THEWELLBEINGLAB | CERTIFICATE IN APPLIED *positive* PSYCHOLOGY

REQUIREMENTS FOR GRADUATION

To successfully graduate from The Certificate in Applied Positive Psychology (CAPP), participants must attend 70% of class sessions live, watch video recordings to make up sessions missed, and complete the following Personal Wellbeing Challenges and Pay It Forward Community Challenges:

	PERSONAL WELLBEING CHALLENGES	STATUS	COMMUNITY PAY IT FORWARD CHALLENGES	STATUS
MONTH 1: MAY	• **Apply:** Tiny Health Habit • **Reflect:** Learning Loop on Health Habit		• **Take:** PERMAH Survey • **Apply:** Debrief survey results with learning partner	
	• **Read:** Chapters 1 and 7 • **Start:** PERMAH DIY Library & Quiz		• **Bonus:** Fill out your Portal Profile and get to know classmates	
MONTH 2: JUNE	• **Finish** PERMAH DIY Library & Quiz • **Journal:** Me at My Best Exercise (Due in class June 21)		• **Ask:** 20 People to take Survey In Community • **Apply:** Debrief survey with at least one person • **Reflect:** Learning Loop on Debrief	
	• **Read:** Chapter 4 • **Review:** Playbooks		• **Bonus:** Make Intentional Deposits in Relationships	
MONTH 3: JULY	• **Apply:** Job or Task Crafting Exercise • **Journal:** Best Possible Future Self (Due in class July 26)		• **Apply:** Create a Family Tree of Strengths at Home or Work, Friend Group or Book Club • **Reflect:** Learning Loop on Strengths Tree Exercise	
	• **Read:** Chapter 3 • **Review:** Playbooks		• **Bonus:** Be a Strengths Spotter in the Community	

	PERSONAL WELLBEING CHALLENGES	STATUS	REQUIREMENT	STATUS
MONTH 4: AUGUST	• **Apply:** Grit Map • **Take:** Meaning Survey (Due in class August 16)		• **Apply:** Host an appreciative We Wellbeing Conversation • **Reflect:** Learning Loop on We Wellbeing Conversation	
	• **Read:** Chapter 6		• Bonus: Experiment with Wellbeing Conversations in More than One Part of your Life	
MONTH 5: SEPTEMBER	• **Apply:** Tiny Positivity Habit • **Reflect:** Learning Loop on Positivity Habit • **Journal:** Best Reflected Self Exercise (Due in class September 16)		• **Apply:** Create an authentic Jolt of Joy for a group you are part of • **Reflect:** Learning Loop on Jolt of Joy	
	• **Read:** Chapter 2 • **Review:** Playbooks		• **Reflect:** Impact Project Draft Plan & Prototype (Due in class September 16)	
MONTH 6-8: OCTOBER, NOVEMBER, DECEMBER	• **Apply:** Practice Giving and Asking for Feedback • **Reflect:** Course Progress Reports/ Self Evaluation (Due by October 25)		• **Apply:** Execute Impact Project • **Reflect:** Learning Loop & Final Submission Report (Due: Wed., Dec. 6)	
	• **Read:** Chapter 5 • **Review:** Playbooks • **Review:** Course Requirements Have Been Met		• **Reflect:** Final Course Evaluation (Due: Wed., Dec. 6)	

As this is an adult education experience, participants will remain active in tracking and evaluating their own learning. If you have any questions or concerns about the graduation requirements, please reach out to your course instructor.