

COURSE SYLLABUS



COURSE TITLE: PSYC-276: Positive Psychology

CLASS SECTION: 001

TERM: Winter 2022

COURSE CREDITS: 3

DELIVERY METHOD(S): Lecture

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Marty Donatelli

EMAIL: donatellim@camosun.bc.ca

PHONE: 250-370-3220

OFFICE: Paul 220

HOURS: Monday 1:00-2:00pm Tuesday & Thursday 10:00 – 11:00 am Or by appointment

CALENDAR DESCRIPTION

This course examines the positive aspects of human nature, and how those characteristics can be used to create a good life, and a more positive world. Personal strengths, positive thoughts and emotions, relationships, work, leisure, money and consumption will be just some of the topics covered.

PREREQUISITE(S):

All of:

- C in PSYC 110

And one of:

- C in PSYC 130
- C in PSYC 154
- C in PSYC 164
- C in PSYC 171

CO-REQUISITE(S):

Not applicable

EXCLUSION(S):

Not applicable

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon completion of this course a student will be able to:

1. Describe and explain the current models, theories, concepts and research in positive psychology.
2. Differentiate between scientific and non-scientific sources.
3. Explain the components of a positive life.
4. Identify human strengths and virtues.
5. Explain research, theories, and models of emotions, actions and cognitions that underlie positive experiences.
6. Describe and explain consequences and strategies that correlate with a sense of happiness and well-being.
7. Describe and apply strategies aimed at increasing one's happiness/subjective well-being and analyze the resulting experience.
8. Describe important steps and explain examples of initiatives designed to bring about a positive world.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Text; Ed Diener & Robert Biswas Diener (2008) Happiness: Unlocking the mysteries of Psychological wealth. Blackwell Publishing

Course Pack; Positive Psychology Readings

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

	Readings: Diener	Course Pack
PART 1 FOUNDATIONS		
Science	Epilogue	Part I Introduction
Psychology	Ch 12	
Positive Psychology	Ch 1	
Past, Present & Future	Ch 2	
Principles	Ch 14	
Pursuits		
PART 2 POSITIVE FEELINGS		
Motivation	P 151-162	Part II Positive Feelings
Pleasure		
Mood		
Emotions	P 20-24	
Specific positive emotions		
Test 1 Jan 31 st		
WBI Feb. 4 th		
	3.5	

<p>PART 3 POSITIVE THOUGHTS Processes Content Interventions</p> <p>PART 4 POSITIVE CHARACTER Strengths and virtues Courage Wisdom Resilience</p> <p>Test 2 Mar 7th 3.5 WBI Mar 11th</p>	<p>Ch 10 Ch 11</p>	<p>Part III Positive Thoughts</p> <p>Part IV Positive Character</p>
<p>PART 5 A POSITIVE LIFESTYLE Health Work Wealth Leisure Consumption Relationships</p>	<p>Ch 3 Ch 5 Ch 6 Ch 4</p>	<p>Part V Positive Lifestyle</p>
<p>PART 6 A POSITIVE WORLD Cultures/Countries Designing products & places Improving Society</p> <p>Course Conclusions</p>	<p>Ch 8 Ch 7 Ch 13</p>	<p>Part IV Positive World</p>
<p>Test 3 during final exam period 5 WBI Apr. 15th</p>		<p>Do not arrange to travel before the end of the final exam period.</p>

3, 3, 4 3, 3.5, 5

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines scan be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
In class activities In class assignments requiring personal reflection or illustrating various theories and concepts will be assigned and completed throughout the course. In class activities can only be completed in class, therefore attendance is extremely important.	10%
3 Tests @ 19%, 19%, 22% Tests will include multiple choice, fill-in-the blank, short answer and long answer question(s). Exams must be written as scheduled. Make-up tests will only be allowed with proper documentation. You must contact the instructor prior to the test. The instructor will determine the alternate exam date and time.	60%
Well-being initiatives (10% each section) Well-being initiatives are experiential learning assignments designed to explore your life and improve your well-being. Details are provided at the end of this course outline.	30%
TOTAL	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

This course is an examination of human flourishing. The student will be introduced to the concepts, models, theories, researchers and research in the field of positive psychology. Topics to be addressed include; emotions, motivation, cognition, relationships, work, leisure, character, culture, money, design and social improvement. The course includes both academic and experiential components. The format of the course consists of lectures, discussions, in-class activities and out of class 'well-being initiatives' (assignments designed to illustrate course concepts and have a positive impact on student's life).

Lecture Attendance

Students are expected to attend all classes and be on time. If you miss a class, it is your responsibility to acquire all information given during that class, including notes, hand-outs, changed exam dates, announcements, etc.

Technology

Exams:

No electronic devices are allowed during exams. This includes but is not limited to; computers, electronic dictionaries, electronic translators, cell phones, tablets, and other personal electronic devices.

Class:

Student's use of laptops/tablets in class is restricted to note taking. Students using their laptops/tablets for other purposes will have their laptop privileges revoked.

All cell phones must be turned off during class. Exceptions for emergency purposes only must be discussed with the instructor ahead of time.

Students may not use recording devices in the classroom without prior permission of the instructor. Should permission for recordings be granted, these recordings are for the student's personal use only, and distribution of recorded material is prohibited.

Exam Procedures

All exams must be written at the scheduled times with the exception of students requiring an accommodation by CAL (Centre for Accessible Learning). It is understood that emergency circumstances do occur (e.g. severe illness or family emergency); for such circumstances accommodation may be offered at the discretion of the instructor, provided the student: a) notifies the instructor in advance of the exam (not after), and b) provides documented evidence of the circumstance (e.g. medical certificate).

If an exam is missed with an excused absence, it is up to the instructor's discretion as to how the mark will be made up.

Be sure not to make travel plans for the end of semester until the final exam schedules are finalized and posted. Please ask any family members who might make travel plans on your behalf to consult you before booking tickets.

Studying

You should plan on a weekly minimum of 6 hours outside of scheduled class time for the completion of readings, assignments, and for general studying.

Reviewing, filling out, and editing your lecture notes right after class is recommended.

Contact the instructor to clarify any confusing concepts.

Distributed studying has been proven to be far more effective than massed practice (cramming).

Testing yourself on the material (answering questions) is far superior to simply rereading notes/textbook.

Class PowerPoint presentations will be uploaded to the class website.

FAQ

If I get a grade on an assignment or test I don't like can I redo it? No

Can I do the in-class assignment on my own at home? No

Can I do extra work to improve my grade? No

Can I just have more marks/percentage points to bump up my grade? No

Will the instructor remind of us of due dates for upcoming assignments and tests throughout the semester?

No

Can I hand in work late without receiving a penalty? No. Late work is penalized 5% per day

Will you tell us what's on the test? No

If I complete an assignment and hand it in on time am I guaranteed to receive 100%? No

Can I use somebody else's words or ideas and claim they are mine? No, absolutely not. This is plagiarism and you will receive an F on the assignment, or an F in the course, or expulsion from the college, or all three.

Do I have to email/inform my instructor if I am going to miss a class? No, this is not required. But you may want to contact the instructor just to make sure there wasn't any important announcements about or changes to the course. Otherwise it is your responsibility to find out what happened in that class from another student or the instructor.

Do I have to share personal information about myself if I'm uncomfortable doing so? No

What is your expectation about sharing information in class? Students are encouraged to share information about themselves as relevant to the course. The expectation is that students will not share personal information learned about other people/students. As well, students must be aware that this is a public venue and confidentiality cannot be assured.

Will you be covering material in class that is not in the textbook or coursepack? Yes

Can I use somebody else's words or ideas if I properly quote or cite the source? Yes

If I ask, will the instructor help me with the course requirements? Yes (but he won't do them for you)

Can I get feedback on written work from the instructor before I hand it in? Yes (general review. Submit at least 48 hrs before due date)

Can I get accommodation if I'm sick or experienced an emergency? Yes, if you have proper documentation.

If I choose to, can I withdraw from the course or switch to audit? Yes – prior to the change/audit date

If I am not clear on why I got the grade I did can I talk to the instructor? Yes, please do.

Can I talk to my instructor if I am unclear on what is expected for an assignment or course requirement? Yes

I missed last class. Did I miss anything important? Yes (It is your responsibility to ask a classmate to photocopy their notes)

Please come and see me during office hours if you need extra clarification and help.

No work will be accepted after 4:00 p.m. on Apr. 15th

SCHOOL OR DEPARTMENTAL INFORMATION

Important Dates

Last day to withdraw or switch to audit without receiving a failing grade is March 13th

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](http://camosun.ca/services/accessible-learning/) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized

Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Changes to this syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.

WELL BEING INITIATIVES

Well-being initiatives are experiential learning assignments designed to help you explore your life and improve your well-being. Each student will choose and complete initiatives from the 3 sections below. Students may choose to do any number of assignment(s) in each section. Pick the ones that are right for you: Something you can do and are not currently doing.

Journaling: For many initiatives, you will record your experiences in a journal. Make sure you date each entry. Include who you were with (First name and last initial) and what happened. Each entry will not exceed a paragraph. This will constitute part of your grade. Append the journal entries to your write-up.

Write up: Describe/Reflect on your experience. What was it like? What effect did it have? How did it make you feel emotionally and physically? What would you do differently? And most importantly of all - What did you learn/realize about yourself/your life? (These are questions to stimulate the reflection process. Do not simply answer these questions. Your paper should have a coherent, logical flow)

Length: Most will be between 350 - 450 words (not including journal entries) unless otherwise specified. Include a word count at the end of your write up.

Grading: Projects will be graded on accuracy, completeness, writing/grammar/organization, and especially level of reflection/ insight.

Each assignment is assessed a point value. Earn 100 points to receive 10% possible for that section.

They have assigned due dates. Late assignments/projects are penalized 5% per day.

Note: No assignments/projects will be accepted 1 week after due date.

Submit assignments via D2L drop box unless otherwise specified.

The assignments within a section can be handed in 2 days or more prior to the due date for feedback from the instructor. Please email the instructor if you wish to receive feedback. Students can then resubmit an assignment prior to the section due date.

1. Foundations and Feelings. Due Feb 4th

Life pursuit 70pts

Select a life goal. Do not select a career or family/relationship goal.

Paragraph 1: complete a detailed concrete description of what this life goal is. How will it benefit you and others?

Paragraph 2: outline a step by step plan for achieving this life goal. Describe what resources you'll need, and provide an approximate timeline.

Paragraph 3: Describe the obstacles (both internal and external) to reaching this goal. Describe plans for overcoming these obstacles.

Paragraph 4; Finally, reflect on some of the things you realized, felt, and learned doing this activity.

This option does not require journaling.

If you complete this activity you cannot complete "best possible self" below.

Best possible self 40pts

Imagine your life 5 or 10 years down the road. Describe the best possible life you could have. Think about various areas of your life; career, income, relationships, personality, physical condition, etc. reflect on things that may be barriers to achieving this life and actions that are necessary to bring it about. Write-up maximum 400 words. If you complete this activity you cannot complete "Life pursuit" above.

Laughter yoga. 40pts

Attend a local laughter yoga group meeting. Journal and write-up as described above.

<https://victorialaughteryogaclub.wordpress.com/laughter-schedule/> Sundays, Mondays and Wednesdays

<http://www.victoriayoga.com/class/laughter-yoga>

Some may suggest a donation for each session.

Pleasant events therapy 70pts

Think about and list the things you enjoy. Do them more often. Schedule at least one of these pleasant events into each day for a minimum of 30 minutes. They must not be things you typically do. Do not do the same pleasant event each day. They must not be; laughter yoga, spending time on social media, or watching TV. Complete a total of 7 days. Journal and write-up as described above.

Happy body, happy heart 40pts

Most assume that our actions are the result of how we feel. Sometimes it is the other way around.

For one day, regardless of how you feel, act like you are very happy. Stand tall, breath deep, smile regularly, have a spring in your step, look at people, if appropriate; wave, hug, skip and/or whistle/hum.

At the end of the day reflect on (write) how easy/difficult it was, others reactions, your feelings, how well you carried out the task. DO NOT do positive things for others; that is a different assignment. (Caution; females, happiness towards unfamiliar males may be misinterpreted)

2. Thoughts and Character. Due March 11th

Meditate. 70pts

Choose a form of meditation (see below)and meditate each day for 10 consecutive days. Meditate for at least 5 minutes the first day and progressively add at least one minute each day. After each session, describe your experience and progress in your journal. Write-up as described above.

How to: Follow the directions in the Lyubomirsky reading in the course pack. In general: Find a quiet comfortable place. Empty your mind. Let all thoughts and images disappear. If something pops into your head let it in and pass right through - empty your mind again.

Try one of four different kinds of meditation.

- Focused meditation. Some people find it easier to prevent other thoughts by focusing on one simple thought; a word, image, their breathing.
- Mindfulness meditation. Watch your thoughts and feelings without judging them. Nonattachment.
- Loving-kindness meditation. Fill your mind and heart with love and kindness for others.
- Guided meditation; find an audio file on the internet that takes you through a meditation session.

50 gritudes 40pts

Write out 50 things in your life you are grateful for. For each one, give a one sentence explanation as to why it is great/you are grateful. For example: Bike rides; Gives me exercise, time to think and fresh air.

Include people, personal qualities, activities, possessions, aspects of society, etc.

This activity does not require a journal with journal entries.

Write up: Include the list and in approximately 5 sentences, describe/reflect on your experience and its impact.

Positive person interview 40pts

Think about someone who is the most positive person you know. Ask for an interview. Over the phone or face to face (preferred) ask them about their life and personal philosophy. What contributes to their positive outlook? Is it always positive? How would they describe what's important in life? Their personal philosophy?

Write-up includes their important responses as well as your observations, realizations/insights.

Daily blessings. 70pts

Each day for 14 consecutive days sit down and write in your journal, three good things that happened that day (or things you are grateful for). They have to be unique things, not things that occur virtually every day. Spend a few moments reflecting on each one and how good it is that you have it in your life. Include your journal and a write-up as described above.

Gratitude letter 40pts

Think about the people in your life that have significantly contributed to you in some way. Write a Gratitude Letter to one of these individuals. Describing in concrete terms what they did, how they impacted you and why you are grateful. Tell them what you are doing now and how you often remember their efforts. Make it come alive. Then give the letter to the person, or better yet, read your letter aloud to the person. Write-up as described above plus the actual letter.

Strengths 40pts

Discover your strengths by filling out an online questionnaire at www.authentic happiness.sas.upenn.edu/ Mouse over "Questionnaires" tab. Find VIA Signature Strengths Questionnaire and click on it (NOT the brief strengths test). You will have to enter an e-mail address and create a password. This will take about 30-60 minutes - about 240 questions. Print out your results.

1. Include a screen shot of the first page of your results

Writeup:

2. reflect/comment on any or all of your top 5 (signature) strengths,
3. , reflect/comment on a strength that ended up near the bottom.
4. How do you use, or could you use, your signature strengths?

Max 250 words.

3. Lifestyle and world April 15th

Life pursuit implementation 70pts

Try to complete as many of the steps of your plan for your life pursuit and share your experiences.

What happened? What did you realize? What did you feel? Learn?

What Challenges came up that you didn't anticipate and how did you/will you overcome them?

What changes/adjustments were necessary to your plan or your goal?

What new opportunities arose that you hadn't anticipated? What new skills developed?
How do you feel about implementing/completing your plan?

Physical activity: Dance, walk or sport (choose only one) 70pts

Select one new physical activity. Join a dance class, a new sport or establish a walking schedule (complete a minimum of ½ hour each day). Choose something you do not typically do. Do this for 8 consecutive sessions. If you have health concerns consult your doctor beforehand. Ease into the activity. Journal entries should include; date, what you did, where and with whom. Write-up as described above.

Seven conversations. 70pts

Have a pleasant conversation with seven different family members or friends. Each conversation should be at least 15 minutes and include just the two of you. No phoning, emailing nor texting. These conversations must be with 7 different people and must be important/meaningful conversations. Provide a brief overview 4-5 sentences, of each conversation. Then write-up as described above.

Positivity portfolio (Fredrickson p.214) 40pts

Compile a photo album of the positive and meaningful things in your life. You can organize it by time or event. Be sure to include possessions you enjoy, places you like or would like to visit, people (family, friends) activities you engage in, pets, foods, etc. No more than 3 photos per category. Be selective. Write-up; some comments, feelings, observations about your portfolio and the process of completing it. Max 100 words

Forest bathing *shinrin-yoku* 40pts

Find a green space (or ocean front) near your residence. It must have trees and bushes (and ideally water). Complete a 30 minute (minimum) walk in nature on 2 different days. Let your attention focus on the natural world. No journal for this one. In 3 or 4 sentences, describe the nature area you visited. Write up; describe your experiences (as described above). 200 - 250 words.

Positive world: social innovation. 70pts

Research and write about one social innovation. This could be a new technology, idea, social initiative or program. It must be something new, something that helps the world and something you are interested in. You will give a 2 minute verbal presentation to the class, answer questions, and hand in a one page report (in point form) with at least one reference.
Some possible sources of ideas: Clinton global initiative, TED talks, Gates foundation, Idea City, Undecided with Matt Ferrell
Every student has to complete a different initiative so inform your instructor of your topic early.

Conscious acts of kindness. 70pts

Each day, for 10 consecutive days, commit a conscious act of kindness. For example: Make dinner for someone, look after their kids for an evening, do one of their chores for them, express gratitude, sincere compliment, help out, do a favour, etc. There are other examples in the reading in your course pack (Kindness make us happier). It has to be something you do not ordinarily do. You have to complete 5 different acts before you can repeat an act with a different person in a different place. Journal entries; date, what you did and where, what happened. Then write up as described above. Write up 300 - 350 words.