



## Global Massive Open Online Challenge (GMOOC) 2023 Positive Psychology Online Challenge Program

### 1. Introduction

Welcome to the Global MOOC and Online Education Alliance (GMA) Program! GMA members are world-leading universities and platforms from across the globe. GMA is initiated by Tsinghua University (also elected as the inaugural chair institution and where the secretariat is based) and co-founded by 20 institutions.

The Global Massive Open Online Challenge (GMOOC), launched in 2021 by the Global MOOC and Online Education Alliance, is a non-profit international competition requiring large-scale creativity, openness, and cooperation. Students will learn about a domain through MOOCs and work synchronously in teams across countries to create solutions to real-world challenges in this domain. This process is what we call "challenge-based learning," which helps encourage students to step out of textbooks, face real problems, and try to solve real problems through teamwork and creative thinking. Through challenge-based learning, our wish is to build an open community that connects learners from all over the world, provide resources and communication platforms for learners using open-source technology, and work together to solve global challenges.

GMOOC 2023, to be held in April, is themed on positive psychology, as the importance of students' mental health has risen significantly in the post-pandemic era. With the rise of the Internet and the rapid development of information technology, online mental health education may play an increasingly important role in the future.

Through GMOOC, we will offer high-quality and intensively communicative online learning resources from Tsinghua University and a strong team of mentors from the University of Pennsylvania for students to gain knowledge of positive psychology, communicate with their peers from all over the world, and incubate their own innovative solutions to bravely take a small step towards changing the world.

### 2. Process

**2.1 Recruitment.** Please go to the following link (or the appendix 1) and fill out the registration form before March 31, 2023. After we receive your registration, a confirmation email will follow soon. <https://www.wjx.top/vm/m920TRx.aspx#>

**2.2 Self-paced MOOC Learning.** We will send you the link to the MOOC on positive psychology. This online course contains eight 1-hour lectures taught by Prof. Kaiping Peng, Dean of the School of Social Sciences at Tsinghua University, and Dr. Yukun Zhao, Secretary-General of the Center for Positive Psychology Research of the School of Social Sciences at Tsinghua University. **This part is self-paced and will not be tested in the following sections as the students' integrity will be fully convinced.**

**2.3 Synchronized learning.** Students will meet with peers and mentors from the University of Pennsylvania online, and then collaborate in groups to incubate their innovative solutions to changing the world through the power of positive psychology. The mentors will instruct the students in self-thinking and team building, provide



guidance and advice on your innovative solutions, and provide training on presentations.

### **3. What will students receive?**

**All participants completing 2.1–2.3 (recruitment, self-paced MOOC learning, and challenge) will receive a certificate of completion** issued by the Global MOOC and Online Education Alliance and the Center for Positive Psychology Research of the School of Social Sciences at Tsinghua University.

Based on the performance and final presentation, the mentors will select five outstanding teams. Their innovative solution will be edited by the organizing team into an e-portfolio in commemoration of the journey of GMOOC 2023 and as a contributory output. Each outstanding team will also have opportunities to be invited to other events of the Global MOOC and Online Education Alliance, e.g., to present their project at the Online Education Dialogue.

**Besides, outstanding students may receive letters of recommendation from their mentors.**

### **4. Schedule**

- March 1st - March 31st, registration
- April 1st-April 5th, self-paced MOOC learning
- April 6th to 19th, Synchronized learning

### **5. Others**

If you have any questions, please feel free to contact us at [ningxx@tsinghua.edu.cn](mailto:ningxx@tsinghua.edu.cn).

Global MOOC and Online Education Alliance  
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## Appendix 1: QR code for Registration

