

The Penn Program for Flourishing



- Boost positivity and optimism in your life
- Become more resilient
- Create more meaning
- Discover your strengths
- Increase your well-being
- Learn to manage stress
- Manage relationships better

The Structure

- Length: 8 Week Program
When: 7:00pm – 8:30pm every Tuesday
Date: February 7, 2017 thru April 4, 2017
Where: Location TBA
Students: To ensure a meaningful experience, this program will be limited to a 20 person cohort. There is no cost to attend.
Registration: By Friday, January 27th, provide a brief introduction of yourself at <http://tinyurl.com/ju3nsrl>. Our program coordinators will then schedule an informal “meet and greet” session with you the week of January 30th.

For more information: visit
FB:/PennProgramforFlourishing/ or contact
PennProgram4Flourishing@gmail.com

The Program

This program is the first of its kind at Penn and available to all undergraduate students. Each session will be comprised of a brief lecture then meaningful exercises and activities, all grounded in applied scholarly research and practice in the positively psychology domain. The program offers a toolkit for thriving in school and life with ample opportunity to practice the lessons learned outside of class and in conjunction with graduate student mentors.

The Content

- Week 1: Models of well-being**
- Week 2: Positive Emotions**
- Week 3: Engagement**
- Week 4: Relationships**
- Week 5: Meaning & Purpose**
- Week 6: Achievement & Creativity**
- Week 7: Energy Management**
- Week 8: Resilience & Stress**