UNIVERSITY OF TORONTO
FACULTY OF APPLIED SCIENCE & ENGINEERING
Institute for Leadership Education in Engineering

Welcome to ILead

This course will transform the way you think about engineering leadership. It is part of a suite of programs offered by the Institute for Leadership Education in Engineering (ILead). Learn about other opportunities such as our certificate programs and special events at ilead.engineering.utoronto.ca. Our vision: *Engineers leading change to build a better world.*

APS 1026 The Happy Engineer (Positive Psychology for Engineers)
Professor Robin Sacks

Course Overview

This course offers a holistic look at happiness and wellbeing – challenging you to understand these concepts from both an academic perspective as well as how to foster them in your own life. The course is divided into four modules, each corresponding with a distinctly different approach to well being.

Module 1: Your Brain.
This part of the course focuses on the academic study of happiness from the following disciplines. We will be inviting professors and experts from across the university to guest lecture on areas of their expertise.
1. Ancient Western Philosophy: Aristippus, Epicurus, Diogenes, Plato and Aristotle
2. Eastern Religions: Buddhism, Hinduism, Taoism, Confucianism
3. Positive Psychology: Seligman, Csikszentmihalyi
4. Cognitive Science and Neurobiology: Frederickson, Hanson
5. Modern Philosophy: Frankel, Haidt
6. Anthropology: Bhutan, Politics of Happiness
7. Sociology and Pop Culture: Oprah, 7 Habits
8. Art: TBD
9. Film: TBD

Module 2: Your Mind.
Drawing from recent studies linking mindfulness to a variety of positive outcomes including stress reduction, health, and subjective well-being, this course will offer students many opportunities to practice a variety of types of contemplative practice including mindfulness based stress reduction, visualization techniques, tai-chi, walking meditation, laughter meditation and breath-work.

Module 3: Your Body
Physical exercise is good for you. There will be a physical health component to this course that asks you to correlate your physical exercise with your mental and emotional states, your energy level and other measures of well-being.

Module 4: Your Spirit
This part of the course is about self-exploration in the pursuit of wisdom. (For the purpose of this course I'm defining wisdom as deep, personal guiding insight.)
You may choose from one of three pursuits:
- Service learning
- Creative self-expression
- Passionate innovation

Course Reading List (subject to modification)
- Sterman, All models are wrong: Reflections on becoming a systems scientist. Systems Dynamics Review. 18(4) pp.501-531.
- Argyris, C. (1991) Teaching smart people how to learn. Harvard Business Review. May-June 1991. pp. 99-109.
- Dweck, C. (2008). Can personality be changed? The role of beliefs in personality and change. Current Directions in Psychological Science. 17(6) pp. 391-394.
- Seligman, M. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*.
- Csikszentmihalyi, M. (1990). *Flow: The Psychology of Optimal Experience*. New York: Harper and Row.
- Fredrickson, B. (2013). *Love 2.0*. New York: Hudson Street Press.
- Haidt, J. (2006). *The Happiness Hypothesis*. Basic Books.
- Covey, S. (1989). *The 7 Habits of Highly Effective People*. Free Press.
- Bok, D. (2010). *The Politics of Happiness: What Government Can Learn from the New Research on Well-Being*. New Jersey: Princeton University Press.
- Frankl, V. (1946) *Man's Search for Meaning*. Boston: Beacon Press.
- Hanson, R. (2009). *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*. Oakland: New Harbinger Publications.
- Tan, C.M.(2012). *Search inside yourself: The unexpected path to achieving success, happiness and world peace*. New York: Harper One.

Assignments

1. 3 Personal Reflection Papers (one each on Modules 2, 3, & 4)
2. Midterm Exam based on Module 1 Content
3. Final Exam

Grading Scheme

- Attendance & Engagement   20%
- Personal Reflection Papers   30%
- Midterm "Exam"   25%

- Final "Exam"   25%

Final Exam:
Choose your own adventure: Engineer an adventure for yourself that will push you outside your comfort zone. Learn as you go – make the meta-adventure iterative such that your insights in any given moment can deepen future insights, inspire more and more daring versions of your adventure.