



Improv theatre for character strengths

PSY3383: Improv(e) your soft skills

Through different methods of improvisational theatre, students will playfully develop a positive, open, and curious attitude, learn acceptance for ambiguous or uncertain situations, and gain trust in oneself and others, thereby promoting spontaneity, flexibility, creativity and problem-solving.

Activity type

Group activity.

Activity duration/study load

Six 1-hour tutorials + two 3-hour sessions/5ECTS.

Intended learning outcomes

- Students are able to trust in themselves and their competencies;
- Students develop an accepting, non-judgmental and open-minded attitude;
- Students can spontaneously and flexibly react to unforeseen situations;
- Students stay calm and confident in the face of uncertainty or failure;
- Students can constructively promote their point of view against resistance;
- Students can creatively and constructively solve problems and conflict.

GCEd elements

Self-reflection, emotion regulation, empathy, perspective-taking, resilience, courage, active listening, conflict resolution, change agency, serenity, respect, curiosity, commitment to inclusion, trust, complex problem solving.

Teacher preparation

Teacher prepares introductory and the two final meetings (short input, discussions, reflection exercises). The teacher will need to find an expert in improv theatre or be an expert on the topic.

Student preparation

In meetings 2 to 5, groups of up to four students prepare a short presentation on a basic concept from provided literature, a case study (similar to PBL), and a practical exercise in which the other students truly experience the phenomena that are covered in the tutorial's literature.

The student facilitators can choose any format they like and make use of any additional resources they want. They may also assign other students with preparatory tasks. Fellow students should prepare for the tutorial by reading at least four suggested papers.

Flow

Seven tutorial group meetings guided by students, experts or teachers cover seven topics: introduction to improvisational theatre; self-esteem and self-compassion; authenticity; trust, empathy and collaboration; conflict management and creativity; reflection and transfer into daily life. In between, an improv expert hosts a 4-hour improv session twice.

Assessment

Facilitation of a tutorial session (25% of the final grade; one grade per group) and final reflection paper including a description of their personal growth experiences and a positive psychological intervention that should sustain or enhance the skills acquired in this course.

(75% of the final grade; individual grade)