

The Power of Joy: Finding Joy in Challenging Times

A PBS Adult Continuing Education Online Course
Open to All Interested Students
Appropriate for All Students

Dates & Times

Fridays 12-2pm EST

- Feb. 5, 12, 19, 26, Mar. 5, 12, 19, 2021



Course Information and Registration

- Class is held on the Zoom platform
- Tuition for full course is \$325
- All students receive a Certificate of Completion
- Register with credit card online:

<https://www.positivebehavior.org/adult-education.html>

See Reverse Side For Full Course Description

Questions?

AdultEd@positivebehavior.org

Course Description: The Power of Joy: Finding Joy in Challenging Times

What is joy? We know it when we experience it. How does joy help us to thrive- physically, mentally, and spiritually? What is the study of *Positive Psychology*? Topics to be covered include:

- Joy: Its definition & forms and why it is worthy of study
- Positive Psychology and its focus on individual and societal well-being
 - Understanding *flow*
 - How friendships and close relationships relate to the experience of joy
 - What science says about mental happiness and physical health and how they are connected
 - “Happiness boosters”
 - Gratitude, socializing, and exercise
 - The great outdoors
 - Breath deeply, use all your senses & befriend a bird
- What is spirituality and does it relate to joy?
- Is there a joy gene? Nature vs. Nurture
- What stress is and what Positive Psychology offers for handling stress
- How do marketers use joy to sell products

Your Instructor



Thomas Conklin is an educator who has been working in the field of education and human services for over 25 years. He has recently provided education and life skills instruction to individuals living in a residential school on Long Island. Tom loves to advocate for individuals trying to better their lives and truly enjoys promoting positive spirit amongst any group that he is a part of. Tom is very excited to teach an PBS ACE class on Joy, a lifelong interest of his. It is with great hope that any student joining this particular class will learn about Joy and the branch of psychology that concerns itself with enhancing positive

aspects of the human experience.

PBS Adult Education classes are taught using various instructional methods tailored to the specific needs of adult learners. Students will be encouraged to develop critical thinking, research and study skills, and utilize technology for learning and collaboration. All students benefit from being engaged with interesting material and collaborating with other students.