

<b>Course Title</b>	<b>:</b>	<b>Developing Positive Thinking through Reflection</b>
<b>Course Code</b>	<b>:</b>	<b>GEJ4016</b>
<b>Department</b>	<b>:</b>	<b>Curriculum and Instruction</b>

### **Synopsis**

Reflection has been part of our daily lives. It is a moment of explicit self-awareness and process of self-defining. We learn valuable lessons from experience. However, the process of journaling these experience can elicit both positive (e.g. joy, confidence) and negative emotions (e.g. regret, pain). According to the perspective of positive thinking, these experience are equally constructive if we face them with a positive attitude. Positive thinking is a mental attitude in which we expect good and favorable results. To think positively, we need to take control of our thoughts and change our negative thinking patterns. In this course, students will apply positive thinking in their reflections by using positive words, acknowledging negative thoughts, practicing positive affirmations and setting realistic goals. In order to look forward more positive, students need to know their current situations. Therefore, students will reflect critically on their past experience so as to understand (1) their personal strengths and limitations, (2) sources of protective factors and vulnerabilities, and (3) their habitual strategies of resilience. Holding the belief that life experience gives good opportunity for success, students will create optimistic, realistic and ethical plans to success at the final stage of reflection cycle.