

Course Title	:	Cultivating an Attitude of Gratitude through Practicing Thankfulness in Service Learning
Course Code	:	CSL1025
Department	:	Early Childhood Education

Synopsis

This course introduces students the conception of Gratitude which is a feeling of thankfulness for benefits we have received. The course will look at the theoretical integration of gratitude and well-being from different perspectives. It has the specific focus on how gratitude can be cultivated deliberately to increase well-being and happiness along the pathway self, family and community. Students will practice the proven strategies of 'feeling thankful' and 'giving thanks' in different service learning activities which invite students to (1) focus on the unique 'gift' they have received; (2) model gratitude by showing thanks to others; (3) acknowledge gratitude by interviewing resilient people; (4) express gratitude by serving old people with health problems or in unfavorable conditions and young children with special needs. At the end of the course, students will reflect on the roots of a happy and meaningful life.