



# The Fundamentals of Human Flourishing

## Course Syllabus

### Course Description

In this professional development course, participants will embark on a comprehensive journey exploring the philosophy, science, and practices of human flourishing. Drawing from diverse disciplines such as psychology, neuroscience, philosophy, and sociology, this course is designed to equip professionals with the tools and insights necessary to enhance their well-being, foster positive work environments, and contribute to societal development. Through eight engaging modules, participants will learn to cultivate holistic success encompassing physical, psychological, and emotional health, in addition to professional achievement.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in human flourishing, focusing on well-being, emotional intelligence, and holistic success to foster positive learning and work environments.

### Course Objectives

At the end of this course you should be able to:

1. Define human flourishing and describe science-based approaches to promote wellbeing.
2. Learn how to find balance between happiness and life's inevitable setbacks.
3. Understand mindfulness and gratitude and find ways to incorporate them into your daily routine.
4. Understand the importance of prioritizing the basics: food, movement, and sleep.
5. Define emotional intelligence and understand the importance of self-awareness.
6. Develop the necessary skills to cultivate connections between individuals and at the community level.
7. Understand the criteria of being in a flow state and consider practices that lead to flow.
8. Apply the principles of human flourishing, using the tools gathered in this course, to your life.

### Modules

- Module 1: Introduction to Human Flourishing, Quiz 1
- Module 2: Happiness, Optimism, and Resilience, Quiz 2
- Module 3: Mindfulness and Gratitude, Quiz 3
- Module 4: Physical Wellbeing and Its Impact on Daily Functioning, Quiz 4
- Module 5: Emotional Intelligence and Self-Awareness, Quiz 5
- Module 6: Positive Relationships and Community Building, Quiz 6
- Module 7: Achieving Peak Performance and Mastering Flow, Quiz 7
- Module 8: Practical Application and Personal Flourishing Plan, Quiz 8

### Grading:



Each quiz must be passed at an 80% or higher (three attempts allowed).

### **Format**

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.