



**School of Arts & Science  
PSYCHOLOGY DEPARTMENT**

**PSYC 290-section  
Independent Studies  
Semester/Year, eg, 2009W or 2009Q2**

## **COURSE OUTLINE**

The Approved Course Description is available on the web @ \_\_\_\_\_

Ω Please note: this outline will be electronically stored for five (5) years only.  
It is strongly recommended students keep this outline for your records.

### **1. Instructor Information**

(a)	Instructor:	Marty Donatelli		
(b)	Office Hours:	1 hour before each class		
(c)	Location:	Office F352		
(d)	Phone:	370-3220		
(e)	Email:	donatellim@camosun.bc.ca		
(f)	Website:	tbc		

### **2. Calendar Description**

This course examines the concepts, models, theories and research of the positive aspects of human nature: positive emotions, attributes, actions, world, and a meaningful life.

Prerequisite(s): PSYC 110 or 130 and one other psychology course.  
Students who audit the course are not required to have the prerequisites.

### **3. Required Materials**

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

Lyubomirsky, Sonja (2008) The How of Happiness. New York: Penguin Press

### **4. Course organization**

The three hours each week will be comprised of lectures, class discussion, activities and seminar sessions

### **5. Intended Learning Outcomes**

Upon completion of this course the 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. Describe and explain the causes, consequences and correlates of happiness/subjective well being.
5. Apply the interventions that increase happiness/subjective well being.
6. Explain the theories, models, evolutionary and biological underpinnings of emotions
7. Describe and explain the cognitive processes and content that underlie positive emotions
8. Describe the experience of implementing positive interventions
9. Explain examples of initiative designed to bring about a positive world
10. Identify human strengths and virtues

## 6. Course Content and Schedule

Week	Topics	Assigned readings Diener
1	INTRODUCTION	Ch 1 and Epilogue
2	PRINCIPLES	Ch 2 and p. 151-162, 209-215
3	Emotions and mood	Assigned readings
4	Body/Biology/Health	Ch 3
5 & 6	Cognition and character	Ch 10 & 11
7	MIDTERM	
8	Relationships	Ch 4
9 & 10	Work, Play and other endeavours	Ch 5 & 7
11 & 12	Culture & Money	Ch 6 & 8
13 & 14	Better Self and Better World	Ch 13 plus additional readings
15	FINAL EXAM	

## 7. Basis of Student Assessment (Weighting)

Assignments	
In class activities	10%
Class presentations (2 @ 5%)	10%
Two Exams (25% each)	50%
Positive initiatives	15%
Seminar/class discussion	15%

## 8. Grading System

### Standard Grading System (GPA)

Percentage*	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D	Minimum level of achievement for which credit is granted; a course with a "D" grade cannot be used as a prerequisite.	1
0-49	F	Minimum level has not been achieved.	0

\* Please note that there is a gap between 89% and 90%, for example. This is true for each grade. I will round using the pattern, for example, 89.44 will be rounded to 89; 89.45 will be rounded to 90

## Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy E-1.5 at [camosun.ca](http://camosun.ca) for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that, due to design may require a further enrollment in the same course. No more than two IP grades will be assigned for the same course. (For these courses a final grade will be assigned to either the 3 <sup>d</sup> course attempt or at the point of course completion.)
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.

## 9. Recommended Materials or Services to Assist Students to Succeed Throughout the Course

### LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College calendar, at Student Services or the College web site at [camosun.ca](http://camosun.ca).

### STUDENT CONDUCT POLICY

There is a Student Conduct Policy **which includes plagiarism**. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, at Student Services and on the College web site in the Policy Section.

## 10. In class activities/discussions

These include various brainstorming sessions, activities, questionnaires, games, and discussion tables that illustrate important course concepts. Participation is very important

## 11. Positive initiatives

These are homework assignments designed to bring about a more positive life. At the subsequent class students will hand in a one page report and discuss their experiences.

## **12. Class presentations**

These are 5-10 minute presentations, followed by leading a class discussion  
Teaching a new skill. Social entrepreneurs

**Assignments and Projects** are due at the beginning of the class on assigned due dates. Late assignments/projects are penalized 5% per day. **Note: No assignments/projects will be accepted 2 weeks after due date. Do not e-mail assignments/projects. Course projects must be typed and include word count.**