Assumption University
Theodore Maris School of Arts
Department of General Education
Course Outline 2/2026

Course: **GE 2210 Love and Art of Living**

Credit : 3

Status **General Education (Free Elective)**

Prerequisite: **None**

Lecturer : A. Piyanan Sarobol

Course Description: Self-exploration, understanding ways to improve self-esteem, analyzing real-life problems, conflicts, and stress, breaking bad habits, the power of positive thinking, designing plans to live a happy life

Course Objectives: The course aims to enable students to

1. understand and appreciate the value of themselves and their life to live happier lives.
2. know how to improve their self-esteem.
3. build positive attitudes towards themselves and others.

Teaching-Learning Activities:

1. Lectures
2. Case Study
3. Short Motivational and Inspirational Clips
4. Individual Reflection Project - “Who am I ?: A Self-reflection Video”
5. Term Project- “Learning Journey Reflection Video”
6. Group Project – “Social Emotional Learning (SEL) Video”
7. Each member's contribution to the group's performance

Course Components and Mark Allocation:

1. Attendance	10%
2. Term Project	10%
3. Active Learning:	
Each member's contribution to the group's performance achievement	10%
4. Individual Project	15%
5. Group Project	15%
6. Class Assignments	10%
7. Final Exam	30%
Total	**100%**

Class Requirement:

1. Attendance in all classes is required to be at least 80%. Your class participation will be factored into your attendance grade. Students are expected to attend regularly and actively engage in learning activities throughout the entire session. Please note that an unexcused absence will result in a **one-point** deduction from your attendance grade.

2. To create a pleasant learning environment, please remember to mute your microphone when you are not speaking, as this helps to minimize distractions for others.

3. Additionally, students are expected to dress appropriately for class.

Remarks: Dress code for attending class and obtaining class attendance:

To obtain permission to attend classes and be granted class attendance, undergraduate students must strictly comply with permissible classroom entry time stipulated in the provided course syllabus and the university dress codes. Ref: Assumption University of Thailand Regulations of Uniform and Dress Code for Day Program Students, issued on January 22, 2021(https://sa.au.edu/)

Evaluation:

80% - 100%	=	A
78% - 79%	=	A-
73% - 77%	=	B+
70% - 72%	=	B
68% - 69%	=	B-
63% - 67%	=	C+
60% - 62%	=	C
58% - 59%	=	C-
50% - 57%	=	D
< 50%	=	W

Textbook :
Viriyasirimongkol, Siriroj, Bro. (2015). *Toward A Richer Life*. Bangkok: Assumption University Press.

References:
Becker, E., (1962) The Denial of Death; The Free Press, New York (1971 ed.).
----. , (1964) The Revolution in Psychiatry; The Free Press, New York (1974 ed.).
____ ., (1968) The Structure of Evil; The Free Press, New York (1976 ed.).
____ ., (1969) Angel in Armor; The Free Press, New York (1975 ed.).
____ ., (1971) The Birth and Death of Meaning; The Free Press, New York.
____ ., (1975) Escape From Evil; The Free Press, New York.
Branden, N., (1972) The Psychology of Self-Esteem; Bantam Books, New York.
Brown, N., (1959) Life against Death; Wesleyan University, Connecticut.
Buber, M., (1973) Between Man and Man; The Fontana Press, London.
Camus, A., (1942) The Myth of Sisyphus; Penguin Books, London (1981 ed.).
Crowe and Doran (eds)., (1992) Insight; The Collected Works of Lonergan Vol. 3, University of Toronto Press, Toronto.185
Fromm, E., (1957) The Art of Loving; Unwin Paperbacks, London (1984 ed.).
Kafka, F., (1952) The Trial; (trans) Will and Edwin Muir, Penguin Books, London (1976 ed.).
Kolenda, K., (1982) Philosophy of Literature; The Macmillan Press Ltd., London.
Lonergan, B., (1972) Method in Theology; University of Toronto Press, Toronto (1996 ed.).
Maslow, A., (1987) Motivation and Personality; Harper
Collins, New York.
Sartre, J. P., (1951) Being and Nothingness; Penguin Books, New York (1966 ed.).
Shukla, Ajay. (2005). The 4-lane expressway to stress management: how to conquer stress bodily, emotionally, intellectually, and spiritually. Unicorn Books.
Turkington, Carol A. (1998). Stress management: for busy people. McGraw-Hill.
Weber, Ann L. (1991). Introduction to psychology. Harper Perennial.

Study Plan and Schedule:

Week	Topic(s)
1	**Ice Breaker Activities** -Birthday Lineup -The observation game
	Chapter 1: Self-discovery - Self Introduction -Understand oneself - The importance of self-discovery
2	**Chapter 2: Reflections on The Meaning of My Life** - Is there anything that can be my all? - Is my life satisfying? -Has life any meaning?
	Chapter 3: **Myself and Please hear what I am not saying** Understanding the reality that I am
3	**Chapter 4: Defense Mechanisms** -Different types of Defense mechanisms
	Chapter 5: The Negative Side of Being with Man - No exit
4	**Chapter 6: The Other Side of Sexual Love** -The cycle of love, desire, hate
	Chapter 7: The Struggle to Be ME -The Process of losing me
5	**Chapter 8: Self-esteem** - What is self-esteem? - Why is self-esteem essential to living a good life? - Characteristics of a high- and low-self-esteem person - How high is my self-esteem?
	Chapter 8: Self-esteem (to be continued) - How to improve self-esteem - Planning for the improvement of self-esteem
6	**Chapter 9: Dealing with Reality** -Partialization
	Chapter 10: Coping with Stress -Coping Strategies
7.	**Chapter 11: To Lead an Authentic Life- To Be Fully Human and Fully Alive** -The Ultimate Dream
	Term Project Planning Discussion and Individual Project Presentation
8.	**Individual Project**- Presentation (to be continued) Date of submission: **Dec 14 and Dec 16, 2026**
	Group Project- Presentation Date of submission: **Dec 21, 2026**
	Group Project- Presentation_(Continued) Date of submission: **Dec 23, 2026**

----------NO MIDTERM EXAMINATION----------

****Check and confirm the examination date and time with the registrar's notice again before the examination period.****

Week	
9.	**Chapter 12: How to make friends** - Seek to understand and to be understood
	Chapter 13: How to Build Teamwork - How to work well with others
10.	**Chapter 14: How to Deal with Difficult People** -Types of difficult people
	Chapter 15: Setting Suitable Goals -S.M.A.R.T goal setting
11.	**Chapter 16: Different Concepts Related to Action and Meaning** -Perception -Constitution of Objects - Creation of Time
	Chapter 16: Different Concepts Related to Action and Meaning (to be continued) -Different Concepts of Time
12.	**Chapter 17: Touch** **-**Loving touch affirms and confirms the person
	Chapter 18: Learning to Unlearn -The process of becoming myself -Roles of Parents
13.	**Chapter 19: Unconditional Love** **-**The most excellent harvest of love: an abundance of meaning
	Chapter 20: Triangular Theory of Love Types of Love: Combinations of Intimacy, passion, and commitment
14.	**Term Project Presentation**- Preview and Suggestions
	Term Project Presentation- Date of submission: **February 15 and 17, 2027**
15.	**Class - Final Review**
	Sharing feelings for the last day of class

----------FINAL EXAMINATION----------
Date: 15/03/2027 and Time: 09.00- 12.00 hrs.

*****************Check and confirm the examination date and time with the registrar's notice again before the examination period*****

February 19, 2027: Last day to withdraw with "W"

*************Check and confirm the Last day to withdraw with "W" at AU Spark**

LOCATION AND CONTACT INFORMATION

GENERAL EDUCATION (GE) office hours are Monday through Friday, 8.30 a.m. – 16.30 p.m.

Office Location: CL10

Phone: 02-7832222 Ext.2485

- engaged in the pursuit of Truth and Knowledge,
- serving human society, primarily through the creative use of interdisciplinary approaches and cyber technology.

ENVISIONING Au GRADUATES

The Assumption University of Thailand envisions its graduates as:

- healthy and open-minded persons, characterized by personal integrity, an independent mind, and positive thinking,
- professionally competent, willing to exercise responsible leadership for economic progress in a just society,

- able to communicate effectively with people from other nations and participate in globalization.

Au UNIQUENESS
"An International Catholic University"

Au IDENTITY

- Ethics
- English Proficiency
- Entrepreneurial Spirit

THEODORE MARIA SCHOOL OF ARTS
(www.arts.au.edu)
VISION AND MISSION
Au VISION 2000

Assumption University of Thailand envisions itself as:

- an international community of scholars,
- enlivened by Christian inspiration,
- engaged in the pursuit of Truth and Knowledge,
- serving human society, especially through the creative use of interdisciplinary approaches and cyber technology.

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- professionally competent, willing to exercise responsible leadership for economic progress in a just society,
- able to communicate effectively with people from other nations and to participate in globalization.

AU MISSION

Assumption University, an International Catholic University, is committed to be the light that leads learners and its stakeholders from all parts of the world towards wisdom, Truth, and Christian values and to discover "Treasure Within" themselves. Via effective teaching and research pedagogies of international standards as well as community engagement, the University aims to form individuals to be intellectually competent, morally sound, and spiritually enriching, accountable, righteous, and service-minded citizens; excelling in serving communities comprising of diverse cultures.

Au UNIQUENESS
"An International Catholic University"

Au IDENTITY

- Ethics
- English Proficiency
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THEODORE MARIA SCHOOL OF ARTS
(www.arts.au.edu)
VISION AND MISSION

Vision

An international community of business communicators in Thailand

Mission

Theodore Maria School of Arts will ensure that: the School will…
1. Enhance business language skills
2. Promote cultural awareness
3. Foster academic networking
4. Encourage ethical standards and practices

TAGLINE

เติมเต็มศิลป์ภาษา พัฒนาศาสตร์ธุรกิจ

Language Education, Business Inspiration

ARTS ORGANIZATIONAL CULTURE: More than faculty, we are family

- Open communication
- Mentoring system
- Dedication
- Caring
- Teamwork
- Commitment
- Resource sharing

Core Values

A = Adaptability
R = Responsibility
T = Togetherness
S = Sustainability

Core Competencies

Employability
Multiculturalism
Internationalization

Quality Assurance Process

Students should understand and apply the Quality Assurance Process in their study. The Plan-Do-Check-Act Cycle (PDCA) provides an easy but effective approach for problem solving and managing change, ensuring that ideas are appropriately tested before the full implementation. It can be used in all sorts of situations and can be clarified as follows:

Plan: Define the current problem, process, and issue and establish objectives and processes required to deliver the desired results.
Do: Implement the plans and new processes developed.
Check: Monitor and evaluate the implemented process by testing the results against the predetermined objectives.
Act: Apply actions necessary for improvement if the results require changes.

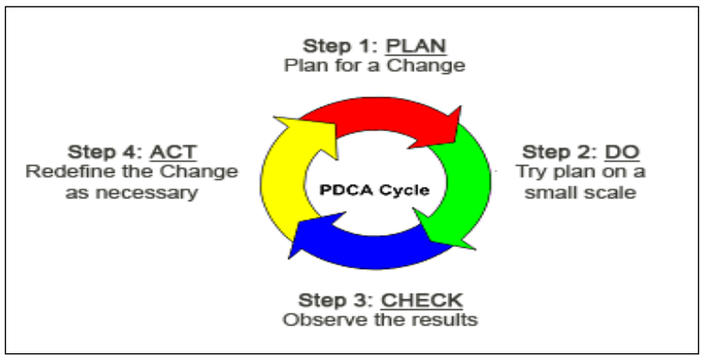


Figure 1: PDCA Cycle (http://www.swopehealth.org)

Plagiarism

Plagiarism is a serious academic offence, a serious breach of ethical conduct and is unacceptable student behavior. Students who plagiarize copying words or ideas without acknowledging the original writer of the words or ideas, will face disciplinary action. This will range from receiving an “F” in the subject to university suspension.