$$\frac{\partial u}{\partial t} = -c \frac{\partial u}{\partial x} + c \frac{\partial^2 u}{\partial x^2} \frac{(\Delta x)}{2!} (1-CFL)$$

Assume solution is summation of terms like $(A_k e^{jkx})e^{\alpha t}$

$$\alpha(A_k e^{jkx})e^{\alpha t} = -cjk(A_k e^{jkx})e^{\alpha t} + c(jk)$$
Error in Lecture (at 18:50 mark): Missing "t" (Hat tip to Hussein Mariner for this catch)
$$u(x,t) = A_k e^{jk(x-ct)}e^{-(1-CFL)(ck^2)\Delta xt/2}$$