

Designing your happy life (Chair of Entrepreneurship and Innovation Management, Prof. Dr. Jan Kratzer)

Course Description					
Brief description:	Course Title: Designing your happy life				
	English: Designing your happy life				
Credit points (according to ECTS):	6	Workload (hours):	180	Room:	MAR 0.002
Person responsible for module:	Prof. Dr. Jan Kratzer				
Lecturer:	Karina Cagarman and guest lecturers				
Secretary:	H76 Mrs. Baakes	Phone:	030 314 28361	Fax.:	(030) 314 - 28362
Email:	entrepreneurship-TB-imes@win.tu-berlin.de		www.imes.tu-berlin.de		
Application:	Application period starts on April 6 th at 9am and the deadline ends at April 14 th at midnight. Please send an Email to Charleen (entrepreneurship-TB-imes@win.tu-berlin.de). Emails send prior to the time won't be counted. The course is limited to 25 places, first come first serve. Please write your first and second name, your study programme and your matriculation number (student ID) in the email.				

1. Qualification goals

Target group

The course is targeted at students on the master level in order to support them in their future career planning.

Course objective

The objective of the course is to provide students with basic knowledge about the theoretical concepts of happiness/positive psychology. Moreover, the course will provide students with the time to reflect on their own life and conceptualize a future.

The course is divided in two parts a theoretical and a practical part. The first session will lay out the theoretical basics of positive psychology. During the second session students will present concepts of happiness based on state-of-the-art ideas and research. The third session deals with reflection on the current situation of one owns life. The fourth session aims at developing future plans and collecting ideas for prototypes. Students will train their reflection skills by writing a reflection paper after each session and apply their theoretical knowledge by combining insights from theory and their own reflections in order to complete their personal and career portfolio.

Qualification goals

At the end of the semester, students who have successfully participated in this course should be able to:

1. Understand and explain the underlying concepts of happiness
2. Understand and explain what leads to happiness and its benefits
3. Systematically explore and critically evaluate scientific research studies and papers in the field of positive psychology/happiness
4. Apply high level reflection skills
5. Develop future plans based on values

*The Course conveys **predominantly the competence in** (stated in %):*

Subject:	<input checked="" type="checkbox"/>	30	Methods:	<input checked="" type="checkbox"/>	30	System:	<input checked="" type="checkbox"/>	10	Social:	<input checked="" type="checkbox"/>	30
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2. Course outline

1. Theoretical Background of happiness
 - 1.1. Principles of psychological wealth
 - 1.2. Measuring psychological wealth
 - 1.3. Advantages of happiness
 - 1.4. Causes of happiness and genuine wealth
2. Presentation on happiness related topics
3. Reflecting on the current situation based on coaching techniques
4. Developing scenarios for the future
5. Guest coming

3. Course segments

<i>Segment-Title</i>	<i>Type</i>	<i>SWS</i>	<i>Credit points (ECTS)</i>	<i>WP</i>	<i>Term(winter / summer)</i>
Designing your happy life	PJ	4	6	WP	SS

4. Description of teaching and studying

Each block will be taught in a workshop format including short input sessions, group work and individual reflections. The course is composed of different teaching formats.

5. Requirements of participation

a) compulsory:	No specific skills required
b) desirable:	<p>Willingness to reflect upon your life and develop future plans. (High level reflection skills)</p> <p>Willingness to take a creative approach to life design. (Creativity)</p> <p>Willingness to share ideas and support others with their life design. (Communication skills)</p>

6. Usability

According to the guidelines and options of the study and examination regulations of each degree program.

7. Work load and credit points

180hrs, 6 ECTS

8. Examination and grading

Presentation (30%)

5 reflection papers (30%)

A document with the current situation analysis and plans for the future including reports on life prototypes (40%)

9. Length of the course

The course can be finished within 1 semester.

10. Number of Participants

The number of participants is restricted to 25.

11. Registration

The registration for the examination has to be executed by the students according to the guidelines of examination and study regulations of each degree program.

12. Literature, scripts

Paper scripts?

Available from:

Electronical scripts?

Available on the
website:

Literature:

A current edition of the references, lecture notes, and time schedule will be provided each session.

13. Other Aspects

The course will be offered on the following days: 18./19., 25./26. May, 22./23. and 29./30. June. Please note that you have to be present at all dates. Time: 9-13:00 Location: MAR 0.002