

SYLLABUS for POSITIVE PSYCHOLOGY

DATE: Fall 2022

COURSE NUMBER AND TITLE: PSYC 415.01 Positive Psychology

CREDIT HOURS: 3

TIME AND PLACE: 1:30 p.m. - 2:45 p.m. Tues/Thurs, SGC 119

INSTRUCTOR: Teri Rust, Ph.D.

OFFICE: Spalding 219, phone: 792-2276, e-mail: trust@lcsc.edu

OFFICE HOURS: Mon, Tues, Thurs: 9:00 -10:15, Wed 3:00 - 4:15 *and by appointment*

Course Description: Positive psychology is the scientific study of what goes right in life, from birth to death and at all the stops in between. It takes seriously as a subject matter those things that make life most worth living. The three pillars of positive psychology include a) positive subjective experiences (pleasures, happiness, joy, etc.), b) positive individual traits (character strengths and virtues), and c) positive institutions. The methods are appropriate for both clinical and non-clinical populations.

Prerequisite: A 'C' or better in PSYC-101 or PSYC-205 and ENGL-102.

Texts: Compton, W. C. & Hoffman, E. (2020). *Positive psychology: The science of happiness and flourishing*, 3rd ed. Sage.

Bergman, R. (2020). *Humankind: A hopeful history*. Little, Brown, and Company

Selected Readings: Articles will be posted or links provided in Canvas

A note to persons with disabilities. If you need course adaptations or accommodations because of a disability, if you have emergency medical information to share with me, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible. My office location and office hours are printed above.

General Course Objectives

Upon completion of the course, the student will be familiar with:

1. the history of positive psychology;
2. subjective well-being: assessment, components, and factors;
3. flow and mindfulness
4. love and family associations with positive psychology
5. positive psychology connections with health;
6. positive psychology across the life span;
7. theories of optimal well-being;
8. religion/spirituality and well-being;
9. institutional impacts on well-being;
10. cross-cultural differences;
11. dispositional vs situational factors in positive psychology
12. critiques of positive psychology;
13. critically reading research articles in positive psychology

Masks: Face covering expectations at Lewis-Clark State College:

- You may choose to wear cloth or disposable face coverings while on campus.
- Vaccination is encouraged, and there are opportunities to get conveniently vaccinated/boosted in our community.
- If you test positive or have COVID-type symptoms, please stay home.

Attendance: Attendance is expected. It will be YOUR responsibility to sign in each day you attend in-person. If you know ahead of time that you will be gone, please let me know in writing (on the sign-in sheet or via e-mail). Eight (8) absences will result in an F regardless of points earned. If there are circumstances that will interfere with your regular attendance, please register for the online version of the course.

This is an in-person class. At this point, I do not have plans to offer Zoom as an option for attendance. It is NOT an optimal way to attend or learn, for those on Zoom or for those in the classroom.

No texting, cell phones, or internet activity during class. You may NOT use a computer during class without FIRST sending me an **e-mail** to request permission, present your reasons, and receive my approval, which is not guaranteed.

Withdrawing: The deadline for withdrawing from the class with a W on your transcript is Thursday, **Nov 3, 2022**. After that, a petition is required, it costs money, and it is not necessarily approved. Withdrawing can negatively impact your financial aid, so please be aware of all consequences.

Assignments: This is only my second time teaching this course, so assignments will be somewhat fluid. Here is what I am anticipating, but changes are possible:

- Required Service Activity
- Required Learning Activity
- Values in Action Character Strengths assessment and reflection
- Three Good Things activity and reflection
- Gratitude Letter activity and reflection
- A class presentation on material in *Humankind*
- Share a song and explain how it connects with positive psychology
- Multiple in-class quizzes, counting only your 5 best
- Frame game for each unit
- 3 5-pt e-mail quizzes following the exams.

Required Service Activity: You must complete 1 service activity between Aug 1 and Dec 9. This can be in your home community or the Valley community. **Required Learning Activity:** You must complete 1 learning activity (outside normal classroom learning) between Aug 1 and Dec 9. Becoming involved in these ways in the local and campus communities enhances the college experience and improves collegiate success.

Some options will be posted in Canvas for these activities, but there are other acceptable options. Please send an e-mail to ask if a particular option is acceptable if it is not posted in Canvas. You must submit a 1-page, double-spaced summary of the activity and your reaction to it. These papers must be submitted through Canvas, by 5:00 p.m. Friday, **Dec 9, 2022**. Do NOT wait until the last minute and expect me to find an activity for you. Given the late due date, the Required Service and Required Learning Activities will be not accepted late.

Details for the other assignments will be posted in Canvas and discussed in class.

Tests: There will be three tests in this course. They will be a combination of multiple choice and short-essay items. The only acceptable reasons to miss an exam are extreme illness, absence while representing the college, or death in the family. In any case, I **MUST** be notified prior to the beginning of class for a make-up to be possible. Make-ups are taken in the Testing Center in the Library

building. The Testing Center requires an appointment for proctored exams. A 24-hr notice and ID are required (208-792-2100, testing@lcsc.edu).

If English is not your first language, you may use a web-based translation dictionary by taking your tests at the Testing Center. Please arrange this through me at least a week before test time. See the schedule for **tentative** dates. Do **NOT** plan to leave for home or vacation before the final and expect to take it early. I do not allow tests to be taken early.

Academic Dishonesty: Academic dishonesty, which includes cheating and plagiarism, is not tolerated at LCSC. Individual faculty members may impose their own policies and sanctions regarding academic dishonesty after offering the student an opportunity to explain his or her actions. Sanctions imposed by the faculty member are limited to grades on the assignment(s) in question and/or on the course grade. On matters of academic dishonesty, faculty members do not have the authority to dismiss a student from class indefinitely nor to disenroll a student from a program without corroboration from a Division Chair (or program ethics committee where applicable), the appropriate instructional dean, and the Vice President for Student Affairs. Students who are accused of being academically dishonest may be referred to the VP for Student Affairs for official disciplinary action.

Extra credit: There are options for extra credit in this course. If you are familiar with my courses, I am not anticipating using crossword puzzles in this course. You may earn 5 bonus points for participating in a service activity (you may do this for 1 activity) and 5 bonus points for an (just one) extra "learning event" and submitting a paper about each (a 1-page summary of the activity/event and your reaction to it). These papers must be submitted through Canvas, by 5:00 p.m. Friday, **Dec 9, 2022**. Extra credit options are NOT accepted late.

Grading: You may figure 90%, 80%, 70% cut-offs. I reserve the option of using +/- grading for those scores that fall close to the cutoffs. Other grading criteria include outside assignments and your mature approach to the subject as evidenced by attendance, classroom behavior, and attitude. You can monitor your grades through Canvas.

Grades and what they mean:

- A** Distinguished (Exceptional)
- B** Superior
- C** Average (Basic Expectation)
- D** Below Average
- F** Failing

Please feel free to stop by my office, call, or e-mail, if you need any assistance.

FALL 2022
Positive Psychology

Day	Weekday	Date	Topic
1	Tues	Aug 23	Intro
2	Thurs	Aug 25	Multi-factor research & interactions
3	Tues	Aug 30	Ch 1
4	Thurs	Sept 1	Ch 1; <i>Prologue</i> --Bregman
5	Tues	Sept 6	Ch 2
6	Thurs	Sept 8	Ch 2/3
7	Tues	Sept 13	Ch 3
8	Thurs	Sept 15	Ch 3
9	Tues	Sept 20	Due: VIA Strengths Assignment; The Real <i>Lord of the Flies</i> --Bregman
10	Thurs	Sept 22	Presentations
11	Tues	Sept 27	Test 1 Ch 1-3 / Bregman / Presentations
12	Thurs	Sept 29	Ehrenreich—Dangers of Positive Psych
13	Tues	Oct 4	Ch 4
14	Thurs	Oct 6	Ch 4
15	Tues	Oct 11	Ch 4
16	Thurs	Oct 13	Ch 5
17	Tues	Oct 18	Ch 5
18	Thurs	Oct 20	Ch 6
19	Tues	Oct 25	Due: Three Good Things Assignment; Ch 6
20	Thurs	Oct 27	Presentations
21	Tues	Nov 1	Test 2 Ch 4-6 / Bregman / Presentations
22	Thurs	Nov 3	Ch 8
23	Tues	Nov 8	Ch 8
24	Thurs	Nov 10	Ch 9
25	Tues	Nov 15	Ch 9
26	Thurs	Nov 17	Presentations
	Mon-Fri	Nov 21-25	Thanksgiving Break
27	Tues	Nov 29	Ch 10
28	Thurs	Dec 1	Due: Gratitude Letter Assignment; Ch 10
29	Tues	Dec 6	Ch 11
30	Thurs	Dec 8	Presentations
Final	Tues	Dec 13	Test 3 Ch 8-11 / Bregman / Presentations