

COPING WITH FAILURE

Dr Lisa Law
Spring Semester
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Short description:

In alignment with global entrepreneurial and academic trends, this course will focus on coping with and learning from failure. Using case studies and psychological research to gain deeper insight to the process and outcome of failures, the course will consider failure as a natural inevitability leading to growth and development. The course will combine a mix of didactic teaching of psychological theory and research with experiential exercises and technique development, in order to understand the intimate relationship between failure and success and to develop tools to manage inevitable hurdles. Using theoretical and practical ideas from the psychology of wellbeing, the course will culminate in developing the essential life principles of resilience and grit.

The psychological theories covered in the course will include ideas from: Carol Dweck's work on Growth Mindsights; Brene Brown's work on vulnerability and shame; AEDP's (Accelerated Experiential Dynamic Psychotherapy) teaching of the bearing of uncomfortable emotion; Attribution theory explanations of behaviour; CBT (Cognitive Behavioural Therapy) anxiety management techniques; contemporary models of stress and Buddhist psychotherapy principles of acceptance and mindfulness.

Assessment:

Midterm:

Group presentation – 50%

Final requirement:

Paper – 50%

Attendance:

Attendance is mandatory. Students are permitted a maximum of three unexcused absences without penalty. Any additional absences will affect the final grade and may result in failure of the course.

Academic conduct:

Plagiarism is taken extremely seriously. Any instance of academic misconduct which includes: submitting someone else's work as your own; failure to accurately cite sources; taking words from another source without using quotation marks; submission of work for which you have previously received credit; working in a group for individual assignments; using unauthorized materials in an exam and sharing your work with other students, will result in failure of the assignment and will likely lead to further disciplinary measures.