

By

CHAMINADE UNIVERSITY PRESENTS:

THE PSYCHOLOGY OF HUMOR & LAUGHTER
(PSY 480 - 3 CREDITS)

DATES: 11 January to 24 March 1999
MEETINGS: SCHOFIELD BARRACKS M 5:30-9:30

INSTRUCTOR:
KEN BURTNES
655-2256/638-7497

DESCRIPTION and REQUIREMENTS:

A Mutual exploration of Humor & Laughter conducted along the lines of a graduate seminar. Class members will be expected to reach beyond current knowledge boundaries by study, insight and discussion. The class will also be challenged to keep their perspective on humor, and to further develop their appreciation of humor as well as their sense of it.

TEXTS:

Anatomy of an Illness
by Norman Cousins

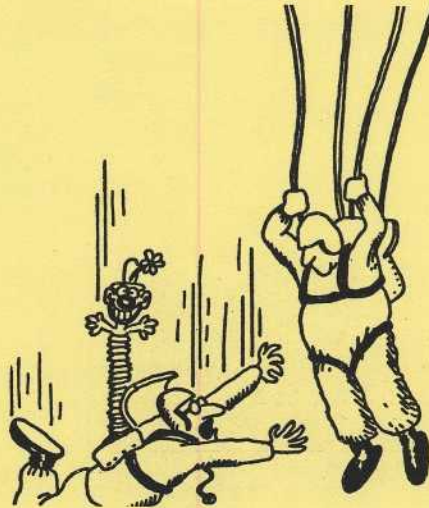
Health, Healing and
The Amuse System
By Paul McGhee

Humor & Laughter
Readings
compiled by
Kenneth Burtness

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GRADING: 100 points

TWO TOPIC PAPERS (20 points each)

typewritten, 5-8 pages, double-spaced

ONE HUMOROUS PRESENTATION (20 points)

5 minutes minimum with a written script

SEVEN QUIZES (30 points total)

multiple choice on readings

HOMEWORK (4 points) **VIDEO NIGHTS** (3 @)

ATTENDANCE => 2 Extra Credit Points (Missed class -1; Missed 1/2 class - 1/2)

PURPOSE:

To study the role of humor and laughter in our lives - what it can tell us about ourselves, how it affects our interpersonal relationships, how it can be a positive or negative force for us.

CLASS SYLLABUS

<i>DATE</i>	<i>TOPIC</i>	<i>READING</i>
1) Mon 11 Jan 99	Class Introduction: Our First Laugh	Homework (PreTest) DUE NEXT CLASS
Mon 18 Jan 99	Martin Luther King Day	Laugh at least Once On your day off
2) Mon 25 Jan 99	Humor and Physical Health (Quiz 1)	McGHEE: CH 1 COUSINS: INTRO
3) Mon 01 Feb 99	Humor and Mental/Emotional Health (Quiz 2) Video Night # 1	Lefcourt & Levine Handouts COUSINS: 1 & 2 McGHEE: CH 2
4) Mon 08 Feb 99	Health & Laughter (Quiz 3) TOPIC PAPER ONE DUE	Peter Handouts COUSINS: 3 & 4 McGHEE: STEP 1
Mon 15 Feb 99	Discoverers' Day	Discover at least One Funny Thing this day
5) Mon 22 Feb 99	Humor as a Moderator of Life Stress (Quiz 4) Video Night #2	Lefcourt Handouts COUSINS: 5 & 6 McGHEE: STEP 2
6) Mon 01 Mar 99	Humor & Communications & Persuasion (Quiz 5) TOPIC PAPER TWO DUE	Peter & Pickens Handouts McGHEE: STEP 3 & 4
7) 2 Mar – 5 Mar 99	Web Site Humor Welcome to the 21 st Century	Booting and Surfing Time
8) Mon 08 Mar 99	Developing a Sense of Humor (Quiz 6)	McGhee Handout McGHEE: STEP 5 & 6
9) Mon 15 Mar 99	"Doing" Humor (Quiz 7) CLASSROOM PRESENTATIONS	Kaplan & Peter Handouts McGHEE: STEP 7 & 8
10) Mon 22 Mar 99	Leave Taking & Feedback	

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"As you go through life, Billy, remember—a moving target is hard to hit."

