

## **Teach Positive Psychology in the Metropolitan University.**

### **Experiences**

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### **ABSTRACT**

At the same like Martin Seligman in 1998 we decided to teach an undergraduate seminar in Positive Psychology last semester. We also designed and teach a seminar for the professors and the administrative employers. We incorporate different topics from positive psychology: the history and focus of positive psychology, values and strengths, flow, resilience, positive emotions, optimism, happiness, forgiveness and gratitude.

For texts, we start with the Read of The book Authentic Happiness from Martin Seligman, Strengths and values from Peterson y Seligman. Then we read a lot of articles about deferent's topics form positive psychology written be English and Spanish writers like Mihaly Csikszentmihalyi's *Flow*, Barbara Frederickson *Positive Emotions* and Beatriz Vera Posek *Psicología Positiva* .

All students self- evaluate and did essays about the uses of their strengths in different context and their experiences of flow and resilience, read and discuss about all the concepts, wrote diaries with their positive emotions.

One of the most important experiences for the students of all ages (undergraduate, professors and administrative employers) was the activity of forgiveness. We ear a lot of beautiful stories about the progress in the different steps of forgiveness.

At the end of the courses all participants reported changes in their behaviors, believes, health habits, routines and general well being.