

Professor Jose Guntin
CLP1006 Personal Effectiveness

Topic: Experiencing Positive Emotions

Objectives: Assist students to explore theoretical perspectives regarding personal effectiveness by discovering the holistic nature of humankind including cognitive, emotional, social, spiritual, and physical influences.

Learning outcomes: Students will be provided with the opportunity to utilize critical thinking skill. They will also have the opportunity to gain insight and understanding about how natural systems function and recognize the interaction between humans and the environment.

Description: Students will be provided with the opportunity to explore the role of positive emotions and misconceptions about what leads to happiness. They will also be able to explore the possibility of enhancing wellbeing by creating opportunities to experience positive emotions.

1 – Lecture about what constitutes positive emotions, including happiness and definitions of happiness. Lecture will continue with a presentation of the hedonic treadmill, where we always want more and we easily adapt to fortunate circumstances.

2 – Students will be engaged in class discussion to identify and clarify misconceptions about what leads to happiness (i.e.: wealth, physical attractiveness, physical health, high intelligence) and exploration of alternatives to truly experience wellbeing by clearly defining happiness and finding meaning.

3 – Students will be taken to Deering Estate, where Charles Deering lived the last years of his life. During the immersion, students will learn about:

- a. The life of Charles Deering, a man who had it all, including two castles in Spain; a man who traveled the world and lived in luxury; a man who decided to build his last home in the woods. Although his mansion may be perceived as luxurious by some, Charles Deering was clearly simplifying his life and seeking nature.
- b. Edward O. Wilson's concept of **biophilia** – the urge to affiliate with other forms of life and nature.

4 – Students will write a reaction paper about their experience, their interpretation about why Charles Deering decided to build his last home in the wild, and their conclusions in terms of seeking meaning and experiencing positive emotions.