果 Learning Outcomes

1. Students will be able to utilize a variety of specific note-taking strategies to help improve their overall listening comprehension in English.
2. Students will be able to paraphrase and summarize research findings and include proper APA citations.
3. Students will be able to recognize the difference between written and spoken English and employ both styles in the correct context.
4. Students will be able to employ specific discussion strategies in English for asking open-ended questions, agreeing/disagreeing politely, illustrating opinions with specific examples, and shifting topics professionally.

Students will be able to synthesize the research findings of positive psychology in order to select strategies that they can employ to improve their own overall happiness.

17. 课程内容及教学日历（如授课语言以英文为主，则课程内容介绍可以用英文；如团队教学或模块教学，教学日历须注明主讲人）
Course Contents (in Parts/Chapters/Sections/Weeks. Please notify name of instructor for course section(s), if this is a team teaching or module course.)

Please see attached schedule

18. 教材及其它参考资料 **Textbook and Supplementary Readings**

REQUIRED TEXTBOOK:

Lyubomirsky, S. (2013). The myths of happiness. Penguin Press. New York, NY.

https://www.amazon.cn/-en/dp/B00A6WOR1A/ref=sr_1_1?__mk_zh_CN=亚马逊网站&keywords=lyubomirsky&qid=1600571251&sr=8-1

SUPPLEMENTARY SOURCES:

Butler, J. & Kern, M.L. (2015). The PERMA Profiler: A Brief Multidimensional Measure of Flourishing. Available at: https://yalesurvey.ca1.qualtrics.com/jfe/form/SV_dmWAB2LoFzOk25n?user_id=b57ea78978fcf28477b99f7efab9078dd60896ac

Dunn et al (2008). Spending money on others promotes happiness. *Science*, 319 (5870), 1687-1688.

Gilbert, D. (2004). The Surprising Science of Happiness. Ted Talks. Retrieved from: https://www.ted.com/talks/dan_gilbert_the_surprising_science_of_happiness

Gilbert, D. (2006). *Stumbling on Happiness*. Alfred A. Knopf. New York, NY.

Lyubomirsky, S. (2008). *The how of happiness: a scientific approach to getting the life you want*. Penguin Press. New York, NY.

Santos, L. (2019). Making the Grade. The Happiness Lab, Yale University podcast. Pushkin. Retrieved from: <https://www.happinesslab.fm/season-1-episodes/making-the-grade>

Santos, L. (2019). The Unhappy Millionaire. The Happiness Lab, Yale University podcast. Pushkin. Retrieved from: <https://www.happinesslab.fm/season-1-episodes/the-unhappy-millionaire>

Taylor, J.B. (2009). *My stroke of Insight*. Hodder & Stoughton, London, UK.

Values in Action Institute (n/d). Character Character Strength Survey. Retrieved from: <https://www.viacharacter.org/character-strengths>

Vedantam, S. (2016, May 10). WOOP, there it is! Four steps to achieve your goals. Hidden Brain Podcasts, NPR. Retrieved from: <https://www.npr.org/2016/05/10/477379965/woop-there-it-is-four-steps-to-achieve-your-goals>

Wagner et al (2004). Sleep inspires insight. *Nature*, 427 (6972), 352-355.

课程评估 ASSESSMENT

19. 评估形式 Type of Assessment	评估时间 Time	占考试总成绩百分比 % of final score	违纪处罚 Penalty	备注 Notes
出勤 Attendance & Participation		10%	More than 3 absences will result in failure of the course	Attendance is required at ALL sessions. Online attendance will be taken via WeChat during scheduled class time. Participation includes both in-class discussions and associated activities and online discussion forums (please follow the instructions for each thread in order to participate fully).
课堂表现 Class Performance				
小测验 Quiz				
课程项目 Projects	Explanation of assignment Week 12 Consultations Week 14 Peer Review in class Week 15, Final version due to the BB forum BEFORE class Week 16.	25%		You must complete this assignment to receive a passing grade.
平时作业 Note-taking Assignments	Assign #1: Start in Week 2, Due in class Week 3 Assign #2: Start in Week 4, Due in class Week 5 Assign #3: Start in Week 6, Due in class Week 7 Assign #2: Start in Week 8, Due in class Week 9	20% * 4 Assignments, 5% each		
平时作业 Summary & Paraphrase Assignment	Start in class Week 3 Submit PDF of your slide to the Peer Review Forum on BB before the start of	5%		



	class Week 4			
平时作业 Peer Review Assignments	Peer Review of Summary Slide: Start Week 4 Submit the completed PDF worksheet to the Peer Review forum on BB BEFORE class starts Week 5 All other peer reviews will be done in class during weeks 9, 11, 13, and 15	10% * 5 Assignments, 2% each		
期中考试 Mid-Term Test				
期末考试 Final Exam				
期末报告 Final Presentation	Explanation of assignment and topic sign up Week 5 Various due dates depending on your topic selection. Check the schedule very carefully! You can find a detailed schedule in the Presentation folder on BB. You will present in class for peer feedback on your assigned day and then submit the screencast digital version of your presentation to BB before class starts the following week. Please submit an Mp4 file to the Presentation folder on BB.	30%		You must complete this assignment to receive a passing grade.
其它 (可根据需要 改写以上评估方式) Others (The above may be modified as necessary)				



20. 记分方式 GRADING SYSTEM

- A. 十三级等级制 Letter Grading
 B. 二级记分制 (通过/不通过) Pass/Fail Grading

课程审批 REVIEW AND APPROVAL

21. 本课程设置已经过以下责任人/委员会审议通过
This Course has been approved by the following person or committee of authority

Center for Language Education

