

Course Title	:	Positive Emotions as Engines of Growth
Course Code	:	GEK1010
Department	:	Curriculum and Instruction

Synopsis

This course will help students gain a basic understanding of positive emotions--joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love--and will help equip students with scientifically-tested techniques for cultivating positive emotions in the context of one's personal as well as professional life. The role of positive emotions in personal growth and character development will be emphasized.