



**CAMOSUN COLLEGE**  
**School of Arts & Science**  
**Department of Psychology**

**PSYC-276-001**  
**Positive Psychology**  
**Winter 2019**

## **COURSE OUTLINE**

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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.

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### **1. Instructor Information**

(a) Instructor	Marty Donatelli
(b) Office hours	Mon, Wed 1:00-2:00, Tues, Thurs 12:30-1:20, Or by appointment
(c) Location	Paul 220
(d) Phone	250-370-3220 <b>Alternative:</b> _____
(e) E-mail	<a href="mailto:Donatellim@camosun.bc.ca">Donatellim@camosun.bc.ca</a>
(f) Website	Go to Camson. 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 Psychology

### **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 PSYC 110 and one other psychology course. Students must not take this course without the prerequisites.

	Readings: Diener	Course Pack
<b>PART 1 FOUNDATIONS</b> Science Psychology Positive Psychology Past, Present & Future Principles Pursuits	Epilogue Ch 12 Ch 1 Ch 2 Ch 14	Part I Introduction
<b>PART 2 POSITIVE FEELINGS</b> Motivation Pleasure Mood Emotions Specific positive emotions	P 151-162  P 20-24	Part II Positive Feelings
<b>Test 1</b> Jan 30 <sup>th</sup> 3.5		
<b>PART 3 POSITIVE THOUGHTS</b> Processes Content Interventions	Ch 10 Ch 11	Part III Positive Thoughts
<b>PART 4 POSITIVE CHARACTER</b> Strengths and virtues Courage Wisdom Resilience		Part IV Positive Character
<b>Test 2</b> Mar 6 <sup>th</sup> 3.5		
<b>PART 5 A POSITIVE LIFESTYLE</b> Health Work Wealth Leisure Consumption Relationships	Ch 3 Ch 5 Ch 6 Ch 4	Part V Positive Lifestyle
<b>PART 6 A POSITIVE WORLD</b>		

Cultures/Countries Designing products & places Improving Society Conclusions  <b>Test 3</b> during final exam period April 15-26 5	Ch 8 Ch 7  Ch 13	Part IV Positive World      Do not arrange to travel before the end of the final exam period.
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3, 3, 4 3, 3.5, 5

## 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). Exams must be written as scheduled. Make-up tests will only be allowed with proper documentation. You must contact the instructor prior to the test. The instructor will determine the alternate exam date and time.

Well-being initiatives are experiential learning assignments designed to explore your life and improve your well-being. Details are provided at the end of this course outline.

## 6. Grading System

- Standard Grading System (GPA)
- Competency Based Grading System

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

### 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.

#### 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. Students using laptops to take notes are asked to sit at the back of the classroom.

All cell phones must be turned off during class. Phones used during class will be confiscated.

### Important Dates

Last day to withdraw or switch to audit without receiving a failing grade is March 13th

Do not arrange to travel before the end of the final exam period.

No work will be accepted after 4:00 p.m. on Apr 15

## 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

Can I just have more marks/percentage points to bump up 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

Do I have to email/inform my instructor if I am going to miss a class? No, but it is your responsibility to find out what happened in that class from another student or the instructor.

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. Submit at least 48 hrs before due date)

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, please do.

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 (It is your responsibility to ask a classmate to photocopy their notes)

What is your expectation about sharing information in class? Students are encouraged to share information about themselves as relevant to the course. The expectation is that students will not share personal information learned about other people/students. As well, students must be aware that this is a public venue and confidentiality cannot be assured.

***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.***

## 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.

## B. 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.

## WELL BEING INITIATIVES

Well-being initiatives are experiential learning assignments designed to explore your life and improve your well-being. Each student will choose and complete initiatives from the 3 sections below. Students may choose to do any number of assignment(s) in each section. Pick the ones that are right for you: Something you can do and are not currently doing.

**Journaling:** 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 would you do differently? And most importantly of all - What did you learn/realize about yourself/your life? (These are questions to stimulate the reflection process. Do not simply answer these questions. Your paper should have a coherent, logical flow)

**Length:** Most will be between 350 - 450 words (not including journal entries) unless otherwise specified. Projects must include word count. Include a word count at the end of your write up.

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

Each assignment is assessed a point value. Earn 100 points receive 10%

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 drop box unless otherwise specified.

The assignments within a section can be handed in 2 days or more prior to the due date for feedback from the instructor. Please email the instructor if you wish to receive feedback.

Students can then resubmit an assignment prior to the section due date.

### **1 and 2. Foundations and Feelings. Due Feb 4<sup>th</sup>**

#### Life pursuit 70pts

Select a life goal. Do not select a career or family/relationship goal.

Paragraph 1: complete a detailed concrete description of what this life goal is. How will it benefit you and others?

Paragraph 2: outline a step by step plan for achieving this life goal. Describe what resources you'll need, and provide an approximate timeline.

Paragraph 3: Describe the obstacles (both internal and external) to reaching this goal. Describe plans for overcoming these obstacles.

Paragraph 4; Finally, reflect on some of the things you realized, felt, and learned doing this activity.

This option does not require journaling.

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..

### Laughter yoga. 40pts

Attend a local laughter yoga group meeting. 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.

### 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 11<sup>th</sup>

### Meditate. 70pts

Choose a form of meditation 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.

How to: Follow the directions in the Lyubomirsky reading in the course pack. In general: Find a quiet comfortable place. 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.

Try one of four different kinds of meditation.

- Focused meditation. Some people find it easier to prevent other thoughts by focusing on one simple thought; a word, image, their 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.
- Guided meditation; find an audio file on the internet that takes your through a meditation session.

### 50 gratitudes 40pts

Write out 50 things in your life you are grateful for. For each one, give a one sentence explanation as to why it is great/your are grateful. 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: Include the list and in 3-5 sentences describe/reflect on your experience and its impact.



### 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 (preferred) 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 your observations, realizations/insights.

### Daily blessings . 70pts

Each day for 14 consecutive days sit down and write in your journal, 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. Include your journal and a 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 what they did, how they impacted you and why you are grateful. Tell them what you are doing now and how you often remember their efforts. Make it come alive. Then 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.authentichappiness.sas.upenn.edu/](http://www.authentichappiness.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 15<sup>th</sup>

### Life pursuit implementation 70pts

Try to complete as many of the steps of your plan for your life pursuit and share your experiences.

What happened? What did you realize? What did you feel? Learn?

What Challenges came up that you didn't anticipate and how did you/will you overcome them?

What changes/adjustments were necessary to your plan or your goal?

What new opportunities arose that you hadn't anticipated? What new skills developed?

How do you feel about implementing/completing your plan?

### Physical activity: 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. Write-up; 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 2 different days. Let your attention focus on the natural world. No journal for this one. In 3 or 4 sentences, describe the nature area you visited. Write up; describe your experiences (as described above). 200 - 250 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 10 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 300 - 350 words.