

	<p><b>School of Arts &amp; Science</b>  <b>PSYCHOLOGY DEPARTMENT</b>  <b>PSYC 276</b>  <b>Positive Psychology</b>  <b>Win 2015</b></p>
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## COURSE OUTLINE

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

Ω Please note: the College electronically stores this outline for five (5) years only.  
It is **strongly recommended** you keep a copy of this outline with your academic records.  
You will need this outline for any future application/s for transfer credit/s to other colleges/universities.

### 1. Instructor Information

<b>Instructor:</b>	Marty Donatelli		
<b>Office Hours:</b>	Tues 11:30am – 12:30pm Fri 10:30am – 11:30am		
<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%
Exams Test 1 20% test 2 20% test 3 25%	65%
Well-being initiatives 5% 5% 15%	25%

In class activities can only be completed in class.

Tests will include multiple choice, fill-in-the blank, short answer and long answer 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 unless otherwise specified. 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. ( <i>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.</i> )
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.

## 8. TECHNOLOGY POLICY

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

Students who use laptops should sit in the back row. 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.

Last day to withdraw or switch to audit March 9<sup>th</sup>

***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>                  Science                  Psychology                  Positive Psychology                  Past, Present &amp; Future                  Principles                  Pursuits</p> <p><b>PART 2 POSITIVE FEELINGS</b>                  Motivation                  Pleasure                  Mood                  Emotions                  Specific positive emotions</p> <p><b>Test 1</b> Jan 27<sup>th</sup></p> <p><b>PART 3 POSITIVE THOUGHTS</b>                  Processes                  Content                  Interventions</p> <p><b>PART 4 POSITIVE CHARACTER</b>                  Strengths and virtues                  Courage                  Wisdom                  Resilience</p> <p><b>Test 2</b> Feb 24<sup>th</sup></p> <p><b>PART 5 A POSITIVE LIFESTYLE</b>                  Health                  Work                  Wealth                  Leisure                  Consumption                  Relationships</p> <p><b>PART 6 A POSITIVE WORLD</b>                  Cultures/Countries                  Designing products &amp; places                  Improving Society                  Conclusions</p> <p><b>Test 3</b> during final exam period Apr 13-25</p>	<p>Epilogue                  Ch 12                  Ch 1                  Ch 2                  Ch 14</p> <p>P 151-162</p> <p>P 20-24</p> <p>Ch 10                  Ch 11</p> <p>Ch 3                  Ch 5                  Ch 6                  Ch 4</p> <p>Ch 8                  Ch 7</p> <p>Ch 13</p>	<p>Part I Introduction</p> <p>Part II Positive Feelings</p> <p>Part III Positive thoughts</p> <p>Part IV Positive Character</p> <p>Part V Positive Lifestyle</p> <p>Part IV Positive World</p>
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3, 3, 4 3, 3.5, 5

## WELL BEING INITIATIVES

### 1. POSITIVE THOUGHTS: 50 GRATITUDES 5% Jan 20<sup>th</sup>

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.

### 2. POSITIVE CHARACTER: STRENGTHS 5% Feb 10<sup>TH</sup>

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; Paragraph 1. List your top 5 strengths from the results provided. Comment on these top five. Comment on the entire list of your strengths. Paragraph 2. Describe specific behaviours/actions you could take to exercise 2 of your signature strengths Discuss implementing these actions.. Paragraph 3. Identify a strength in the bottom half of your entire list that you'd like to develop. Why would you like to develop it? Describe specific behaviours/actions you could take to develop it and discuss their implementation.

### 3. POSITIVE LIFESTYLE OR POSITIVE WORLD 15%

#### POSITIVE LIFESTYLE March 24<sup>th</sup>

Choose only one of the following four options. Pick the one that is right for you: Something you can do and are not currently doing.

Record your experiences daily in a journal. Make sure you date each entry. This will constitute part of your grade. Include it with your write-up.

Write up: Reflect on your experience. (General observations. What was it like? What effect did it have? What did you learn? What would you do differently? These are questions to stimulate the reflection process. Do not simply answer these questions)

Max 450 words (not including journal entries). Include word count.

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

#### A. MEDITATION

Meditate each day for 14 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.

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

- Focused 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 focusing on 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.

#### B. SOCIAL CONNECTIONS

Each day for 14 consecutive days have a pleasant conversation with a family member or friend. These conversations must be with 14 different people. No emailing nor texting. Journal entries should include: date, first name last initial of other person, what you talked about.

#### C. MOVEMENT

Each day for 14 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 should include; date, what you did, where and with whom.

#### D. CONSCIOUS ACTS OF KINDNESS

Each day, for 14 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 should include; date, what you did and where, what happened. Hug, gratitude, compliment, helping out, favour, etc.

#### POSITIVE WORLD

During the last class of this course we will hold a positive world video exhibition. You will share with the world (your class and guests) one example of a person, organization or project that has or is trying to make the world a better place. This better world initiative 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 must choose a topic that you are fascinated with. If you cannot find a topic one will be assigned to you. Some possible sources of ideas: Clinton global initiative, TED talks, Gates foundation, Idea City, [www.ashoka.org](http://www.ashoka.org), [www.csef.ca/](http://www.csef.ca/)

Your video will be a PowerPoint presentation with audio track

Dues dates:

Determine/declare topic by March 3<sup>rd</sup>

Script and sources March 31<sup>st</sup>

Video April 5th