COURSE SYLLABUS

Course Prefix / Number: PSY 3990
Course Title: Positive Psychology
Course Credit Hours: 3

Instructor Name and Contact Information:
Dr. Laura Koppes Bryan [Dr. Bryan]
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Office: 252/Building 41

Teaching Assistant: Meryl Fein
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Office: 207/Building 41

Other Graduate Assistants: Samantha Lyons, Candace Mathis

Office Hours will be conducted online using Elluminate

Course Description

This course is an undergraduate course on the scientific study of positive experience, specifically, the strengths and virtues that enable individuals and communities to thrive, also known as Positive Psychology. "This field is founded on the belief that individuals want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play" (University of Pennsylvania Positive Psychology Center, http://www.ppc.sasupenn.edu/).

This course will include a review of a positive view of human functioning along with a review of this sub-discipline's contributions to traditional research and practice areas in psychology. Specific emphasis will be placed on science and its applications with regard to topics such as human strengths, happiness, gratitude, flow, optimism and hope, wisdom and courage, positive affect, resilience, coping, friendship and love, positive psychology in organizations, clinical psychology and psychotherapy, and positive development across the lifespan.

Course Goals

The overall course goals include the following. Special learning outcomes for each goal are provided within each module.

Goal 1: Demonstrate understanding of psychology from a positive perspective (Modules 1, 2 and 3);
Goal 2: Demonstrate understanding of positive psychology in context (Modules 4 and 5)
Goal 3: Describe and explain various components of positive psychology to include the following:
Program Goals

Positive Psychology will be a great addition to your undergraduate major in Psychology. It will comprise many topics not usually discussed in other courses because positive psychology explores the "positive" side of the field, as opposed to the "negative" side, which is covered in the majority of your undergraduate courses for a psychology major. It is my hope that you learn not only about positive psychology from an academic perspective, but have experiences in using positive psychology that will benefit your own life.

The course goals and student learning outcomes link directly to the learning outcomes for the psychology undergraduate degree major, specifically, the learning outcome of CONTENT: Recognize and apply terminology, concepts, and theories.

Topics

- Overview of Positive Psychology
- Classification and Measures of Strengths and Positive Outcomes
- Developing Strengths and Living Well in a Cultural Context
- Living Well at Every Stage of Life
- The Principles of Pleasure
- Making the Most of Emotional Experiences
- See Our Futures Through Self-Efficacy, Optimism, and Hope
- Wisdom and Courage
- Mindfulness, Flow, and Spirituality
- Empathy and Egotism
- Attachment, Love, and Flourishing Relationships
- Balanced Conceptions of Mental Health and Behavior
- Positive Psychotherapy
- The Psychology of Gainful Employment & Positive Organizational Behavior
- Building Better Communities
- Going Positive

Student Learning Outcomes (SLOs)

Upon successful completion of this course you should be able to:

1. Recognize and demonstrate understanding of terminology, concepts, and theories in positive psychology.
2. Critically evaluate and integrate the positive psychology scientific literature.
3. Demonstrate understanding of applying positive psychology to address a variety of psychological questions and problems.
4. Become more skilled at capitalizing on your strengths and generating positive emotions.

Texts/Materials

Required texts:

**Recommended readings:**


Csikszentmihalyi, M. (1999). If we are so rich, why aren’t we happy? *American Psychologist, 54*, 821-827


Snyder, C. R., & Lopez, S. J. (Eds.), *Handbook of positive psychology*. NY: Oxford University Press.


**Required Materials:**

- Internet Access (broadband is recommended)
- Activated UWF ArgoNet E-mail Account

**Requirements/Grading/Evaluation**

The purpose of requirements is to provide the opportunity for you to demonstrate your accomplishment of the student learning outcomes. It is expected that you will take responsibility for your learning by being prepared, and by taking the initiative to ask questions and complete the required assignments above and beyond the minimal standards.

**Required Readings:**

All readings for each module are required. You will have assignments pertaining to the readings and will be quizzed on the readings. Even if the assignment pertaining to the reading is extra credit, you must complete the reading in order to be prepared for the quiz.

**Quizzes:**
For Module 1, there will be one self-check quiz on the material in this syllabus. It will be graded pass/fail. If you pass this self-check quiz, 1 extra credit point will be added to your final grade.

For Modules 2 through 15, there will be a total of 14 weekly quizzes, one for each module, starting with Module 2. Quizzes will cover the book chapter(s), narrated powerpoints, articles, reflection assignments, and any other material that has been covered during the module.

Reflection Papers:

You will be assigned a total of 7 activities during the course which will require you to utilize positive psychology in your life. After completing the assignment you will write a two to three page reflection paper discussing your experience. Specific guidelines for each assignment will be given in the module. Here is the grading rubric for the reflection papers. All reflection papers will be submitted to the appropriate labeled dropbox by the due date. No late assignments will be accepted.

Article Worksheets:

You will be assigned a total of 7 articles related to positive psychology, which you will read and complete a worksheet on explaining various aspects of the article. Prior to reading the first article and completing the worksheet, you will need to read Analyzing Research Articles, which is located in the content section of Module 1. Here is the worksheet and rubric.

Application and Integration Final Project:

Your final project will consist of watching one movie from an approved list and writing a paper integrating the movie to the concepts discussed throughout the course. In your discussion, you will be required to include relevant and empirical research to supplement your ideas. Additionally, you will be required to include how this integration can be applied to the “real world.” You will choose your movie and at least three positive psychology concepts during the 2 weeks prior to the due date and submit them to the dropbox. This will let us know you have begun the process for completing your project, and hopefully ensure that your will not fall behind. This paper will be 5 to 7 pages in length. Further directions and guidelines are provided in Important Course Information in the Content section.

Extra Credit:

Extra Credit opportunities will be given throughout the semester. In order to earn extra credit points you must complete the assignment in full. The extra credit will require you to integrate course material from the current module with the context of your own life. Most extra credit activities require reading and writing a brief paper. THE READING IS REQUIRED EVEN IF YOU DO NOT DO THE WRITTEN WORK. YOU WILL BE QUIZZED ON THE READINGS REGARDLESS if you complete the writing.

No Late Work:

NO LATE WORK WILL BE ACCEPTED. You will be given ample time to complete each module. Also, due to the size of the class, we are unable to accept late work. All of your work will be submitted to the appropriate dropbox by the due date indicated or it will not be counted.

Grade and Evaluation

Letter grades will be assigned as follows:

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>93% or better = 483 pts</td>
<td>A</td>
</tr>
<tr>
<td>90% to 92% = 468 - 482.9 pts</td>
<td>A -</td>
</tr>
<tr>
<td>87% to 89% = 452 - 467.9 pts</td>
<td>B +</td>
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<tr>
<td>Percentage Range</td>
<td>Grade</td>
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<td>------------------</td>
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<tr>
<td>83% to 86%</td>
<td>B</td>
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<tr>
<td>80% to 82%</td>
<td>B</td>
</tr>
<tr>
<td>60% to 69%</td>
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<tr>
<td>59% or less</td>
<td>F</td>
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**Breakdown of Points:**

- Quizzes: 14 quizzes at 20 points each = 280 points
- Reflection Papers: 7 papers at 10 points each = 70 points
- Article Worksheets: 7 worksheets at 10 points each = 70 points
- Final Project: 1 project at 100 points each = 100 points
- Total = 520 points

**Attendance Policy**

Because this course is completely online, you are not required to be anywhere, classroom or otherwise, at any particular time. However, if you set a time to meet with Dr. Bryan or Meryl you are expected to be on time for your appointment, or cancel 24 hours prior to the appointment if you cannot make it to your appointment.

**UWF Withdrawal Policy**

Last day to withdraw from this course is March 16th, 2012.

You can process a withdrawal online through ARGUS on the Personal Student Records Access channel on the My Info tab. The form to request a withdrawal is also available in the Office of the Registrar, Bldg. 18 on the Pensacola Campus, at the UWF Emerald Coast - Fort Walton Beach Campus, or any of the centers. If you are having difficulty in a course and are considering withdrawing, you should remember a few things. Withdrawing from a course does not entitle you to a refund of fees.

Withdrawals appear on a transcript, may affect financial aid awards, and may lead to additional costs in tuition. Before withdrawing, you should first talk to your advisor and instructor about options such as tutoring, additional assistance, test taking strategies, etc. that may lead to success. If all other options have been explored, and the best course of action is to withdraw, please remember to withdraw by the semester deadline. Requests for late withdrawal may be approved only under unusual circumstances, which must be documented, such as death in the immediate family, serious illness of the student or an immediate family member, call to military service or National Guard duty.

**Tips for Success**

1. Read the syllabus. The majority of questions about the course can be answered by reading the syllabus. If you have a question for Dr. Bryan or Meryl, check the syllabus first.

2. Talk to Dr. Bryan or Meryl. If any of the material is confusing please talk to us so we can help you navigate the material in a manner that works for you. This is what they pay us for. Please make us do our jobs!

3. Read the textbook. You are responsible for the material in the book and the lecture material. They will not always be the same!

**Course Communication**

The first thing you should do if you have a question is look for the answer in the syllabus.
If you have a question and cannot find the answer in the syllabus, consider if it is a question one or more of your classmates may have as well. If you think other people in the course would like to know the answer to your question, please post it in the discussion forum titled "Questions." This way your classmates can respond to your question, or ask follow-up questions, and Dr. Bryan and Meryl can answer your question and everyone will know the answer. This avoids Dr. Bryan and Meryl having to answer the same question multiple times via e-mail and allows for communication within the course.

If you have a personal question, one that pertains to your grade for example, you may e-mail Dr. Bryan or Meryl your question.

Dr. Bryan and Meryl will communicate with the class via e-mail occasionally. Notices, changes, and other pertinent information may be sent to you through e-mail, so check your e-mail regularly.

Minimum Technical Skills and Special Technology Utilized by Students

This course is totally online. All instructional content and interaction takes place over the Internet. In addition to baseline word processing skills and sending/receiving email with attachments, students will be expected to search the internet and upload / download files. In addition, students may need one or more of the following plug-ins:

- Real Player: [http://www.real.com/realplayer/search](http://www.real.com/realplayer/search)
- For students' using Screen Readers: Download Elluminate's Java Bridge: [https://www.elluminate.com/Support/Other_Resources/Java_Accessibility_Bridge/?id=368](https://www.elluminate.com/Support/Other_Resources/Java_Accessibility_Bridge/?id=368)
- eLearning's Accessibilty Resource Guides for users: [http://www.desire2learn.com/access/resources/](http://www.desire2learn.com/access/resources/)

Expectations for Academic Conduct / Plagiarism Policy

Academic Conduct Policy: ([Web Site](http://www.desire2learn.com/access/resources/)) | ([PDF Format](http://www.desire2learn.com/access/resources/))
Plagiarism Policy: ([WORD Format](http://www.desire2learn.com/access/resources/)) | UWF Library Online Tutorial: Plagiarism | Student Handbook: ([PDF Format](http://www.desire2learn.com/access/resources/))

Assistance for Students with Disabilities

The [Student Disability Resource Center (SDRC)](http://www.desire2learn.com/access/resources/) at the University of West Florida supports an inclusive learning environment for all students. If there are aspects of the instruction or design of this course that hinder your full participation, such as time-limited exams, inaccessible web content, or the use of non-captioned videos and podcasts, please notify the instructor or the SDRC as soon as possible. You may contact the SDRC office by e-mail at sdrc@uwf.edu or by phone at (850) 474-2387. Appropriate academic accommodations will be determined based on the documented needs of the individual.

Expectations for Academic Writing

As you can see you will have multiple written assignments for this course. ALL of them require proper academic writing. This includes proper grammar, spelling, and usage. For any references utilized you must use proper APA (American Psychological Association) format, cite your sources, and have a reference page. Text speak, informal writing, and colloquialisms will not be tolerated and will cause you to lose points. For example, do not use "lol" or "homeboys" in your writing.

TurnItIn

UWF maintains a university license agreement for an online text matching service called TurnItIn. At Dr. Bryan's discretion, she will use the TurnItIn service to determine the originality of student papers. If she submits your paper to TurnItIn, it will be stored in a TurnItIn database for as long as the service remains in existence. If you object to this storage of your paper:
1. You must let Dr. Bryan know no later than two weeks after the start of this class.
2. She will utilize other services and techniques to evaluate your work for evidence of appropriate authorship practices.

**Weather Emergency Information**

In the case of severe weather or other emergency, the campus might be closed and classes cancelled. Official closures and delays are announced on the UWF website and broadcast on WUWF-FM.

- WUWF-FM (88.1MHz) is the official information source for the university. Any pertinent information regarding closings, cancellations, and the re-opening of campus will be broadcast.
- In the event that hurricane preparation procedures are initiated, the UWF Home Web Page and Argus will both provide current information regarding hurricane preparation procedures, the status of classes and the closing of the university.

Emergency plans for the University of West Florida related to weather or other emergencies are available on the following UWF web pages:

- Information about hurricane preparedness plans is available on the UWF web site: [http://uwfemergency.org/hurricaneprep.cfm](http://uwfemergency.org/hurricaneprep.cfm)
- Information about other emergency procedures is available on the UWF web site: [http://uwfemergency.org/](http://uwfemergency.org/)

**Contingency Plan for Instructor Illness**

If Dr. Bryan should become ill the course will continue as usual in ELearning with Meryl as back-up instructor.