

1. Participant observation (PSY and COMM)

- Experiential Learning
 - Gratitude letters (Short term effects; Long term effects)
 - Forgiveness letters
 - Pleasure (Momentary, Principle of adaptation) versus Philanthropy (Longer lasting) Exercises
 - Sharing time
 - Being a good teammate
 - Have a good day

2. Survey (PSY and COMM)

- Structured recall
 - "Three good things" exercise
- Diary and Experiential Sampling Method

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3. Experiments (PSY and COMM)

- Pre-experiments
- Quasi-experiments
- Full experiments

4. Textual Analysis (COMM)

- Constructivist approach (Message construction tasks)
- Content analysis
- Interaction analysis
- Conversation analysis
- Rhetorical/Critical Approaches

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