

平台	edX
網址	https://www.edx.org/
證書	官方認證證書 (免費課程申請證書須付費升級課程)
課程與費用	<p>◆ 免費課程 (可付費升級課程)</p> <p>edX 平台大部分是免費課程，學生可選擇是否升級課程，費用約\$169 元美金 (約台幣 5,000 元)，主要以信用卡支付，經濟困難的人可以向 edX 申請經濟援助項目，平台會審核是否給予減價與減價幅度。</p> <p>◆ 系列課程</p> <p>系列課程(Program Courses) 【系列課程多為付費課程】：edX 平台提供微型學士(MicroBachelors)、微型碩士(MicroMasters)等系列課程，由多項相關課程組成，學生可於平台規定時間(半年至一年)中逐步完成個別課程修習，最終修習完所有相關課程可獲得系列課程認證，取得微型學士、微型碩士等學分認證(學分認證須再另外收費)。</p>
尋找課程	 <p>The screenshot shows the edX website interface. At the top, there is a navigation bar with 'edX' logo, 'Courses', 'Programs &amp; Degrees', 'Schools &amp; Partners', and 'edX for Business'. There are also links for 'Sign In' and 'Register'. Below the navigation bar is a search bar with the text 'Search Courses and Programs' and a search input field containing 'What do you want to learn?'. A red box highlights the search bar area, with a red arrow pointing to the search input field and the text '於首頁搜尋欄處搜尋即可'. Below the search bar are several filter buttons: 'Subject', 'Partner', 'Program', 'Level', 'Availability', and 'Language'. Below the filters are three tabs: 'All', 'Courses', and 'Programs'. Below the tabs is a section titled 'Programs (342 results)' with a 'Show (342) &gt;' link. Below this section are four program cards: 'Supply Chain Management' by MITx (MicroMasters Program, 6 courses), 'Marketing Analytics' by BerkeleyX (MicroMasters Program, 4 courses), 'IBM Data Science' by IBM (Professional Certificate, 9 courses), and 'Agile Project Management' by USMx, UMD (Professional Certificate, 5 courses).</p>

## Courses by Subject 於首頁處點擊「Courses」可透過課程科目搜尋

Architecture	Economics & Finance	Health & Safety	Philanthropy
Art & Culture	Education & Teacher Training	History	Philosophy & Ethics
Biology & Life Sciences	Electronics	Humanities	Physics
Business & Management	Energy & Earth Sciences	Language	Science
Chemistry	Engineering	Law	Social Sciences
Communication	Environmental Studies	Literature	All Subjects »
Computer Science	Ethics	Math	
Data Analysis & Statistics	Food & Nutrition	Medicine	
Design		Music	

411,903 people are learning on edX today



Learn from more than 160 member universities

## 選課

以「The Science of Happiness」課程為例(edX 免費課程)

Catalog &gt; Social Sciences Courses

## The Science of Happiness

The first MOOC to teach positive psychology. Learn science-based principles and practices for a happy, meaningful life.



## 進入課程時即會顯示課程說明(課程共幾週、每週投入時間等)

## About this course

"A free eight-week Science of Happiness course that will offer practical, research-backed tips on living a happy and meaningful life." - The Huffington Post

We all want to be happy, and there are countless ideas about what

More about this course

## What you'll learn

- What happiness really means and why it matters to you
- How to increase your own happiness and foster happiness in others
- Why social connections, kindness, and community are key to happiness
- Which mental habits are most conducive to happiness and how mindfulness can help

Expand what you'll learn

## Meet your instructor: 進入課程可見課程說明



University of California, Berkeley

Length: 11 Weeks

Effort: 4-5 hours per week

Price: FREE  
Add a Verified Certificate for \$169 USD

Institution: BerkeleyX

Subject: Social Sciences

Level: Introductory

Language: English

Video Transcript: English

Course Type: Self-paced on your time

Share this course





- 選擇免費課程時平台會提醒課程結束日，多數課程在結束日後依然可以觀看課程，但結束日後即無法下載課程檔案，也無法繳交作業，且若要取得證書，也須在結束日前完成課程修習才可取得。

Catalog > Social Sciences Courses

## The Science of Happiness

The first MOOC to teach positive psychology. Learn science-based principles and practices for a happy, meaningful life.

There is one session available:

**Starts Apr 1**  
Ends Aug 31

觀看課程

- 點擊「個人主頁」後進入「課程面板」可看到選修的所有課程，點進課程後可讀取此堂課程的所有資訊，包含課程大綱、每週進度等，若是免費課程亦可在這裡選擇是否升級課程(升級課程可得到官方認證證書)，課程中若有問題亦可至此頁面點擊「討論」後發問。

edX BerkeleyX GG101x The Science of Happiness Help 73485 ▾

課程 進度 日期 討論 常见问题 Happiness Teams FAQ 團隊 Accessibility

若有問題可點擊「討論」發問

## The Science of Happiness

**Start Course**


**Upgrade by 4月8日 and save 15% [\$143.65 \$169]**  
Use code **EDXWELCOME** at checkout! [Upgrade now](#)

**Audit Access Expires 2021年6月17日**  
You lose all access to this course, including your progress, on 2021年6月17日.  
Upgrade by 2021年4月22日 to get unlimited access to the course as long as it exists on the site. [Upgrade now](#)

Welcome! ✕


We're so glad you are here. It is an honor for us to share these materials from leading thinkers with you. We created this course to inspire goodwill, resilience, and genuine joy in hopes of making the world a better place for everyone.

Here are some ways to get started:



1. **Get to know edX.** The [How to Navigate This Course](#) section will give you the technical expertise you need to get the most out of GG101x.
2. **What IS Happiness?** [Our introduction](#) lays the foundation for the rest of the course, covering key ideas about where happiness really comes from,...

**Pursue a verified certificate**



**Upgrade (\$143.65 \$169)**

[Learn More](#)

**What is Happiness?**

📅 2021年4月22日周四

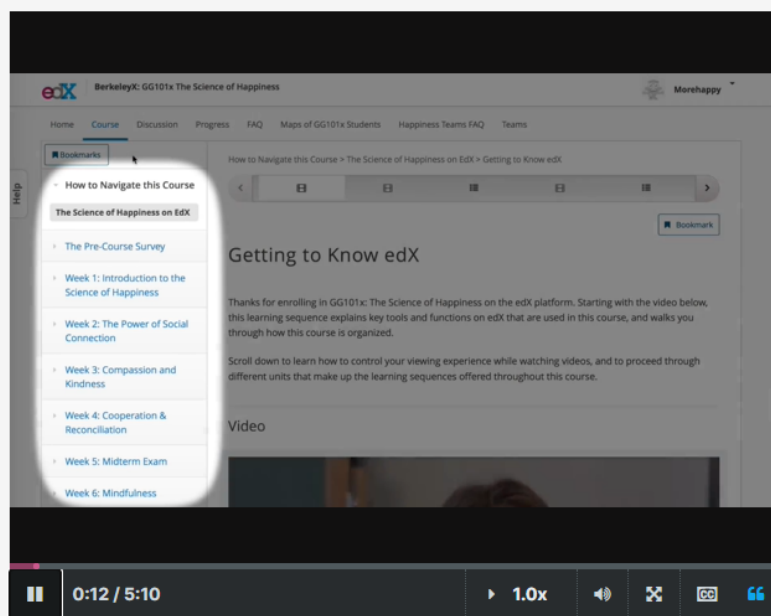
身份认证升级  
学习新知识、磨练新技能、获取认证证书，好机会不容错过！

若免費課程進行中想要獲得證書可至此升級課程

- 選擇課程後，進入課程每週進度，可點擊觀看每週課程內容，單元中會顯示影片時間、影片內容逐字稿、課程文章等。

同一頁面可查看課程每週進度

### Video: Course Layout and Organization (5:10)



影片旁邊附有逐字字幕

Another way that edX organizes course materials is through tabs that are listed along the very top of your page. Right now you're in the Course tab and **the Course tab shows you on the left a detailed menu of all the things that** happen in this course week by week as they become available. Each week has its own topic and it's embedded learning sequences. In the middle of the page where you see me talking right now is the learning sequence itself and you already know how to navigate through the segments of that. To the left of the Course tab is the Home tab and the Home tab has all the most recent course

#### 视频

[下载视频文件](#)

#### 字幕

[下载 SubRip \(.srt\) file](#)

[下载 Text \(.txt\) file](#)

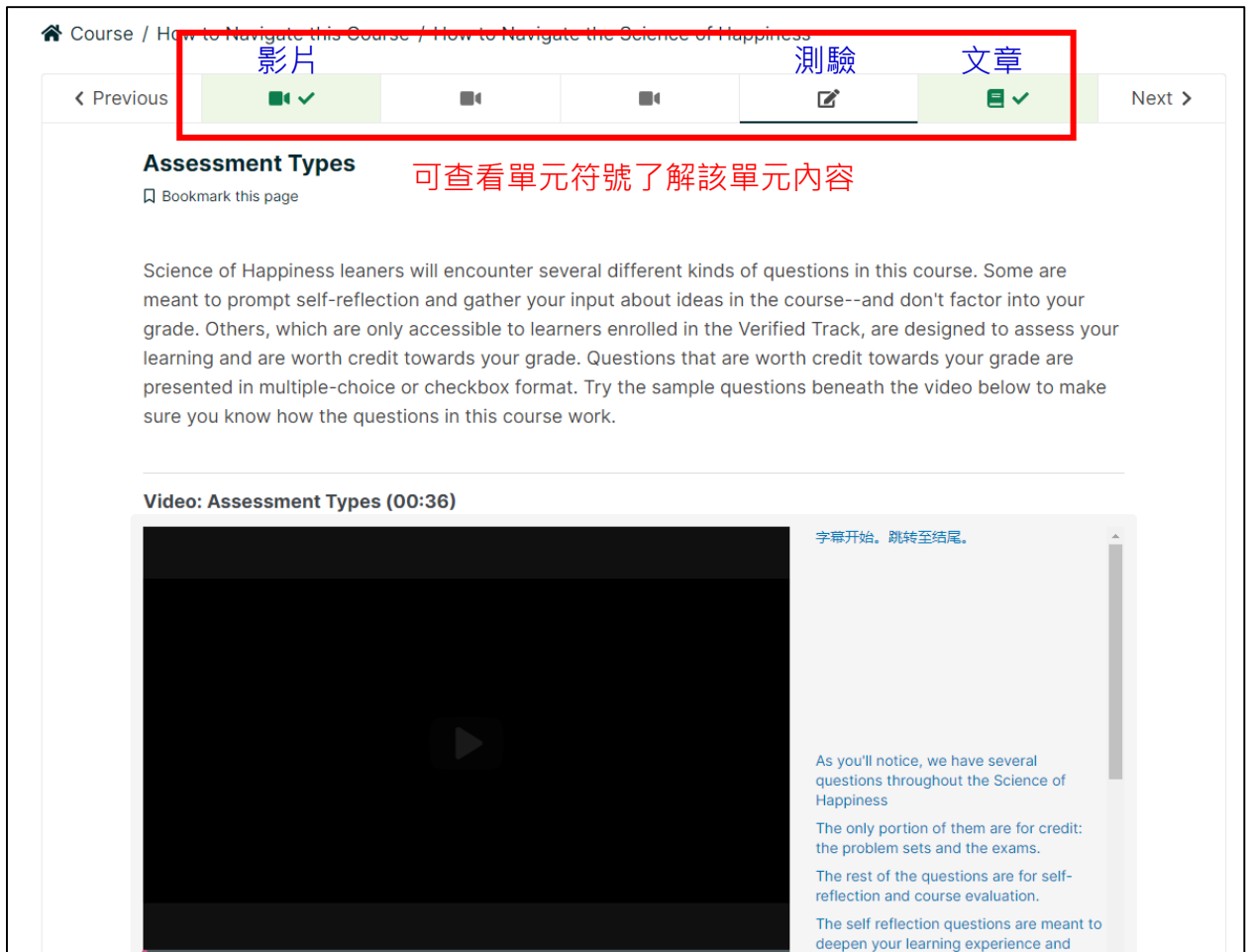
### edX version related differences in Course Layout and Organization 影片下方可下载影片及字幕檔案

Below is a list of the specific ways that the earlier version of edX.org depicted in the video above differs from the current version of edX.org that you see now.

1. There is no longer a detailed list of available course materials in a left vertical menu on the Course page while you are within a learning sequence. To see the vertical list of currently available course materials, click on the Course tab. To return to the learning sequence that you were most recently in, click on Resume Course.
2. There is no longer a **Home** tab on the upper left. To see a vertical list of currently available course materials,

## QUIZ 或測驗

- 每週上課內容會分好幾單元，觀看單元符號就可以知道該單元是為影片、測驗或文章。(極少數的課程單元中會有部分作業或測驗須升級課程才可參加，通常是實作課程中才会有此設定)



Course / How to Navigate this Course / How to Navigate the Science of Happiness

影片 測驗 文章

< Previous [icon] [icon] [icon] [icon] [icon] [icon] Next >

### Assessment Types

🔖 Bookmark this page

可查看單元符號了解該單元內容

Science of Happiness learners will encounter several different kinds of questions in this course. Some are meant to prompt self-reflection and gather your input about ideas in the course--and don't factor into your grade. Others, which are only accessible to learners enrolled in the Verified Track, are designed to assess your learning and are worth credit towards your grade. Questions that are worth credit towards your grade are presented in multiple-choice or checkbox format. Try the sample questions beneath the video below to make sure you know how the questions in this course work.

Video: Assessment Types (00:36)

字幕开始。跳转至结尾。

As you'll notice, we have several questions throughout the Science of Happiness

The only portion of them are for credit: the problem sets and the exams.

The rest of the questions are for self-reflection and course evaluation.

The self reflection questions are meant to deepen your learning experience and

- 回答完問題後點選「提交」，之後可點擊右下角「Show Answer」觀看解答

### Numeric Input

0 points possible (ungraded)

After you type in your numeric response, you can press the SUBMIT button. When you press SUBMIT, your response is immediately graded: a green check mark means correct, and a red X means incorrect. Within Problem Sets, you can make two attempts to identify the correct answer--on exams, you only have one attempt.

If you are enrolled on the Verified Track, the last answer in the box when you press the Submit button is recorded for grading purposes. If you would like to see an explanation of the answer, you can press the Show Answer icon on the lower right.

Type in the 4 digit number that corresponds to the current calendar year

2021 Answer: 2020

2021

Explanation  
The current calendar year is 2020

提交 Show answer

回答完問題後點選「提交」後  
點擊右下角「Show Answer」可觀看此題解答



## Multiple Choice

0 points possible (ungraded)

Most of the questions in this course are multiple choice. For multiple-choice questions, Please always read each question carefully then choose only one option that is the best answer.

After you have selected your answer, press the SUBMIT button. When you press SUBMIT, your response is immediately graded: a green check mark means correct, and a red X means incorrect. Within Problem Sets, you can make two attempts to identify the correct answer--on exams, you only have one attempt.

Try answering the question below.

Which City, Country from the list below hosted the 2012 Summer Olympics?

Rio de Janeiro, Brazil

Sochi, Russia

London, United Kingdom

Vancouver, British Columbia, Canada



提交

Show answer

✓ 正确

The screenshot shows a course page for 'The Science of Happiness' on edX. A modal window is open with the following content:

- Congratulations!** (with a close button)
- You just completed the first section of your course.
- An illustration of several hands of different colors reaching up towards a blue sky with white stars.
- You earned it! Take a moment to celebrate and share your progress.
- Social media sharing icons for LinkedIn, Twitter, Facebook, and Email.
- A 'Keep going' button.

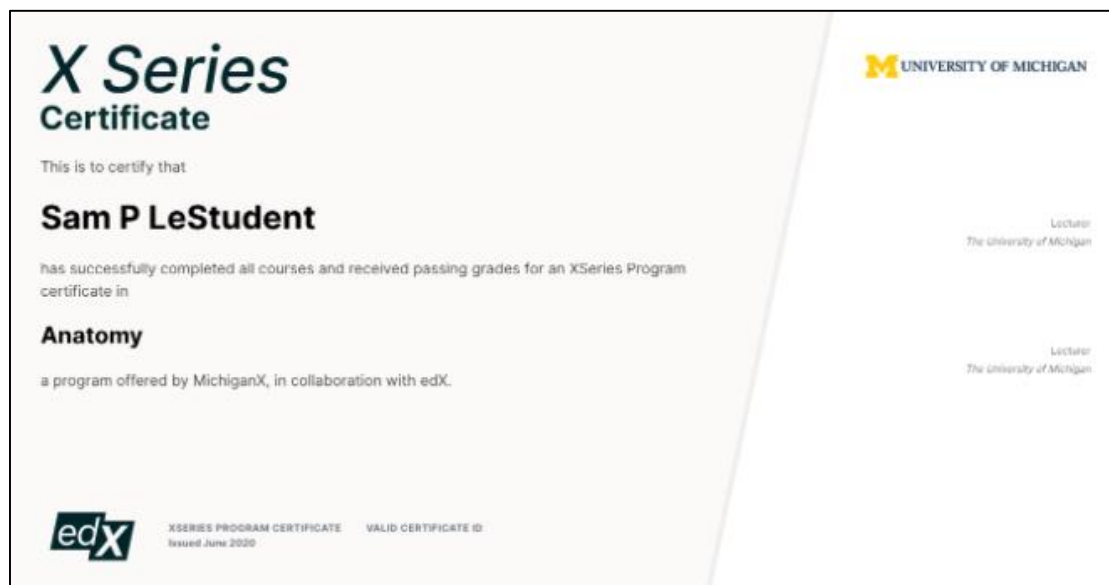
Red text at the bottom of the modal reads: 完成每週進度時系統會告知已完成

The background page shows course navigation, a 'Help' button with the number 73485, and a 'Next >' button.

**費用  
與  
證書**

- edX 平台大部分是免費課程，學生可選擇是否升級課程(升級課程可得到官方認證證書)，升級課程費用一堂課約\$169 元美金(約台幣 5,000 元)
- edX 上系列課程單堂課約\$150 元至\$250 元美金(約台幣 4,500 元至 7,500 元)，依課程內容規劃堂數不同(約 4 至 8 堂課)，購買系列課程可再享有折扣，付費課程修習完成皆可獲得官方認證證書。
- 另 edX 提供經濟援助項目供學生申請，至平台網頁回答問題並提供財力證明，平台會審核是否給予減價與減價幅度。經濟援助項目須個別課程申請。(部分專業課程與微型碩士課程不可申請)

方案	費用	瀏覽課程	獲得證書
Free 免費課程	無	可	<b>無</b>
Upgrated Course 升級課程 (免費課程皆可付費升級)	\$169 元美金 (常有-15%折扣，約 \$143.65 元美金)	可	可
Program Courses 系列課程	一堂課約\$150 元至 \$250 元美金，每系 列堂數不同	可	可
Financial Assistance <u>經濟援助項目</u>	原價\$169 元美金， 可減價 90%至 100%	可	可



證書包含的資訊如下：

- 學生全名
- 課程名稱、開課機構名稱
- 課程教師之簽名
- 證書頒發日期(年月)
- 證書編號