

## The Pursuit of Happiness: A Classroom Curriculum

By Robin Blackwood



#### The Pursuit of Happiness: A Classroom Curriculum By Robin Blackwood

The Pursuit of Happiness curriculum, which consists of the Teacher's Guide, the Journey Workbook, and Too Soon Old, Too Late Smart by best-selling author Gordon Livingston, is built on the premises of positive psychology and that being able to recognize desirable/undesirable attributes and making good decisions about the people we bring into our lives is central to the pursuit of happiness. Using Too Soon Old, Too Late Smart as the text, the course takes a close look at personality and behavior and how these play out in our lives in general and our relationships in particular. The comprehensive and user-friendly Teacher's Guide could also be called "Learner's Guide" because, really, anyone can use it. It consists of lessons built on points for discussion and note-taking/reflection, home-practice assignments with real-life samples, creative projects, role-playing exercises and group activities, pop quizzes with answer keys, course handouts, suggestions for guest speakers and movies, checklists to facilitate organization, a final exam and sample, and pages for future reflection. The curriculum allows for flexibility and can be modified to meet your individual needs and goals; it is a solid framework for either a classroom setting or a self-directed learning experience.



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