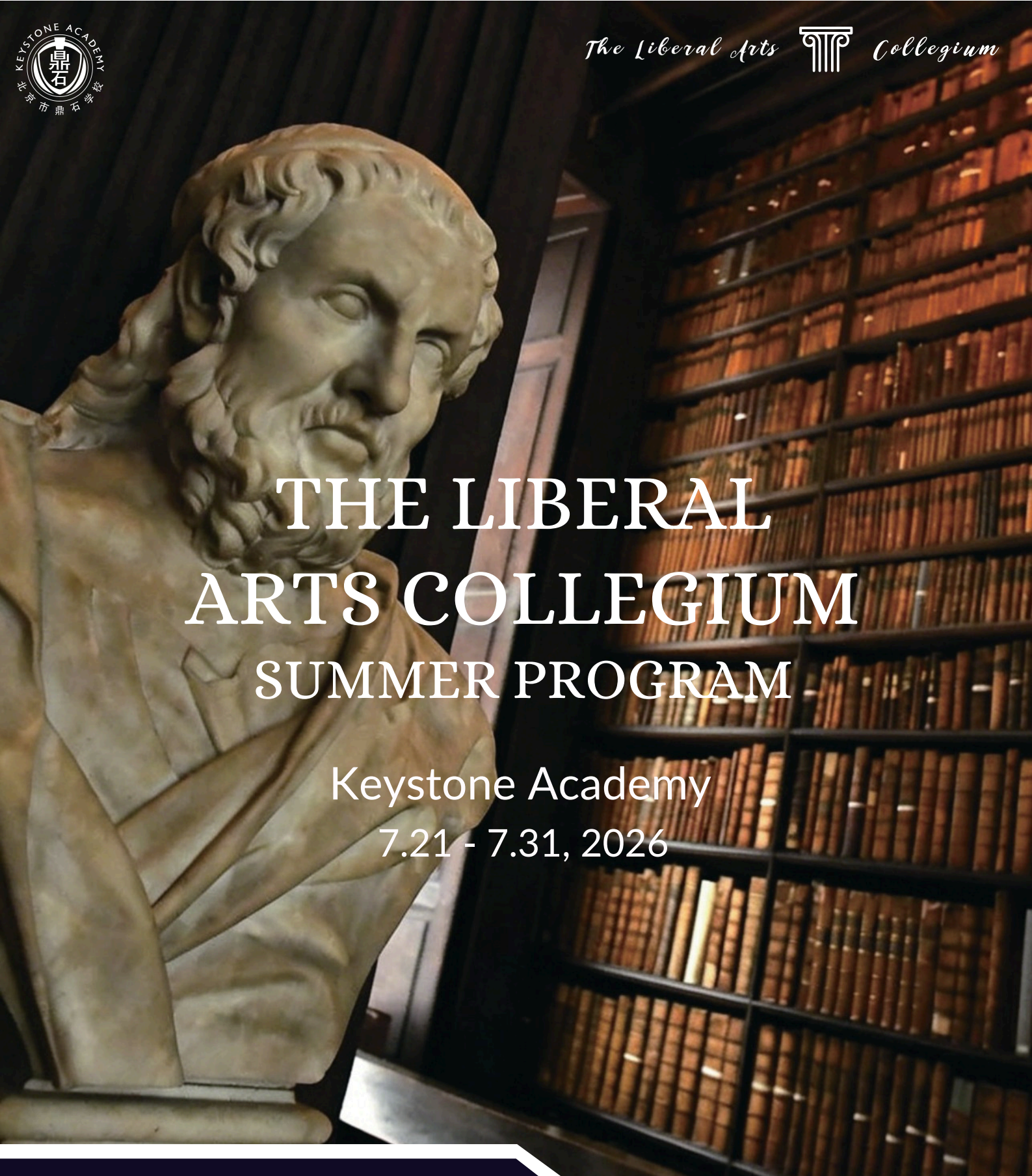




*The Liberal Arts*  *Collegium*

# THE LIBERAL ARTS COLLEGIUM SUMMER PROGRAM

Keystone Academy  
7.21 - 7.31, 2026

The Liberal Arts Collegium is a highly rigorous interdisciplinary program that introduces exceptional students in China to the intellectual traditions of American liberal arts education.

[www.lacchina.com](http://www.lacchina.com)

# CONTENTS

|                   |    |
|-------------------|----|
| MISSION STATEMENT | 01 |
|-------------------|----|

|                                              |    |
|----------------------------------------------|----|
| FACULTY INTRODUCTION<br>Christopher Kingston | 03 |
|----------------------------------------------|----|

|                                             |    |
|---------------------------------------------|----|
| FACULTY INTRODUCTION<br>Catherine Sanderson | 04 |
|---------------------------------------------|----|

|                                           |    |
|-------------------------------------------|----|
| TEACHING ASSITANTS<br>Tom Ye, Tiantong Hu | 06 |
|-------------------------------------------|----|

|                                          |    |
|------------------------------------------|----|
| TEACHING ASSITANTS<br>Remy Xiao, Judy Wu | 07 |
|------------------------------------------|----|

|                        |    |
|------------------------|----|
| PANELIST<br>Frank Zhou | 09 |
|------------------------|----|

|                         |    |
|-------------------------|----|
| PANELIST<br>Haoran Tong | 10 |
|-------------------------|----|

|                        |    |
|------------------------|----|
| PANELIST<br>Ruihan Sun | 11 |
|------------------------|----|

|                       |    |
|-----------------------|----|
| PANELIST<br>Junshi He | 12 |
|-----------------------|----|

|                              |    |
|------------------------------|----|
| PANELIST<br>Dr. Xiaofeng Wan | 13 |
|------------------------------|----|

|                                                                        |    |
|------------------------------------------------------------------------|----|
| HEAR FROM STUDENTS<br>Why Did You Choose the Collegium Summer Program? | 14 |
|------------------------------------------------------------------------|----|

|          |       |
|----------|-------|
| SCHEDULE | 15-20 |
|----------|-------|

|               |       |
|---------------|-------|
| CLASS SYLLABI | 21-27 |
|---------------|-------|





# MISSION STATEMENT

## THE LIBERAL ARTS COLLEGIUM

The mission of the Liberal Arts Collegium is to introduce and advance the traditions and values of American liberal arts education in China. We create opportunities for exceptional young scholars to engage with distinguished professors from leading American universities. Through rigorous interdisciplinary inquiry, close mentorship, and a commitment to intellectual exploration, the Collegium seeks to cultivate curiosity, critical thinking, and a lifelong love of learning.

# INTRODUCTION

# PROFESSORS

Learn from two distinguished Amherst College professors whose teaching and scholarship have inspired students both inside and beyond the classroom.



# Introduction to Game Theory

## *Discover How Strategic Thinking Shapes Decisions and Outcomes*



### Christopher Kingston

Richard S. Volpert '56 Professor of Economics at Amherst College

#### Introduction

Professor Kingston is the Richard S. Volpert '56 Professor of Economics at Amherst College and a leading scholar in institutional economics and economic history. He earned his mathematics degree from Trinity College Dublin and his Ph.D. in Economics from Stanford University. He was named one of the "300 Best Professors" in the United States by The Princeton Review.

Course: Introduction to Game Theory

Game theory provides tools for analyzing strategic situations in which individuals or organizations pursue goals while depending on one another's actions. The field has applications across economics, politics, biology, law, negotiation, elections, war strategy, and more.

This course introduces the fundamental concepts and tools of game theory without requiring prior background knowledge. Topics include static and dynamic games, Nash equilibrium, repeated games, backward induction, and social choice theory, with an emphasis on applying game theory to real-world situations rather than mathematical formalism.

# Positive Psychology: Understanding the Mind-Body Connection

## *Understanding How the Mind Shapes Our World*



### Catherine Sanderson

Poler Family Professor of Psychology at Amherst College

#### Introduction

Professor Sanderson is the Poler Family Professor of Psychology at Amherst College. She earned her B.A. in Psychology from Stanford University and her M.A. and Ph.D. in Psychology from Princeton University. She was named one of the "300 Best Professors" in the United States by The Princeton Review.

Course: Positive Psychology:

Understanding the Mind-Body Connection

For decades, psychology focused primarily on understanding and treating problems. Positive psychology, a newer field, explores how people can live happier and healthier lives. This course examines how mindset shapes the way we understand ourselves and the world, and how those perspectives influence both mental and physical well-being.

Students will read selections from *The Positive Shift: Mastering Mindset to Improve Happiness, Health, and Longevity* and related academic articles, while also completing an independent research project.





## INTRODUCTION

# TEACHING ASSISTANTS

Meet our all-star teaching assistant team—a remarkable group of Amherst College students and alumni who will mentor, support, and learn alongside students throughout the Collegium experience.



## Tom Ye

- Amherst College Class of 2025, Double Major in Political Science and Mathematics
- Selected as Student Commencement Speaker
- Received the 2025-2026 Fulbright Scholarship to Taiwan

### Introduction

Tom Ye is a member of the Class of 2025 at Amherst College and was selected as the student commencement speaker for his graduating class. He double majored in Political Science and Mathematics. Tom received the Fulbright Scholarship to teach English in Taiwan and will continue studies at National Taiwan University the upcoming year. During college, he also studied abroad at the University of Oxford. In his free time, he enjoys playing the card game bridge, long-distance running, and cooking.



## Tiantong Hu

- Incoming Member of Amherst College Class of 2030
- Graduated from Westtown School in Pennsylvania
- Areas of Interest: Literature, History, Film, Economics, Mathematics

### Introduction

Tiantong is an incoming member of the Class of 2030 at Amherst College. She moved to the United States at age 15 and studied at Westtown School in Pennsylvania. Tiantong is passionate about literature, history, and film, especially works such as Elizabeth and Pulp Fiction. She is also interested in economics and math, and looks forward to meeting students from diverse backgrounds this summer.





## Remy Xiao

- Incoming Member of Amherst College Class of 2030
- Graduated from Merchiston International School in Shenzhen with a Full Scholarship
- Areas of Interest: Biology and Medicine

### Introduction

Remy is an incoming member of the Class of 2030 at Amherst College. He attended Merchiston International School in Shenzhen. He is excited to serve as a teaching assistant for the Collegium and looks forward to engaging with students both inside and outside the classroom. His primary interests are biology and medicine, though he welcomes conversations on any topic. In his free time, he enjoys playing frisbee and video games.



## Judy Wu

- Incoming Member of Amherst College Class of 2030
- Graduated from Harrow International School in Beijing
- Areas of Interest: Golf (Varsity Team at Amherst), Opera

### Introduction

Judy is an incoming student-athlete in the Class of 2030 at Amherst College. She attended Harrow International School Beijing. She will join Amherst this fall as a varsity golfer. Although she is still exploring the academic fields that interest her, she is always willing and passionate about trying new possibilities. Outside the classroom, she enjoys playing golf and listening to Beijing opera. She is excited to meet everyone this summer and spend ten meaningful and joyful days together.



## INTRODUCTION

# PANELISTS

Meet our distinguished panel of speakers—a dynamic lineup of scholars, writers, and leaders who will share their journeys, insights, and advice with Collegium students.





## Frank Zhou

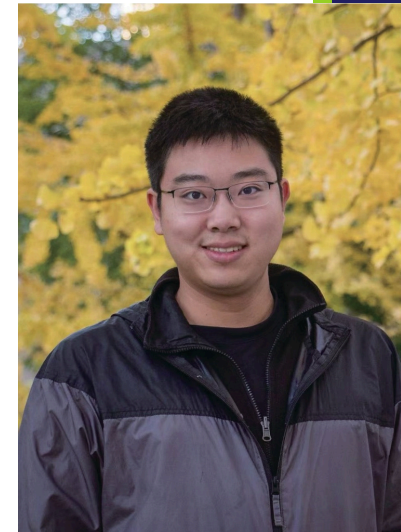
- Harvard College Class of 2027
- Nationally-Acclaimed Reporter and Researcher
- Founder of *Newstalk*, Awarded 2024 Associated Collegiate Press National Podcast of the Year
- Awarded Harvard University's Ferguson Prize (for Outstanding Research)

### Introduction

Frank Zhou is a senior at Harvard College and will graduate in winter 2026. He writes for the Fairbank Center for Chinese Studies about international relations, science and technology, and all things China. His reporting on young voters and students has won national awards from the *Public Media Journalists Association*, *Associated Collegiate Press (ACP)*, *Society of Professional Journalists*, and more.

He is the founding host and producer of The Harvard Crimson's flagship news podcast, *Newstalk* (reaching 100+ countries, awarded 2024 ACP National Podcast of the Year), and former co-president of North America's largest student-run conference on U.S.-China relations, the Harvard College China Forum.

His translations are published by the University of British Columbia's Chinese Film Classics Project, and his photography is published by *The Boston Globe* and *WBUR*. He is the youngest member of the producing team on former *The New York Times* Beijing Bureau Chief Jane Perlez's award-winning podcast, *Face-Off: The U.S. vs China*. His academic work traces Chinese political decision-making and intellectual history and won Harvard University's Ferguson Prize.



## Haoran Tong

- Amherst College Class of 2023, Double Major in Economics and Law, Jurisprudence, & Social Thought
- Selected as Class Marshall
- Published Creative and Analytical Writing in *The Common*, *Cambridge University Press*, and *University of Toronto Press*
- Collaborated with the Emily Dickinson Museum on the *Poetry in the Pandemic Project*

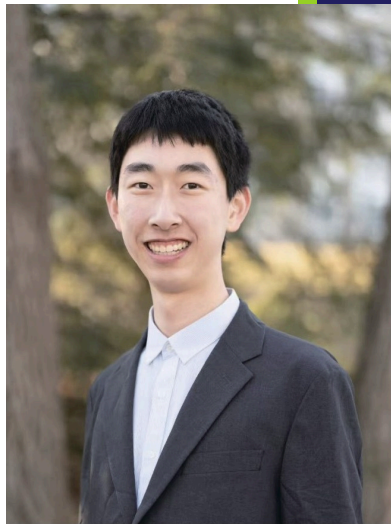
### Introduction

Haoran Tong graduated as a class marshal from Amherst College in 2023, where his interdisciplinary academic pursuits culminated in two senior theses in Economics and Law, Jurisprudence, and Social Thought. While at Amherst, he sang in the Glee Club, mentored peers through the Center for International Student Engagement, worked as a campus photographer, and assisted the admissions team.

As a poet, he collaborated with the Emily Dickinson Museum on the *Poetry in the Pandemic Project* and delivered the inauguration poem welcoming Michael A. Elliott as the college's 20th president. His creative and analytical writing has been published by *The Common*, *Cambridge University Press*, and *University of Toronto Press*.

Following graduation, Haoran joined Cornerstone Research, where he led analyst teams supporting academic experts in delivering rigorous empirical evidence for complex healthcare and technology antitrust and patent litigations. He is entering the Harvard Kennedy School in the fall to further his inquiry into the public policies governing algorithms.





## Ruihan Sun

- Middlebury College Class of 2029
- Provides College Application Mentorship at Middlebury's Center for Community Engagement
- Founded Influential Community Service Organization, Speaking at 40+ Schools Across China
- Areas of Interest: Mathematics, Physics, Philosophy, the Humanities

### Introduction

Ruihan Sun is a first-year student at Middlebury College. Still exploring potential majors, he enjoys studying mathematics, physics, philosophy, and the humanities. In high school, he founded one of the most influential community service organizations in his school's history and delivered educational and community service presentations at more than 40 schools across China.

At Middlebury, he works with the Center for Community Engagement, helping low-income high school students navigate the college application process. Outside academics, he enjoys aerial photography, aviation, skiing, and sharing his experiences through social media.



## Junshi He

- Yale College Class of 2026, Double Major in Economics and History
- Forthcoming Essay Publication in the Academic Journal *History of Economic Review*
- Distinction Award in 2021 John Locke Essay Competition

### Introduction

Junshi He is a senior at Yale College. He is a writing enthusiast studying history and economics. He's enjoyed writing from a young age—penning a hypothetical diary of an immigrant gold miner in Gold-Rush-era California in third grade and composing “free-writes” that featured fellow classmates in a world of Minecraft in fourth grade. In high school, he interned at Jingkids, an expat-oriented publication in Beijing.

At Yale, he discovered a passion for creative nonfiction thanks to Professor Anne Fadiman. Anne helped Junshi to find his “voice” in writing, which helped him find himself during a period of transition in his life. He continues to publish pieces on Yale's *Peckish Magazine* and his own Substack. Junshi is also a strong academic writer, having received distinction (“Very High Commendation”) for his submission to the John Locke Essay Competition in 2021, and is poised to soon publish an essay in the academic journal *History of Economic Review*.





## Dr. Xiaofeng Wan

- Former Associate Dean of Admission and Coordinator of International Recruitment at Amherst College (2015-2024)
- Published Two Bestselling Books: *Admission Matters* (2020) and *Congratulations! You Are Accepted* (2025)
- Quoted by *The New York Times*, *BBC*, *The Wall Street Journal*, *The Economist*, *Nature*, *AFP*, *CGTN America*, *Inside Higher Ed*, and More

### Introduction

Dr. Xiaofeng Wan served as an Associate Dean of Admission and the Coordinator of International Recruitment at Amherst College, a prestigious, highly selective, liberal arts college in Amherst, Massachusetts, from 2015 to 2024.

He has been interviewed by many mainstream media outlets, including *The New York Times*, *BBC*, *The Wall Street Journal*, *The Economist*, *Nature*, *AFP*, *CGTN America*, *The Chronicle of Higher Education*, *The Straits Times*, *Inside Higher Ed*, etc.

His Mandarin translation of *Admission Matters*, 《升学之道：美国大学申请全解析》，a comprehensive college admission guidebook in the United States, has been the #1 bestseller among study abroad books in China since its publication in 2020. In April 2025, his new book, 《恭喜！你被录取了》 *Congratulations! You Are Accepted*, was published by World Books Publishing Beijing and is now a national bestseller.

He received his bachelor's in English from China Foreign Affairs University. His master's and doctoral degrees were completed at Boston College, where his research focused on international student mobility to the United States.

Based in Amherst, Massachusetts, he is the founder and CEO of Wan College Admissions Consulting LLC and the founder of the Liberal Arts Collegium.

## Hear From Students

### Why Did You Choose the Collegium Summer Program?



#### A high school junior from Guangzhou

*"The Liberal Arts Collegium offers exactly the kind of interdisciplinary and discussion-based learning environment I hope to experience in college. From game theory and strategic decision-making to positive psychology and human behavior, I'm excited by the opportunity to engage deeply with ideas alongside distinguished professors and intellectually curious peers while experiencing the academic culture of a top liberal arts college."*

#### A high school junior from Beijing

*"What drew me to the Liberal Arts Collegium was the opportunity to explore big questions across disciplines through close interaction with professors and peers. I'm especially excited to connect ideas from game theory and psychology to better understand human behavior, while experiencing the kind of rigorous, discussion-driven learning environment that defines top liberal arts colleges."*

#### A high school sophomore from Guangdong Province

*"What excites me most about the Liberal Arts Collegium is the opportunity to explore psychology and game theory through a true seminar-style learning environment. I'm especially interested in how AI and modern society are pushing us to think more deeply about human behavior, decision-making, and mindset. More than anything, I want to experience the kind of discussion-driven classroom where ideas are explored collaboratively, and understanding is built through independent thinking rather than simply receiving answers."*



LAC China Summer Program 2026

Program Schedule  
July 21-July 31, 2026 · Keystone Academy Beijing  
Beijing, China  
[www.lacchina.com](http://www.lacchina.com)

| Pre-Program Day   July 20 (Monday)   Arrival & Community Formation |                                  |            |             |
|--------------------------------------------------------------------|----------------------------------|------------|-------------|
| Time                                                               | Activity                         | Speaker(s) | Location    |
| 16:00-17:00                                                        | Student Arrival & Check-In       |            | South Gate  |
| 17:00-17:30                                                        | Parent Session                   |            |             |
| 17:30-18:00                                                        | Campus Tour (students)           |            |             |
| 18:00-18:30                                                        | Dinner                           |            |             |
| 19:00-20:30                                                        | TA Meet and Greet & Icebreakers! | All TAs    | Common Room |

| Day 1   July 21 (Tuesday)   Opening of Classes |                                                                                                      |                            |                                   |
|------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------|-----------------------------------|
| Time                                           | Activity                                                                                             | Speaker(s)                 | Location                          |
| 7:30-8:30                                      | Breakfast                                                                                            |                            |                                   |
| 8:30-9:50                                      | Faculty Welcome & Opening Community Gathering                                                        | Tom Ye (Amherst '25)       | West Lecture Hall                 |
| 9:50-10:00                                     | Break                                                                                                |                            |                                   |
| 10:00-12:00                                    | Game Theory – Session 1                                                                              | Prof. Christopher Kingston | Classroom 1260                    |
| 12:00-13:30                                    | Lunch                                                                                                |                            |                                   |
| 13:30-15:30                                    | Positive Psychology – Session 1                                                                      | Prof. Catherine Sanderson  | Classroom 1260                    |
| 15:30-17:30                                    | Faculty Office Hours / Project Time                                                                  |                            | Kingston: 1252<br>Sanderson: 1254 |
| 18:00-19:00                                    | Dinner                                                                                               |                            |                                   |
| 19:15-19:30                                    | Collegium QOTD: What is one idea you learned today that genuinely changed the way you see the world? |                            | West Lecture Hall                 |
| 19:30-20:30                                    | Collegium Talk: How Liberal Arts Education Shapes Thinking                                           | Tom Ye (Amherst '25)       | West Lecture Hall                 |
| 20:30-21:30                                    | Late-Night Activities (Optional)                                                                     |                            | Common Room                       |

| Day 2   July 22 (Wednesday)   Academic Sessions and Talks |                                                                                                      |                            |                                   |
|-----------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------|-----------------------------------|
| Time                                                      | Activity                                                                                             | Speaker(s)                 | Location                          |
| 7:30-8:30                                                 | Breakfast                                                                                            |                            |                                   |
| 8:30-10:30                                                | Game Theory – Session 2                                                                              | Prof. Christopher Kingston | Classroom 1260                    |
| 10:30-12:00                                               | Faculty Office Hours / Project Time                                                                  |                            | Kingston: 1252<br>Sanderson: 1254 |
| 12:00-13:30                                               | Lunch                                                                                                |                            |                                   |
| 13:30-15:30                                               | Positive Psychology – Session 2                                                                      | Prof. Catherine Sanderson  | Classroom 1260                    |
| 15:30-17:30                                               | Faculty Office Hours / Project Time                                                                  |                            | Kingston: 1252<br>Sanderson: 1254 |
| 18:00-19:00                                               | Dinner                                                                                               |                            |                                   |
| 19:15-19:30                                               | Collegium QOTD: What question are you still struggling with tonight – and why does it matter to you? |                            | West Lecture Hall                 |
| 19:30-20:30                                               | Collegium Panel: How We Found Our Way to Amherst – And What We Learned Along the Way                 | TAs (Moderated by Tom Ye)  | West Lecture Hall                 |
| 20:30-21:30                                               | Late-Night Activities (Optional)                                                                     |                            | Common Room                       |

| Day 3   July 23 (Thursday)   Academic Sessions and Talks |                                                                                    |                                                                                                                    |                                   |
|----------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| Time                                                     | Activity                                                                           | Speaker(s)                                                                                                         | Location                          |
| 7:30-8:30                                                | Breakfast                                                                          |                                                                                                                    |                                   |
| 8:30-10:30                                               | Game Theory – Session 3                                                            | Prof. Christopher Kingston                                                                                         | Classroom 1260                    |
| 10:30-12:00                                              | Faculty Office Hours / Independent Reading & Writing                               |                                                                                                                    | Kingston: 1252<br>Sanderson: 1254 |
| 12:00-13:30                                              | Lunch                                                                              |                                                                                                                    |                                   |
| 13:30-15:30                                              | Positive Psychology – Session 3                                                    | Prof. Catherine Sanderson                                                                                          | Classroom 1260                    |
| 15:30-17:30                                              | Faculty Office Hours / Independent Reading & Writing                               |                                                                                                                    | Kingston: 1252<br>Sanderson: 1254 |
| 18:00-19:00                                              | Dinner                                                                             |                                                                                                                    |                                   |
| 19:15-19:30                                              | Collegium QOTD: When did you feel most intellectually alive today?                 |                                                                                                                    | West Lecture Hall                 |
| 19:30-20:30                                              | Collegium Talk: How to Stand Out in Highly Selective College Admissions in the US? | Dr. Xiaofeng Wan<br>(Former Associate Dean of Admission at Amherst College, Founder of the Liberal Arts Collegium) | West Lecture Hall                 |
| 20:30-21:30                                              | Late-Night Activities (Optional)                                                   |                                                                                                                    | Common Room                       |



| Day 4   July 24 (Friday)   Academic Sessions and Talks |                                                                                                                                                       |                                                                                                                                                                                                                                                                  |                                   |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| Time                                                   | Activity                                                                                                                                              | Speaker(s)                                                                                                                                                                                                                                                       | Location                          |
| 7:30–8:30                                              | Breakfast                                                                                                                                             |                                                                                                                                                                                                                                                                  |                                   |
| 8:30–10:30                                             | Game Theory — Session 4                                                                                                                               | Prof. Christopher Kingston                                                                                                                                                                                                                                       | Classroom 1260                    |
| 10:30–12:00                                            | Faculty Office Hours / Independent Reading & Writing                                                                                                  |                                                                                                                                                                                                                                                                  | Kingston: 1252<br>Sanderson: 1254 |
| 12:00–13:30                                            | Lunch                                                                                                                                                 |                                                                                                                                                                                                                                                                  |                                   |
| 13:30–15:30                                            | Positive Psychology — Session 4                                                                                                                       | Prof. Catherine Sanderson                                                                                                                                                                                                                                        | Classroom 1260                    |
| 15:30–17:30                                            | Faculty Office Hours / Independent Reading & Writing                                                                                                  |                                                                                                                                                                                                                                                                  | Kingston: 1252<br>Sanderson: 1254 |
| 18:00–19:00                                            | Dinner                                                                                                                                                |                                                                                                                                                                                                                                                                  |                                   |
| 19:15–19:30                                            | Collegium QOTD: What assumption did you challenge, either in yourself or in someone else today? Or, anything you wish you asked the professors today? |                                                                                                                                                                                                                                                                  | West Lecture Hall                 |
| 19:30–20:30                                            | Collegium Panel: Becoming Ourselves: Lessons from College and Beyond                                                                                  | <ul style="list-style-type: none"><li>• Ruihan Sun (Middlebury '29, on-site)</li><li>• Haoran Tong (Amherst '23, online)</li><li>• Junshi He (Yale '26, online)</li><li>• Tom Ye (Amherst '25, on-site)</li><li>• Moderated by Remy Xiao (Amherst '30)</li></ul> | West Lecture Hall                 |
| 20:30–21:30                                            | Late-Night Activities (Optional)                                                                                                                      |                                                                                                                                                                                                                                                                  | Common Room                       |

| Day 5   July 25 (Saturday)   Independent Study Day |                                         |                                                                                                           |                |
|----------------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------|
| Time                                               | Activity                                | Speaker(s)                                                                                                | Location       |
| 7:30–8:30                                          | Breakfast                               |                                                                                                           |                |
| 8:30–10:30                                         | Project / Independent Reading & Writing |                                                                                                           |                |
| 10:30–12:00                                        | TA-Led Discussion Sections              | Tom: Overall Support<br>Tiantong: Writing Support<br>Remy: Research Support<br>Judy: Student Life Support | Classroom 1260 |
| 12:00–13:00                                        | Lunch                                   |                                                                                                           |                |
| 13:00–15:00                                        | Project / Independent Reading & Writing |                                                                                                           |                |
| 15:00–17:00                                        | TA-Led Discussion Sections              | Same as above                                                                                             | Classroom 1260 |
| 18:00–19:00                                        | Dinner                                  |                                                                                                           |                |
| 20:30–21:30                                        | Late-Night Activities (Optional)        |                                                                                                           | Common Room    |

| Day 6   July 26 (Sunday)   Academic Sessions and Talks |                                                                                                  |                                             |                                   |
|--------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------|-----------------------------------|
| Time                                                   | Activity                                                                                         | Speaker(s)                                  | Location                          |
| 7:30–8:30                                              | Breakfast                                                                                        |                                             |                                   |
| 8:30–10:30                                             | Game Theory — Session 5                                                                          | Prof. Christopher Kingston                  | Classroom 1260                    |
| 10:30–12:00                                            | Faculty Office Hours / Project Time                                                              |                                             | Kingston: 1252<br>Sanderson: 1254 |
| 12:00–13:30                                            | Lunch                                                                                            |                                             |                                   |
| 13:30–15:30                                            | Positive Psychology — Session 5                                                                  | Prof. Catherine Sanderson                   | Classroom 1260                    |
| 15:30–17:30                                            | Faculty Office Hours / Project Time                                                              |                                             | Kingston: 1252<br>Sanderson: 1254 |
| 18:00–19:00                                            | Dinner                                                                                           |                                             |                                   |
| 19:15–19:30                                            | Collegium QOTD: refine your burning questions about college academics, majors, grades, and more! |                                             | West Lecture Hall                 |
| 19:30–20:30                                            | Collegium Panel: Ask Anything: Conversations with Amherst Professors                             | Amherst Professors<br>(Moderated by Tom Ye) | West Lecture Hall                 |
| 20:30–21:30                                            | Late-Night Activities (Optional)                                                                 |                                             | Common Room                       |

| Day 7   July 27 (Monday)   Academic Sessions and Talks |                                                                                                                                                                                      |                            |                                   |
|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|-----------------------------------|
| Time                                                   | Activity                                                                                                                                                                             | Speaker(s)                 | Location                          |
| 7:30–8:30                                              | Breakfast                                                                                                                                                                            |                            |                                   |
| 8:30–10:30                                             | Game Theory — Session 6                                                                                                                                                              | Prof. Christopher Kingston | Classroom 1260                    |
| 10:30–12:00                                            | Faculty Office Hours / Independent Reading & Writing                                                                                                                                 |                            | Kingston: 1252<br>Sanderson: 1254 |
| 12:00–13:30                                            | Lunch                                                                                                                                                                                |                            |                                   |
| 13:30–15:30                                            | Positive Psychology — Session 6                                                                                                                                                      | Prof. Catherine Sanderson  | Classroom 1260                    |
| 15:30–17:30                                            | Faculty Office Hours / Independent Reading & Writing                                                                                                                                 |                            | Kingston: 1252<br>Sanderson: 1254 |
| 18:00–19:00                                            | Dinner                                                                                                                                                                               |                            |                                   |
| 19:15–19:30                                            | Collegium QOTD: What is something about you that most people would never guess?                                                                                                      |                            | West Lecture Hall                 |
| 19:30–20:30                                            | Collegium Workshop: How to Write An Effective College Essay<br><i>Homework: freewrite for ~20 minutes about any moment in your life (length not important. Focus on experience!)</i> |                            | West Lecture Hall                 |
| 20:30–21:30                                            | Late-Night Activities (Optional)                                                                                                                                                     |                            | Common Room                       |

| Day 8   July 28 (Tuesday)   Academic Sessions and Talks |                                                                                                                      |                                     |                                   |
|---------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------|-----------------------------------|
| Time                                                    | Activity                                                                                                             | Speaker(s)                          | Location                          |
| 7:30–8:30                                               | Breakfast                                                                                                            |                                     |                                   |
| 8:30–10:30                                              | Game Theory – Session 7                                                                                              | Prof. Christopher Kingston          | Classroom 1260                    |
| 10:30–12:00                                             | Faculty Office Hours / Independent Reading & Writing                                                                 |                                     | Kingston: 1252<br>Sanderson: 1254 |
| 12:00–13:30                                             | Lunch                                                                                                                |                                     |                                   |
| 13:30–15:30                                             | Positive Psychology – Session 7                                                                                      | Prof. Catherine Sanderson           | Classroom 1260                    |
| 15:30–17:30                                             | Faculty Office Hours / Independent Reading & Writing                                                                 |                                     | Kingston: 1252<br>Sanderson: 1254 |
| 18:00–19:00                                             | Dinner                                                                                                               |                                     |                                   |
| 19:15–19:30                                             | Collegium QOTD: What is something beautiful, difficult, or deeply human that cannot be easily measured or optimized? | Frank Zhou<br>(Harvard College '27) | West Lecture Hall                 |
| 19:30–20:30                                             | Collegium Workshop: The Craft of Seeing: How to Make the World Your Classroom, and Write Yourself Into It            | Frank Zhou<br>(Harvard College '27) | West Lecture Hall                 |
| 20:30–21:30                                             | Late-Night Activities (Optional)                                                                                     |                                     | Common Room                       |

| Day 9   July 29 (Wednesday)   Academic Sessions and Talks |                                                                                       |                                                                                  |                                   |
|-----------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------|
| Time                                                      | Activity                                                                              | Speaker(s)                                                                       | Location                          |
| 7:30–8:30                                                 | Breakfast                                                                             |                                                                                  |                                   |
| 8:30–10:30                                                | Game Theory – Session 8                                                               | Prof. Christopher Kingston                                                       | Classroom 1260                    |
| 10:30–12:00                                               | Faculty Office Hours / Independent Reading & Writing                                  |                                                                                  | Kingston: 1252<br>Sanderson: 1254 |
| 12:00–13:30                                               | Lunch                                                                                 |                                                                                  |                                   |
| 13:30–15:30                                               | Positive Psychology – Session 8                                                       | Prof. Catherine Sanderson                                                        | Classroom 1260                    |
| 15:30–17:30                                               | Faculty Office Hours / Independent Reading & Writing                                  |                                                                                  | Kingston: 1252<br>Sanderson: 1254 |
| 18:00–19:00                                               | Dinner                                                                                |                                                                                  |                                   |
| 19:15–19:30                                               | Collegium QOTD: What kind of person do you hope your education will help you become?  |                                                                                  | West Lecture Hall                 |
| 19:30–20:30                                               | Collegium Conversation: The Many Roads to Excellence: Conversations with Kenyan Peers | KenSAP Scholars<br><a href="https://www.kensap.org/">https://www.kensap.org/</a> | West Lecture Hall                 |
| 20:30–21:30                                               | Late-Night Activities (Optional)                                                      |                                                                                  | Common Room                       |

| Day 10   July 30 (Thursday)   Academic Sessions and Talks |                                                                                                             |                            |                                   |
|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------|-----------------------------------|
| Time                                                      | Activity                                                                                                    | Speaker(s)                 | Location                          |
| 7:30–8:30                                                 | Breakfast                                                                                                   |                            |                                   |
| 8:30–10:30                                                | Game Theory – Session 9                                                                                     | Prof. Christopher Kingston | Classroom 1260                    |
| 10:30–12:00                                               | Faculty Office Hours / Independent Reading & Writing                                                        |                            | Kingston: 1252<br>Sanderson: 1254 |
| 12:00–13:30                                               | Lunch                                                                                                       |                            |                                   |
| 13:30–15:30                                               | Positive Psychology – Session 9                                                                             | Prof. Catherine Sanderson  | Classroom 1260                    |
| 15:30–17:30                                               | Faculty Office Hours / Independent Reading & Writing                                                        |                            | Kingston: 1252<br>Sanderson: 1254 |
| 18:00–19:00                                               | Dinner                                                                                                      |                            |                                   |
| 19:15–19:45                                               | Collegium QOTD: What is one way you hope you will continue thinking differently after leaving this program? |                            | West Lecture Hall                 |
| 19:45–21:00                                               | Project / Independent Reading & Writing                                                                     |                            |                                   |

| Day 11   July 31 (Friday)   Final Presentations & Closing |                                                             |               |                   |
|-----------------------------------------------------------|-------------------------------------------------------------|---------------|-------------------|
| Time                                                      | Activity                                                    | Speaker(s)    | Location          |
| 7:30–8:30                                                 | Breakfast                                                   |               |                   |
| 8:30–10:00                                                | Game Theory – Final Session (Student Presentations)         | All Students  | Classroom 1260    |
| 10:00–10:30                                               | Project / Independent Reading & Writing                     |               |                   |
| 10:30–12:00                                               | Positive Psychology – Final Session (Student Presentations) | All Students  | Classroom 1260    |
| 12:00–13:30                                               | Lunch                                                       |               |                   |
| 13:30–15:00                                               | Faculty Evaluation & Written Feedback                       |               | Common Room       |
| 15:30–16:30                                               | Closing Reflection Circle & Certificate Ceremony            | Faculty & TAs | West Lecture Hall |



# POSITIVE PSYCHOLOGY: UNDERSTANDING THE MIND-BODY CONNECTION

### Office Hours

Stop by anytime! You don't have a question - you can stop by just to say "hi"!

### Course Materials

Students will read one book (*The Positive Shift: Mastering Mindset to Improve Happiness, Health, and Longevity*), one book chapter, and eight empirical articles.

### Course Policies

- You are expected to come to class on time and having completed the reading and assignments. All due dates are listed on the syllabus.
- Academic integrity is important to all of us. Please let me know if you have any questions about what type of collaboration is allowed.
- Cell phone use is not allowed during class. Cell phone use is distracting and disrespectful to me and to other students.



## Course Summary

For many years, the field of psychology focused on understanding and resolving people's problems. Ground-breaking new scientific research in the relatively new field of positive psychology now examines ways in which people can live happier and healthier lives. This course starts by exploring the concept of mindset, meaning how we think about ourselves and the world. In Week 1 we will examine how our mindset influences health as well as the different factors that influence our mindset. In Week 2 we will examine different strategies we can use to shift our mindset and experience between psychological and physical well-being.

## Learning Goals

- Understand fundamental theories, concepts, and research findings in the field of positive psychology
- Examine the science underlying the study of positive psychology, including how to conduct, interpret, and critically analyze research findings
- Describe how principles in positive psychology can explain and change people's thoughts, feelings, and behavior in the real world

## Course Format

- Each day before coming to class you will read two assignments. One reading will be a chapter from my book, *The Positive Shift*. The other reading will be a scientific article. The articles are short but will be challenging to read. Focus on the main point of the article. *Do not worry about the statistical analyses.*
- Our class discussions will examine the material you have read. We will examine the details of what we have read, including how research in psychology is conducted and the conclusions that we can (or cannot) draw. We will also discuss the applications of findings from psychology research for the real world.
- I expect all students to come to class on time and ready, willing, and able to make thoughtful contributions.
- In this class we strive to create a supportive and collaborative environment where everyone feels welcomed and respected. You are expected to be respectful of others' opinions and ideas, to listen with an open mind, and to not share private class discussions.

## Assignments Overview

- Hypotheses** - During the first week, every day you will come to class with a hypothesis based on the reading for that day (**there is not a hypothesis due on the first day**). The hypothesis should describe the purpose of a potential future study, how you would go about collecting the data necessary for testing your hypothesis, and make a specific prediction about what the findings of such a study. These hypotheses will be discussed in class. We will also spend time in class discussing how to develop and test hypotheses in psychology. The goal of this assignment is to help you think critically about the reading, provide you will easy opportunities for participating in class discussion, and develop ideas for your own lab report. By the time you begin work on your own lab report (during the second week), you should have a good idea of how to approach this project.
- Applications Assignments** – During the second week, every day you will engage in a brief application of positive psychology. You will then write a few sentences about that experience to share during class. The goal of this assignment is to help you understand the implications of research in psychology for the real world.
- Lab Report** – Your major assignment is to design and conduct a research study. You will come up with an idea, collect data to test that idea, and write up this study using the lab report format. The lab report should be based on one of the readings (from the book or the articles). Please talk to me about the ideas you are considering during office hours or by email. The goal of this assignment is to help you develop skills in using and applying the scientific method. On Sunday, July 26th, you will submit a one page lab report proposal. The proposal will include your IV (including the levels), DV (including how exactly it will be measured), hypothesis (including the word THAN), and a brief summary of the methods you will use to gather your data. Please refer to the helpful guidelines and lab report sample in the on-line course folder.
- Presentation** – On the final day of class you will deliver a 5-minute presentation on your lab report. The goal of this assignment is to help you practice delivering a clear and compelling presentation, which is a very useful life skill.

AI Use (Read Carefully)!

Many of you may choose to use AI technologies (e.g., ChatGPT, DALL·E, Claude) to assist with your learning and coursework and there are ways these tools can be helpful. At the same time, there are ways that generative AI can be problematic, including introducing bias, providing skewed, incomplete, or fabricated information, reducing creativity, and harming the environment. Thus, it is important that you understand what how to use AI in an ethical and transparent way. On all assignments I will provide specific guidelines for AI use and what is acceptable. **If you are unsure, ask me.**



- Acceptable AI use keeps you at the center of the process, including actively engaging with AI output, critically evaluating it, and integrating it into your own thinking.
- In this course, it may be helpful to use AI to help clarify confusing information from assigned readings, brainstorm ideas for your lab report, and/or suggest improvements for clarity or flow in your writing (that you then evaluate before accepting). **It is not acceptable to use AI to generate the hypotheses that you bring to class during the first week based on the assigned reading.**
- AI-generated material should never be accepted uncritically. If you use AI, you are responsible for fact-checking, integrating your own analysis, and ensuring that your work reflects your own ideas and understanding. You are responsible for any inaccurate, biased, or offensive content that you submit.

The American Psychological Association (APA), which guides psychologist’s ethical choices, specifies that AI use should be transparently reported and accurately attributed, just like any other source. Following this guideline, if AI has contributed ideas, wording, or structure in an assignment you must:

- include an in-text citation to credit AI, like any other source (e.g., OpenAI, 2026).
- include AI in your reference list, per APA style recommendations: OpenAI. (2026). *ChatGPT* (Feb 20 version) [Large language model]. <https://chat.openai.com/>
- include a link at the end of your assignment to the chat content, per APA publication guidelines.

*Example:* In creating the above policy I adapted language, with permission, from Prof. Stephanie Ernestus at Stonehill College, from Dr. Riley Caldwell-O’Keefe in the Amherst College Center for Teaching and Learning, and from the UNC Syllabus Guidelines for Generative AI. ChatGPT was utilized to integrate these sources and to suggest wording consistent with course goals (Open AI, 2025).

Reference: OpenAI. (2025). *ChatGPT* (Aug 14 version) [Large language model]. <https://chat.openai.com/>

Link: <https://chatgpt.com/share/689cd6aa-d5b4-8007-b352-d7557f64b6a1>

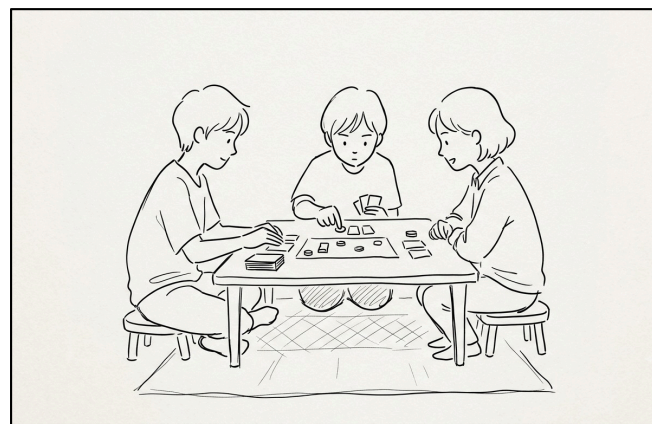
| Date                                           | Topic                           | Reading                           |
|------------------------------------------------|---------------------------------|-----------------------------------|
| <b>Week 1: The Science of Mindset</b>          |                                 |                                   |
| Class 1: Tuesday, July 21                      | Introduction & Research Methods | Jordan & Zanna                    |
| Class 2: Wednesday, July 22                    | Mindset & Health                | Chapter 2; Crum & Langer          |
| Class 3: Thursday, July 23                     | The Power of Personality        | Chapter 5; Lykken & Tellegen      |
| Class 4: Friday, July 24                       | The Hazards of Comparison       | Chapter 6; Przybylski & Weinstein |
| Independent Study Day: Saturday, July 25th     |                                 |                                   |
| <b>Week 2: Strategies for Changing Mindset</b> |                                 |                                   |
| Class 5: Sunday, July 26                       | Change Behavior                 | Chapter 8; Kiken & Shook          |
| Class 6: Monday, July 27                       | Spend Time in Nature            | Chapter 9; Nisbet & Zelenski      |
| Class 7: Tuesday, July 28                      | Spend Money the Right Way       | Chapter 10; Quoidbach et al.      |
| Class 8: Wednesday, July 29                    | Give Anything, to Anyone        | Chapter 11; Kumar & Epley         |
| Class 9: Thursday, July 30                     | Build & Maintain Relationships  | Chapter 12; Boothby et al.        |
| Class 10: Friday, July 31                      | Presentations                   |                                   |



# INTRODUCTION TO GAME THEORY

Prof. Chris Kingston, cgkingston@amherst.edu

**Economics** studies people's choices and incentives, how those choices fit together to create social outcomes, and how those outcomes are affected by policy. *Game theory* is a set of modeling tools used by economists (and others) to analyze *strategic* situations – that is, interactive situations in which a group of decision-makers ('players') pursue their individual goals while also taking



account of their interdependence. Game theory has been widely used to understand strategic conflict and cooperation in economics, political science, biology, law, and more. Applications include strategic interactions between firms in imperfectly competitive markets; between bosses and workers, between shareholders and management; in auctions and bargaining situations; political competition; warfare; competition for mates; and chess. This course will introduce the tools and insights of game theory. Though mathematically rigorous, emphasis will be on learning to apply the tools rather than on formal theory.

**Homeworks.** Solving problems is the only way to really learn the tools of Game Theory, and each day I will give you practice problems to work on – both in class, and as homework. The homework problems are intended to help solidify your understanding of the material and show you how these ideas can be applied to different settings. As you tackle the homework problems, first try them by yourself. If you get stuck, come to office hours! The Teaching Assistants and I look forward to getting to know you and thinking together about how this material intersects with your broader interests. I also encourage you to discuss the homework with other students. You can learn a lot from each other this way. Just make sure that by the end, you understand the concepts and how to apply them; that's the goal.

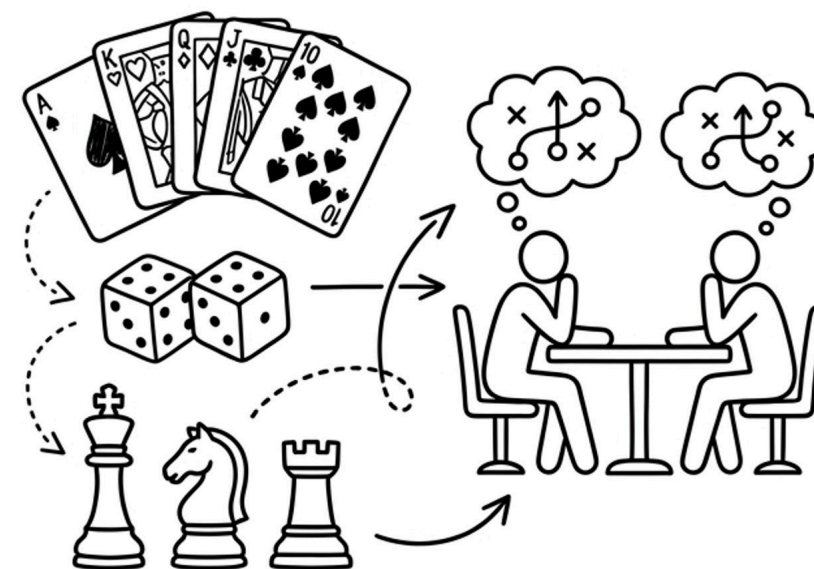
**Individual Project.** The other main assignment for the course is to complete a short individual research project in which you describe a real-world strategic situation of your choice, model it as a game, and use your game to analyze behavior and

outcomes. In three sessions (days 3, 6 & 9) we will take some time to discuss and brainstorm aspects of this process. I am also happy to discuss your ideas in office hours. During the final class, you will share your ideas with the class in a brief 5-minute presentation.

**Inclusion.** To make the best use of the varied talents, perspectives and experiences that students bring to the class, we must all strive to cultivate a respectful, welcoming, and inclusive learning environment in which everyone can feel comfortable, engaged, and free to express their views and ideas.

**Technology.** You may use a tablet device (eg., ipad) to take notes, but please do not use laptops, cellphones, or other screens during class. **Generative A.I.** is a powerful tool that, if used judiciously, can help you clarify and convey your ideas; it may also cheerfully and confidently tell you things that are misleading, incomplete or untrue. You should not use A.I. to do your homework, (as that would undermine your learning by taking away the opportunity for you to learn how to apply the tools of game theory yourself, which is a key goal of the course). On the other hand, if you are stuck trying to understand a concept, A.I. might be able to help, and thereby enhance your learning. Similarly, you should not ask A.I. to come up with ideas for your individual project – they should be *your* ideas – but A.I. might be a helpful tool as you try to refine and develop those ideas. So, you may use A.I. as a tool in this course, but you must be thoughtful and transparent about how you use it and for what purposes.

*(I asked A.I. to make a picture for a game theory syllabus. It came up with the picture below. What do you notice?)*



**Plan.** We will begin by introducing the rational actor model, which forms the basis for much (but not all!) of economic analysis. Then we will look at how to predict behavior in simple two-person games in which the players simultaneously make a single choice. We will gradually expand our scope to study situations with multiple options and multiple players; situations in which the players move sequentially; situations in which they play the same game repeatedly; and situations in which the players have different information and take that into account.

| Date             | Topics, activities                                                                                                                                                                          |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Tues 21 July  | <ul style="list-style-type: none"><li>• The Rational Actor model.</li><li>• The rules of the game. The prisoner’s dilemma.</li></ul>                                                        |
| 2. Wed 22 July   | <ul style="list-style-type: none"><li>• Solution concepts and examples in static games: Iterated dominance; pure-strategy Nash equilibrium.</li></ul>                                       |
| 3. Thurs 23 July | <ul style="list-style-type: none"><li>• Mixed strategy Nash equilibrium in 2x2 games.</li><li>• Project: Finding a topic.</li></ul>                                                         |
| 4. Fri 24 July   | <ul style="list-style-type: none"><li>• Mixed strategy Nash equilibria in 3x3 games.</li><li>• Nash’s theorem and the problem with Nash.</li><li>• Introduction to Dynamic games.</li></ul> |
| 5. Sun 26 July   | <ul style="list-style-type: none"><li>• Solution concepts and examples in dynamic games: Backward induction, Subgame perfect equilibrium.</li></ul>                                         |
| 6. Mon 27 July   | <ul style="list-style-type: none"><li>• Bargaining games.</li><li>• Project: Building a model</li></ul>                                                                                     |
| 7. Tues 28 July  | <ul style="list-style-type: none"><li>• Repeated games</li></ul>                                                                                                                            |
| 8. Wed 29 July   | <ul style="list-style-type: none"><li>• The folk theorem</li></ul>                                                                                                                          |
| 9. Thurs 30 July | <ul style="list-style-type: none"><li>• Advanced topics: moral hazard, adverse selection, signaling games</li><li>• Project: presenting your ideas.</li></ul>                               |
| 10. Fri 31 July  | <ul style="list-style-type: none"><li>• Student presentations</li></ul>                                                                                                                     |



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