



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

Instructor:	Marty Donatelli		
Office Hours:	Monday and Wednesday 12:00 – 12:30pm CC118A Tuesday and Thursdays 10:00- 11:00am Paul 220		
Location:	CC Campus Centre 118A and Paul 220		
Phone:	250-370-3220		
Email:	donatellim@camosun.bc.ca		
Website:	Go to Camosun.ca scroll over 'Services & Forms' tab scroll down to 'Online courses' section and select D2L log in with username (firstname.lastnamebirthdate) and password (date of birth) Click on Psyc 276 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%
3 Tests @ 23%, 23%, 29%	75%
Well-being initiatives 3 @ 5% each	15%

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 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 rd 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.

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

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.

Assignments:

Assignments not received by the deadline are subject to penalty marks even if they were submitted electronically prior to the deadline.

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. Phones used during class will be confiscated.

Last day to withdraw or switch to audit March 14th

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.

The instructor will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses. The timetable may also be revised.

SYLLABUS
Introduction to Positive Psychology

Readings: Diener Course Pack

<p>PART 1 FOUNDATIONS Science Psychology Positive Psychology Past, Present & Future Principles Pursuits</p>	<p>Epilogue Ch 12 Ch 1 Ch 2 Ch 14</p>	<p>Part I Introduction</p>
<p>PART 2 POSITIVE FEELINGS Motivation Pleasure Mood Emotions Specific positive emotions</p>	<p>P 151-162 P 20-24</p>	<p>Part II Positive Feelings</p>
<p>Test 1 Feb 3rd 3.5</p>		
<p>PART 3 POSITIVE THOUGHTS Processes Content Interventions</p>	<p>Ch 10 Ch 11</p>	<p>Part III Positive Thoughts</p>
<p>PART 4 POSITIVE CHARACTER Strengths and virtues Courage Wisdom Resilience</p>		<p>Part IV Positive Character</p>
<p>Test 2 Mar 7th 3.5</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 Conclusions</p>	<p>Ch 8 Ch 7 Ch 13</p>	<p>Part IV Positive World</p>
<p>Test 3 during final exam period April 18-29 5</p>		

3, 3, 4 3, 3.5, 5

WELL BEING INITIATIVES

Each student must choose and complete 3 initiatives from the following 5 areas.

Pick the ones that are right for you: Something you can do and are not currently doing.

As you complete the initiative, 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. This will constitute part of your grade.

Append it to your write-up.

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

Max 450 words (not including journal entries). Include a word count at the end of your write up.

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

1. Promote Positive Feelings. Feb 1st

Choose only one of the following two.

Laughter yoga.

Join a local laughter yoga group attend at least 5 meetings.

<https://victorialaughteryogaclub.wordpress.com/laughter-schedule/>

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

Being Love.

Being love involves expressing strengths such as kindness, generosity, trustworthiness, and helpfulness . It's about using more of the verbal behaviours of; capitalization, compliments, saying yes, and injecting humour. Just as important are the nonverbal ways of expressing love; a gentle touch, a warm hug and most important of all an authentic smile. Choose loving behaviours, reflecting on situations where they can be used, and practicing them regularly.

2. Mold your mind. Feb 22nd

Choose only one of the following two.

Meditate

Find a quiet comfortable place 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.

Follow the directions in the Lyubomirsky reading in the course pack. 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.

50 gratitudes

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

3. Pursue your purpose. March 9th

Life goal

Select a life goal. Not a specific career but what a carer may try to achieve. Concrete, break it down, implementation details, preparing for obstacles

4. Build your body. March 28th

Choose only one of the following three.

Dance, walk or sport

Select one new physical activity. Join a dance class, a new sport or establish a walking schedule (min ½ hour each day). Choose something you do not typically do. 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.

5. Foster friendships April 13th

Seven conversations

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.