



CAMOSUN COLLEGE
School of Arts & Science
Department of Psychology

PSYC-276-001
Positive Psychology
Winter 2018

COURSE OUTLINE

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

Ω Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

1. Instructor Information

| | |
|---------------|---|
| Instructor: | Marty Donatelli |
| Office Hours: | Mon 10:30-11:20, Tues 3-4, Wed. 12:30-1:20, Thurs. 3-4, Fri 12:30-1:20 |
| Location: | Paul 220 |
| Phone: | 250-370-3220 |
| Email: | donatellim@camosun.bc.ca |
| Website: | Go to Camosun.ca click on D2L in upper right hand corner. First time; 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 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.

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 and Schedule

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).

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 @ 19%, 19%, 22% | 60% |
| Well-being initiatives (10% each section) | 30% |

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 have 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

Standard Grading System (GPA)

Competency Based Grading System

7. Recommended Materials to Assist Students to Succeed Throughout the Course

N/A

8. College Supports, Services and Policies



Immediate, Urgent, or Emergency Support

If you or someone you know requires immediate, urgent, or emergency support (e.g. illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts @

<http://camosun.ca/about/mental-health/emergency.html> or <http://camosun.ca/services/sexual-violence/get-support.html#urgent>

College Services

Camosun offers a variety of health and academic support services, including counselling, dental, disability resource centre, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit the **STUDENT SERVICES** link on the College website at <http://camosun.ca/>

College Policies

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies. Policies are available on the College website at <http://camosun.ca/about/policies/>. Education and academic policies include, but are not limited to, Academic Progress, Admission, Course Withdrawals, Standards for Awarding Credentials, Involuntary Health and Safety Leave of Absence, Prior Learning Assessment, Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, Student Appeals, Student Conduct, and Student Penalties and Fines.

A. GRADING SYSTEMS <http://camosun.ca/about/policies/index.html>

The following two grading systems are used at Camosun College:

1. 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 | | 1 |
| 0-49 | F | Minimum level has not been achieved. | 0 |

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes

| Grade | Description |
|-------|---|
| COM | The student has met the goals, criteria, or competencies established for this course, practicum or field placement. |
| DST | The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement. |
| NC | The student has not met the goals, criteria or competencies established for this course, practicum or field placement. |

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 at <http://camosun.ca/about/policies/index.html> 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 are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course. |
| 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. 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 13th

10. 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

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

Will you be covering material in class that is not in the textbook? 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)

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

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

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 1st 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 8th 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 16-27 5</p> | | |

3, 3, 4 3, 3.5, 5

WELL BEING INITIATIVES

Each student will choose and complete initiatives from the following 3 sections.
Pick the ones that are right for you: Something you can do and are not currently doing.

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 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.

There are three sections of initiatives. Students may choose to do any assignment(s) in each section. The assignments within a section can be handed in prior to the due date for that section. Each assignment is assessed a point value. Students can earn a maximum of 100 pts in any one section. Students have the option of resubmitting an assignment prior to the section due date.

1 and 2. Foundations and Feelings. Due Feb 1st

Laughter yoga. 70pts

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

Being Love. 70pts

Be loving for 7 consecutive days. Complete a journal entry for each day. Being love involves exercising 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. Journal and write-up as described above.

Life goal 40pts

Select a life goal. Not a specific career but what a career may try to achieve. After a very general high level description, complete a detailed concrete description of what this life goal would look like. Next, outline a step by step plan for achieving this life goal. Include implementation details, and preparing for obstacles. Finally reflect on some of the things you realized, felt, and learned doing this activity. This activity does not require a journal with journal entries. If you complete this activity you cannot complete "best possible self" below.

Best possible self 40pts

Imagine your life 1, 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 goal" above..

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)

3 and 4. Thoughts and Character. Due March 6th

Meditate . 70pts

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. write-up as described above.

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 40pts

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 This activity does not require a journal with journal entries. Write up: Describe/Reflect on your experience and it's impact – 3-5 sentences only.

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 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 described above.

Daily blessings. 70pts

Counting your blessings. Each day for 14 consecutive days sit down and write in your journal or 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. Journal and 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 why you are grateful. The letter is to be concrete: name specifics the person did for you, and exactly how it affected your life. Tell what you are doing now and how you often remember their efforts. Make it come alive. 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. In your write up list the top 5 strengths, comment on how surprised or not you were and why, comment on a strength that ended up near the bottom. Max 150 words.

5 and 6 Lifestyle and world April 12th

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. Writeup; 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 3 different days. Let your attention focus on the natural world. No Journal for this one. Describe the nature area you visited, Then write up as described above. Write up maximum 300 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,

Every student has to complete a different initiative so inform your instructor of your topic early.

Conscious acts of kindness. 70pts

Each day, for 14 consecutive days, commit a conscious act of kindness. For example: Hug, express gratitude, compliment, help out, do a favour, etc. 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 maximum 300 words.

If you completed 'Being Love' assignment above you cannot do this one.