



Application for Professional Development Grant in Internationalization



*Brought to you by the Internationalization Steering Committee (ISC),
part of the Internationalization Initiative at PCC*

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(number that will work during campus closure)

Check one: FT faculty X PT faculty

1. Title of project:

Three Theories of Happiness and Well-Being from Tibet and China.

2. Description of project (about 200-500 words).

This grant project proposes to create 15-20 pages of text and three video stories on three important psychological and philosophical theories of happiness and well-being that originated in China or Tibet. The videos and text will be added to an OER textbook chapter on happiness and well-being. Here is a link to the existing OER chapter:

<https://pdx.pressbooks.pub/humanrelations/chapter/82/>

The videos at the end of the above chapter were created and added by me and the text was edited by me and adapted from existing OER textbooks. This chapter is currently available as an OER chapter on happiness and well-being and is in use at PCC and PSU and other colleges across multiple classes. Classes taught at PCC all have specific learning outcomes related to teaching students about happiness and well-being. Psy 214 outcomes address “applying theoretical and research-based explanations for human behavior in order to successfully negotiate the challenges of daily living”. Psy 202A outcomes address “analyzing personal lifestyle and applying problem-solving techniques”. Psy 101 course outcomes focus on “knowledge of culturally diverse practices to increase sensitivity and competence”. In consultation with my PCC colleagues, we realize there are few open resources texts for these classes representing viewpoints on happiness and well-being concepts from Asian countries such as China or Tibet.

This project proposes to create three videos of personal student stories that each represent an example of a theory on happiness and well-being from China or Tibet and add the videos to the OER chapter listed above. I will then add 15-20 pages of text to the chapter that elucidate the theories discussed in the interviews. The interviews ground the text and theory in real-life student experiences. The interviews planned include an interview with a current Dalai Lama scholar student who is studying at Portland State University. This graduate student will explain Tibetan Buddhism perspectives on happiness through a storytelling format. A second video will be with a student working with the Confucius

Institute at Portland State University, whom will share stories related to Confucian views on happiness and well-being. The third interview will be with a student living in China working in a center for Taoist teachings, who will explain Taoist views on happiness and well-being. The videos and text will be integrated in to the OER textbook listed above, and the entire chapter is available as an open education resource. The stories and interviews and text will be carefully prepared and edited professionally.

My hope is this project will merit the full award of \$1000 as the project will require considerable coordination and effort. Thank you.

3. Please provide a brief answer to each of the following:

a. What is it you hope to gain from completing this project? How will it benefit your students?

Students need experiences they can relate to. I think this resource creates grounded and relevant interviews from international students on theories of happiness and well-being. The information gives students something they can relate to and gives them more understanding of international viewpoints on important issues related to well-being and happiness. Having text and videos together works well for student learning.

b. Is this project replicable? (preference will be given to projects that can be used in more than one course or by more than one instructor). Please explain.

Yes, as explained above, the project chapter can be used across multiple classes at PCC and elsewhere, and can be used by multiple instructors for different classes. It is published as an open educational resource.

c. How would you be able to share what you have done with other faculty at PCC?

The psychology department at Sylvania and other campuses have email groups, faculty meetings, and also spreadsheets that track and update what open resources instructors are using. There is a big emphasis on sharing open resources. This chapter is likely to be adapted by various instructors across multiple psychology classes. I will also share the updates with <https://www.cccoer.org/> the community college consortium for OER resources, and other open resource sites such as openoregon.org.

d. Is there anything in your background or experience that will help you to accomplish this project?

My spouse is from Tibet and speaks Tibetan and Mandarin, and can help me develop these interviews and translate the interviews as needed. I run a yearly trip to China and Tibet, studying happiness and well-being. The trip is sponsored through Portland State Education Abroad. I teach the Psychology of Happiness & Well-Being for Portland State and will teach two sections of it in summer 2020 and will have visiting lecturers in the class from China and Tibet. I am in the process of developing this same class for PCC in collaboration with the psychology department subject area committee. I have worked in China the past five years as a visiting scholar to the House of I, a Taoist based holistic center. I am a founding member of the Holistic Gathering Centers and attend their yearly meetings in China and elsewhere and can utilize resources and people from this international worldwide group to help me develop these interviews and writings and continue to update and add to them.