



## COURSE OUTLINE

The course description is online @ <http://camosun.ca/learn/calendar/current/web/psyc.html>

### 1. Instructor Information

<b>Instructor:</b>	Marty Donatelli		
<b>Office Hours:</b>	Tues 3:00 – 4:00 Wed 11:00 – 12:00 & 3:00 – 4:00		
<b>Location:</b>	Paul 220		
<b>Phone:</b>	250 370-3220		
<b>Email:</b>	donatellim@camosun.bc.ca		
<b>D2L page</b>	Camosun.ca Desire2Learn login Select Positive Psyc		

### 2. 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. 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.

### 3. Required Materials

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

Course Pack; Positive Psychology Readings

### 4. Course Content

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, cognition, relationships, work, leisure, character, culture, money, design and social change. 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).

The pre-requisites for this course are Psych 110 and one other psychology course. Students must not take this course without the prerequisites

## 5. Basis of Student Assessment (Weighting)

In class activities	10%
Four Exams (1-3 17.5% each. 4 12.5%)	65%
Well-being initiatives	25%

In class activities can only be completed in class.

Tests will include multiple choice, fill-in-the blank, short answer and essay question(s).

Well-being initiatives are experiential learning assignments designed to improve your well being.

They 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. Submit assignments via D2L. Course projects must include word count.

## 6. Grading System

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

### 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>rd</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.

## 7. 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 the College web site in the Policy Section.

### TECHNOLOGY POLICY

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

Student's use of lap tops in class is restricted to note taking. Students using their laptops 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.

***Information in this document is up to date and accurate as of printing. Content of this document and structure of the course are subject to change at the discretion of the instructor.***

# Introduction to Positive Psychology

Readings: Diener

Course Pack

<p><b>PART 1 FOUNDATIONS</b></p> <ol style="list-style-type: none"> <li>1. Science</li> <li>2. Psychology</li> <li>3. Positive concepts</li> <li>4. Past, Present &amp; Future</li> <li>5. Principles</li> </ol>  <p><b>PART 2 POSITIVE THOUGHTS</b></p> <ol style="list-style-type: none"> <li>6. Perception</li> <li>7. Perceiving the past and future</li> <li>8. Perceiving the self</li> <li>9. Reason</li> <li>10. flourishing mind</li> </ol>  <p>Test #1 Jan 31st</p> <p><b>PART 3 POSITIVE FEELINGS</b></p> <ol style="list-style-type: none"> <li>11. Motivation</li> <li>12. Pleasure</li> <li>13. Mood</li> <li>14. Emotions</li> <li>15. Comfort &amp; Joy</li> <li>16. Amusement</li> <li>17. Love</li> <li>18. Uplifting emotions:</li> </ol>  <p>Test #2 Feb 28th</p> <p><b>PART 4 POSITIVE CHARACTER</b></p> <ol style="list-style-type: none"> <li>19. Strengths and virtues</li> <li>20. Courage</li> </ol> <p><b>PART 5 A POSITIVE LIFESTYLE</b></p> <ol style="list-style-type: none"> <li>21. Health</li> <li>22. Work</li> <li>23. Wealth</li> <li>24. Leisure</li> <li>25. Consumption</li> <li>26. Relationships</li> </ol>  <p>Test #3 March 28th</p> <p><b>PART 5 A POSITIVE WORLD</b></p> <ol style="list-style-type: none"> <li>27. Cultures/Countries</li> <li>28. Designing products &amp; places</li> <li>29. Improving Society</li> <li>30. Conclusions</li> </ol> 	<p>Ch 1 Epilogue Ch 2 p 209-215 p 240-241</p> <p>Ch 10 Ch 11</p> <p>P 151-162</p> <p>P 20-24</p> <p>Ch 3 Ch 5 Ch 6</p> <p>Ch 4</p> <p>Ch 8 Ch 7</p> <p>Ch 13</p>	<ol style="list-style-type: none"> <li>1. Science</li> <li>2. Psychology</li> <li>3. Definitions</li> <li>4. Past, Present &amp; Future</li> <li>5. Principles</li> </ol> <p>Self-esteem Self efficacy Reason Creative minds Benefits of dialogue Compassion meditation Finding the peace Meditation (Lyubomirsky)</p> <p>Goals (Lyubomirsky) Wanting and Liking Pleasure Moods Weekend effect Mood – prosocial behavior Emotions (Compton) Rational Irrationality (Keltner) With age comes peace Laughter the best medicine Love (Keltner) Strange Feelings grateful</p> <p>The Felicity of Virtue (Haidt)</p> <p>Toward a healthy lifestyle Sleep Debt Get the Massage Money buys happiness... Leisure (Compton) Leisure (Wrzesniewski) Unhappy people watch TV Free play for children What drives consumption? Strategies for investing in relationships</p> <p>Eastern Perspectives Can we be secure? (Layard) Scandinavian Advantage Accentuating the positive Human factor Vincente readings Flowers, warm weather, nature Greener offices</p>
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3, 3.5, 3.5, 2.5

## WELL BEING INITIATIVES

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

### POSITIVE THOUGHTS: 50 GRATITUDES

The common refrain is to 'count your blessings'. Is this sound advice? Does reflecting on how good we have it improve our subjective well being?. For this assignment you are to write out 50 things in your life you are grateful for. For each one give a one sentence explanation. For example: Bike rides; Gives me exercise, time to think and fresh air.

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

Due Jan 17<sup>th</sup> 2 ½%

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#### 1. MEDITATION

Meditate each day for 21 consecutive days. Meditate for 5 minutes the first day and progressively add one minute each day. Describe your experience and progress in a journal entry every 5<sup>th</sup> day

Follow the directions in the Lyubomirsky reading. Try one of three different kinds of meditation.

- Quiet mind meditation. 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. Some people find it easier to prevent other thoughts by holding onto one simple thought; a word, image, experience of 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.

#### 2. REAPPRAISALS

Each day for 21 consecutive days for each journal entry jot down one thing that went wrong or was annoying. In one sentence describe what it was. Then look for and record the positive elements of it.

#### 3. 3 GOOD THINGS

Each day for 21 consecutive days record in your journal three good things that happened that day. They have to be unique things. Not things that occur virtually every day.

Choose only one of the above three. Due Feb 14<sup>th</sup> 7.5%

Write up: what was it like? What effect did it have? What did you learn? 250-300 words

Pick the one that is right for you. You can do it and are not currently doing it.

Make your journal entries on D2L. These will constitute part of your grade.

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#### 1. SOCIAL CONNECTIONS

Each day for 21 consecutive days have a conversation with a family member or friend. These conversations must be with 21 different people. Journal entries; date, first name last initial what you talked about.

#### 2. MOVEMENT

Each day for 21 consecutive days engage in at least 20 minutes of physical activity. **Walk**, bike ride, yoga, work out, sport, etc. This must be a new physical activity you do not typically do. If you have health concerns consult your doctor before hand. Ease into the activity. Journal entries; date, what you did, where and with whom.

#### 3. CONSCIOUS ACTS OF KINDNESS

Each day, for 21 consecutive days, commit a conscious act of kindness. 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.

Hug, gratitude, compliment, helping out, favour,

Choose only one of the above three. Due March 14<sup>th</sup> 7.5%

Write up: what was it like? What effect did it have? What did you learn? 250-300 words

Pick the one that is right for you. You can do it and are not currently doing it.

Make your journal entries on D2L. These will constitute part of your grade.

## **POSITIVE PERSON: STRENGTHS**

Discover your strengths by filling out an online questionnaire at [www.authentic happiness.sas.upenn.edu/](http://www.authentic happiness.sas.upenn.edu/) At the top you will see a 'Questionnaires' tab. Move your mouse over top of it. Scroll down until you see VIA Survey of character Strengths and click on it (NOT the brief strengths test). You will have to enter an e-mail address and create a password. This survey will take about 30-60 minutes There are about 240 questions. Print out your results.

For your write up; 1. list your top 5 strengths and then comment on the entire list of your strengths – any surprises? 2. Implementation: Describe specific behaviours/actions you could take to exercise 2 of your signature strengths and discuss their implementation 3. Development: Identify a strength in the bottom half that you'd like to develop. Describe specific behaviours/actions you could take to develop it and discuss their implementation.

Due March 28<sup>th</sup> 5%

## **POSITIVE WORLD: SOCIAL ADVANCEMENT**

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 1-2 minute verbal presentation to the class, and hand in a one page outline with at least one reference. Some possible sources of ideas: Clinton global initiative, TED talks, Gates foundation, Idea City,

Every student has to complete a different initiative so inform your instructor of your topic early.  
Presentations April 4<sup>th</sup> & 11<sup>th</sup> 2 ½%