

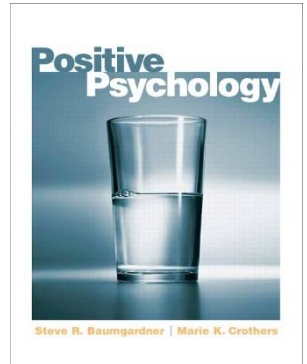
Instructor: Maggie Seibel  
E-Mail: Use Canvas email for all correspondence  
Phone: 425-564-2072 (Direct Line to Voice Mail)  
Virtual Office Hours: Refer to the Canvas Getting  
Started Module for specific times

Social Science Division Office Location: D110  
Social Science Division Phone: 425-564-2331  
Social Science Division Website:  
<http://www.bellevuecollege.edu/socsci/>

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### **REQUIRED TEXT BOOK:**

Baumgardner, Steve and Crothers, Marie. *Positive Psychology*, first edition, Pearson Publishers, 2009. Any format is acceptable, including paperback, eBook, or rental. See the BC Bookstore for pricing and availability.



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### **COURSE DESCRIPTION:**

Historically, the field of psychology has placed a lot of attention on what's wrong with people and what we can do to treat mental disorders. More recently, however, the field has broadened its scope to give more attention to the positive side of human nature and the most effective ways to pursue a good, meaningful life. This course will focus on the scientific research centered on the nature of happiness, well-being and leading a flourishing life. Throughout the course we will also engage in experiential learning and practical exercises to increase well-being, which will inform our theoretical and empirical understanding of positive psychology. This course will involve some potentially provocative material framed within an academic context. Keep in mind that finding oneself in a space outside of one's comfort zone is an opportunity for learning. Students may be confronted with difficult material in this course. If you have any questions or concerns about course content or online climate, please speak with me immediately.

### **COURSE FORMAT:**

This is an online course with all assignments and exams completed on our Canvas website. To succeed in this course, you must regularly use a computer with Internet access. If you don't have a home computer with Internet access, and you live close to campus, you can access the location and times of computer labs by following this link. [BC Campus Computer Labs](#)

If you have questions about the course, please read the Getting Started folder on our course website first before emailing me. Take active responsibility for your own education. You will be expected to read the weekly chapters before completing the assignments. Challenge assumptions, and consider the implications and applications of course material. Thinking deeply about the course material will not only help you remember it better – it'll make it more fun!

## **PREREQUISITE:**

None

## **COURSE OUTCOMES:**

Upon completion of this course, the successful student will be able to:

Describe key concepts, principles, findings, and controversies in the emerging field of positive psychology.

Apply scientific reasoning to demonstrate an understanding of research methods employed in positive psychology

Critically examine empirical research claims in contemporary positive psychology

Apply positive psychology principles to build effective interpersonal relationships

Communicate first-hand experiences with positive psychology activities and how positive psychology is relevant to your personal and professional life.



## **COURSE REQUIREMENTS & GRADES:**

| <b>The final grade is based on a total of 900 points.<br/>These points are calculated as follows:</b> |   |                          |              |
|---|---|--------------------------|--------------|
| Exams   | 4 x 100 points each   | 400 Points               | 45% of Grade |
| Lab Reports   | 9 x 20 points each  | 180 Points               | 20% of Grade |
| Written Assignment  | Course Synthesis  | 75 Points                | 10% of Grade |
| Weekly Quizzes  | 8 x 5 points each<br>2 x 10 points each                     | 60 Points                | 5% of Grade  |
| Discussions   | 10 Individual Posts x 10 points<br>10 Responses x 10 points | 100 Points<br>100 Points | 20% of Grade |
| <b>Total</b>  |   | <b>900 Points</b>        |              |



In conformity with BC's grading policy, the grades will be assigned as follows:

|                    |                    |                    |                    |
|--------------------|--------------------|--------------------|--------------------|
| A 100% – 94% (4.0) | B+ 89% – 87% (3.3) | C+ 79% – 77% (2.3) | D+ 69% – 67% (1.3) |
| A- 93% – 90% (3.7) | B 86% – 84% (3.0)  | C 76% – 74% (2.0)  | D 66% – 60% (1.0)  |
|                    | B- 83% – 80% (2.7) | C- 73% – 70% (1.7) | F 59% – 00% (0.0)  |

### **EXAMS:**

There will be four (4) exams, each worth 100 points. Each exam will cover information that is contained in the study guide. The exam format may contain multiple choice, fill-in-the-blank, or short answer questions. No exams will be available outside of the regular open exam window without written documentation. **It is expected that no matter where you, you will find a way to access the Internet** (free Wi-Fi spots, hotel offices, public libraries, etc.) in order to take your exams during the open exam window. *There will be no comprehensive final exam.*



### **REAL-LIFE LAB EXPERIMENTS:**

While studying the weekly modules students will conduct Real-Life Experiments and write an analysis corresponding to that module. Each experiment and specific details including how to write a lab report are located in the course modules.

### **SYNTHESIS PAPER:**

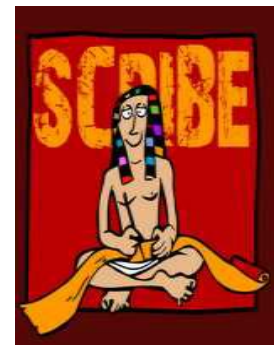
Students will need to write a paper integrating their personal experiences, including the effect of the Real-Life Experiments and theoretical basis of Positive Psychology presented in this course. Students will incorporate their first-hand experiences, apply the principles, and describe their findings in terms of positive psychology studied in this course. Formal experiments help students learn information and easily incorporate it into a new perspective. Instructions for completing the Synthesis Paper can be found in the course modules.

### **WEEKLY QUIZZES:**

These short weekly quizzes are incorporated into the various chapters of the textbook and used to help integrate terms and concepts to further learning. There will be ten quizzes over the course of the quarter.

### **DISCUSSIONS:**

The discussions are intended to increase your experience in a learning community as well as deepen your understanding and thinking about the subject matter. New topics and discussion questions are open all quarter, so you can work at your own pace after reading the corresponding chapters. Specific details on how to write discussion responses are available in the course modules.



### **POWERPOINT SLIDES:**

Each module of the course contains PowerPoint slides that you can download and/or print. The PowerPoint slides come from the textbook publisher are not narrated so that you can proceed at your own pace.

## **CANVAS:**

Canvas is Bellevue College's "Learning Management System" or "LMS". It enables instructors to build and maintain a secure workspace to share course content, communicate with students, provide online learning activities and assessments, and keep track of their students' progress.

### **1. Learn about Canvas with a Student Canvas Workshop:**

Before getting started, familiarize yourself with Canvas through one of the workshops below. These workshops are geared towards the student experience and cover the basic concepts that are used in most Canvas sites at Bellevue College.

- [On-campus student workshops](#). During the first week of the quarter, you can stop in for live, hands-on instruction in the use of Canvas.
- [Recorded webinars](#). View a recorded session that will give you a 30 minute overview of what you will experience in Canvas.
- [Canvas student orientation](#). This page is a full learning resource for Canvas, starting with student questions, technical requirements, and information on how to use Canvas on your mobile device, followed by videos that step you through using Canvas. To watch the student orientation, scroll down to the fourth topic heading, "Canvas Student Orientation."
- [Canvas online learning workshops](#). This is a workshop sponsored by the eLearning Department and is offered for students taking Online and Hybrid Courses using Canvas. The workshop is offered on specific days, before the start of the quarter, but on those days, you may work at home, at a time of your own choosing, at your own pace. Advanced registration is required.

### **2. You learned about Canvas, but You have More Questions:**

If you've taken one (or more) of the workshops listed above, and you are encountering issues in Canvas, take a look at our self-help guides below:

- [Why can't I see my course\(s\)?](#)
- [Having trouble logging in?](#)
- [Common error messages in Canvas](#)
- [General troubleshooting in Canvas](#)
- [Where can I get help with Canvas?](#)
- [Self-paced Canvas course for students](#)

## **FAQ:**

Learning about Canvas is the first thing you must do before you begin using it. If you've taken one (or more) of the workshops listed above, but you still have questions, you can get more information on the Canvas FAQ and troubleshooting pages below:

- [Getting started with Canvas](#)
- [Tips and tricks when using Canvas](#)

### **DUE DATES AND DEADLINES:**

All assignments for the course will be open from the first day of the quarter, but have weekly due dates and times when work is due. ***Because of this generous and open schedule, no late work will be accepted, except under the following circumstances:***

- If you are able to provide written documentation, such as a letter from your health care provider, which explains your need for an exception, it will be considered.
- It is each student's responsibility to know the due dates and times for all assignments and make sure there is an alternate computer (public library, on campus, friend or family member) from which to complete assignments and take exams.
- Computer malfunction or technical problems are not valid excuses to grant an exception to the due date. Plan ahead.
- **Put all due dates and exam times in your phone** to help manage your time efficiently. Save your work early, often, and in multiple locations, such as the cloud, a memory stick, or another computer.

### **BELLEVUE COLLEGE E-MAIL AND ACCESS TO MYBC:**

All students registered for classes at Bellevue College are entitled to a network and e-mail account. Your student network account can be used to access your student e-mail, log in to computers in labs and classrooms, connect to the BC wireless network and log in to MyBC. To create your account, go to: [Create Email](#)

BC offers a wide variety of computer and learning labs to enhance learning and student success. Find current campus locations for all student labs by visiting the [Technology Help Desk](#)



Eat



Sleep



Psychology

### **INSTRUCTOR AVAILABILITY:**

As your instructor for this course, I will make every effort to answer your email questions in a timely manner. My goal is to respond to a question within 24 hours of receiving it Monday through Thursday between the hours of 9am and 7pm, and on Friday between 9am and

noon. Outside of these times I will reply only if I happen to visit the course site. Note that this response time is only applicable to email questions, not to graded assignments. I will also hold virtual office on our Canvas website. Instructions for participating in online office hours is available in the Getting Started folder. All email communication must be done through the Canvas learning system during the quarter. My regular BC email is only in the event of an emergency when Canvas is down. No communication regarding course work or grades will be sent to student's personal non-Bellevue College email accounts.

### **STUDENTS WHO REQUIRE DISABILITY ACCOMMODATIONS:**

The Disability Resource Center serves students with a wide array of learning challenges and disabilities. If you are a student who has a disability or learning challenge for which you have documentation or have seen someone for treatment and if you feel you may need accommodations in order to be successful in college, please contact the DRC as soon as possible.



If you are a student with a documented autism spectrum disorder, there is an additional access program available to you. Contact [asn@bellevuecollege.edu](mailto:asn@bellevuecollege.edu) or (425) 564-2764. ASN is located in the Library Media Center in D 125. [Autism Spectrum Navigator](#)

The DRC office is located in B 132 or you can call our reception desk at (425) 564-2498. Deaf students can reach them by TTY at (425) 564-4110. Visit their website for application information into their program and other helpful links at [Deaf Student Resources](#)



**TIPS FOR SUCCESS IN THIS COURSE:** Log onto our Canvas site every day: In order to complete the weekly assignments and be informed about any changes to the schedule, assignments, and other information about the course it will be necessary for you to check Canvas course website regularly.

**Read the Textbook:** Reading the course textbook as well as assigned readings/ articles will be essential for understanding the course material. It will also give you the opportunity to experience the material in a different media. It will be assumed that you have completed the readings

before completing the discussions and case studies so that you will be able discuss and reference the material that you have read.

**Manage Your Time Efficiently:** Do not wait until the last minute to start an assignment. Even though all assignments are open for the entire quarter, each assignment has a weekly due date. Starting your work early allows you to spend the appropriate amount of time on the assignment, and it allows you to contact the instructor if you have any questions. Plan ahead. Save your work early, often, and in multiple locations. Submit proofread work only.

**Talk with me:** I will be available for virtual office hours every week throughout the quarter. You can also send me an email through our Canvas website where we can correspond or set up a private chat on our site.

#### **SAFE SPACE:**

This class is a Safe Space for all students. Lesbian, gay, bisexual, questioning, queer-identified, and transgender students along with students of all cultures, nationalities, and spiritual beliefs are welcome in this classroom and encouraged to share your thoughts and be an integral part of this course. If a student has any questions or concerns about this, feel free to speak with me or email me about it immediately. **All are welcome in this class!**

#### **ADVISING:**

The Psychology Department has an in-house advisor, Deanne Eschbach, located in D110C. Call 425-564-2216 or 425-564-2212 for personal appointment.

### **WITHDRAWAL FROM CLASS:**

College policy states that students must formally withdraw from a class by the end of the seventh week of the quarter during the standard academic year (Registration Office, B125). If a student has not withdrawn by that date, an appropriate letter grade will be assigned for the course. *Merely stopping participation does not qualify as withdrawal.* Check Enrollment Calendar Deadlines, Refunds/Withdrawals, for additional details. As with most enrollment deadlines, it is the student's responsibility to be aware of these dates and act accordingly.



### **INCOMPLETE:**

If a student fails to complete all the required work for the course, and meets the criteria, an Incomplete may be an option. There must be something that prevents completion of the course within the current quarter, but that would be resolved in time for the student to complete the course work within the next quarter. You must make your request in writing before grades are assigned to be considered for this exception and you must complete the coursework by the end of the next quarter, or receive the assigned letter grade (usually an "F"). If you wish to receive this grading option, you must be passing the class at the time of your request.

### **HARDSHIP WITHDRAWAL (HW):**

HW indicates a withdrawal request made because of extenuating circumstances after the official withdrawal period is over. You must make your request in writing to be considered for this exception, and you must provide documented proof of the need for this exception. An example of qualifying circumstances for a Hardship Withdrawals are:

- Death in the immediate family (spouse, child, parent) documented by an obituary listing the student as a survivor.
- Significant illness or injury (documented by a health care provider's note) of self or a person for whom the student is primarily responsible.

Also be aware that a hardship withdrawal cannot be used as an option to avoid receiving a failing grade for the course.

### **STUDENT SUPPORT SERVICES & RESOURCES FOR SUCCESS:**

Submit proofread work only. If you need help with your writing, please use the following student support services:

Academic Success Center: [Success](#)

- Academic Tutoring Center: [Get Tutoring](#)
- TRiO Student Support Services: [TRiO](#)



### **LIBRARY MEDIA CENTER:**

You are strongly encouraged to use the resources of the Library Media Center, whether in person or via the web. Talk to a Reference Librarian at the Library (D-126), by calling 425-564-6161

Main Library Media Center: [Media Center](#). Here you can access the LMC online catalog as well as all their catalogs and databases.

### **FINAL EXAM SCHEDULE:**

Follow this link for the final exam schedule. [Exam Schedule](#)

All examinations for this course will be administered completely online in keeping with the stated policies provided in the course syllabus. The Social Science Division will adhere to the final examination schedule as stated in the BC Schedule. Please refer to the syllabus at the start of the quarter for additional details and contact the instructor directly for any clarifications. A student who is not in compliance with the scheduled format may forfeit the right to make up the examination. If, for illness or some other circumstance beyond the student's control, the student is unable to be in compliance with any scheduled examination and has contacted the instructor on a timely basis, the student may be permitted to take such examination at a time designated by the instructor.

### **ACADEMIC CALENDAR:**

The Bellevue College Academic Calendar is separated into two calendars. They provide information about holidays, closures and important enrollment dates such as the finals schedule.

[Enrollment Calendar](#) On this calendar you will find admissions and registration dates and important dates for withdrawing and receiving tuition refunds.

[College Calendar](#) This calendar gives you the year at a glance and includes college holidays, scheduled closures, quarter end and start dates, and final exam dates.



### **PUBLIC SAFETY:**

The Bellevue College Public Safety Department's well-trained and courteous non-commissioned staff provides personal safety, security, crime prevention, preliminary investigations, and other services to the campus community, 24 hours per day and seven days per week, whether in person or via the web. Their phone number is 425-564-2400. The Public Safety website is your one-stop resource for campus emergency preparedness information, campus closure announcements, and critical information in the event of an emergency. The Public Safety office is located in D171 (through D175) and on the web at: [Public Safety](#)

### **CAMPUS CLOSURES:**

To get announcements of campus closures

- Receive email and text messages through the BC Alert System. Sign up at [Text Alerts](#)
- Visit [School Report](#) to subscribe to their emergency email and text message service.
- Call BC's emergency information line: 425-401-6680.
- Check the [BC Home Page](#) for a link to the BC emergency information website, or access that page directly at [BC Alerts](#)



**BELLEVUE COLLEGE'S AFFIRMATION OF INCLUSION:**

Bellevue College is committed to maintaining an environment in which every member of the campus community feels welcome to participate in the life of the college, free from harassment and discrimination. We value our different backgrounds at Bellevue College, and students, faculty, staff members, and administrators are to treat one another with dignity and respect.

**BELLEVUE COLLEGE ANTI-DISCRIMINATION STATEMENT (TITLE IX):**

Bellevue College does not discriminate on the basis of race or ethnicity; color; creed; national origin; sex; marital status; sexual orientation; age; religion; genetic information; the presence of any sensory, mental, or physical disability; gender identity or veteran status in educational programs and activities which it operates. For further information and contacts, please consult [College Anti-Discrimination Statements](#)

**RELIGIOUS HOLIDAY OBSERVANCE:**

Students who expect to miss classes, examinations, or any other assignments as a consequence of your religious observance will be provided with a reasonable alternative opportunity to complete such academic responsibilities. It is the obligation of students to provide faculty with reasonable notice of the dates of religious holidays on which they will be absent, preferably at the beginning of the term. Students who are absent on days of examinations or class assignments will be offered an opportunity to make up the work without penalty (if you have previously arranged to be absent), unless it can be demonstrated that a makeup opportunity would constitute an unreasonable burden on a member of the faculty. Should disagreement arise over what constitutes an unreasonable burden or any element of this policy, parties involved should consult the department chair, or Dean.

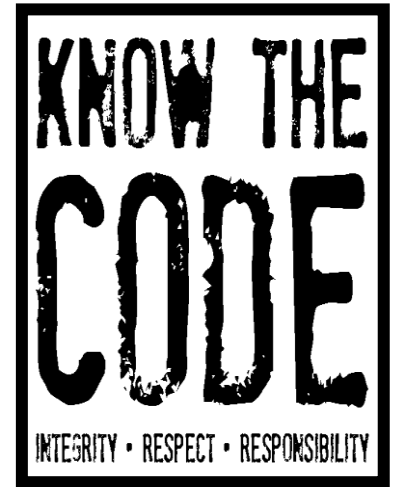
**CONFIDENTIALITY AND MANDATORY REPORTING:**

As an instructor, one of my responsibilities is to help create a safe learning environment on our campus. It is my goal that you feel able to share information related to your life experiences in classroom discussions, in your written work, and in our one-on-one meetings. I will seek to keep information you share private to the greatest extent possible. However, I am required to share with the Title IX Coordinator any and all information regarding sexual assault and other forms of sexual misconduct (e.g. dating violence, domestic violence, stalking) that may have occurred on campus or that impacts someone on campus. Students may speak to someone confidentially by contacting the BC Counseling Center at (425) 564-2212. The Title IX Office can be contacted at 425-564-2441 and more information can be found at Title IX Office

**STUDENT CODE OF CONDUCT AND ACADEMIC INTEGRITY:**

Any act of academic dishonesty, including cheating, plagiarism (using the ideas or words of another as one's own without crediting the source), and fabrication and inappropriate/disruptive classroom behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to, talking out of turn, arriving late or leaving early without a valid reason, allowing cell phones/pagers to ring, plagiarizing material from the Internet, posting rude or personal attacks in discussions, and inappropriate behavior toward the instructor or classmates.

When you are in doubt about any behavior, please consult your instructor. In addition, you may wish to review the general applicable rules of cyberspace, such as in the Core Rules of Netiquette. The instructor reserves the right to remove posted messages, and downgrade assessments as a result of these types of behaviors. The instructor can refer any violation of the Student Code of Conduct to the Vice President of Student Services for possible probation or suspension from Bellevue College. The instructor can refer any violation of the Student Code of Conduct to the Dean of Student Success for investigation. Specific student rights, responsibilities, and appeal procedures are listed in the Student Code of Conduct at: Student Code



**ACCESSIBILITY:**

The online elements of this course are designed to be welcoming to, accessible to, and usable by everyone, including students who are English-language learners, have a variety of learning styles, have disabilities, or are new to online learning. Be sure to let me know immediately if you encounter a required element or resource in the course that is not accessible to you. Also, let me know of changes I can make to the course so that it is more welcoming to, accessible to, or usable by students who take this course in the future.

### **COURSE SCHEDULE:**

| <b>Week</b> | <b>Chapters</b>  | <b>Discussions</b>     | <b>Real-Life Experiments</b> | <b>Quizzes &amp; Exams</b> |
|-------------|--|------------------------|------------------------------|----------------------------|
| Week 1      | Syllabus & Schedule Review<br>Avatar (5 EC Points)<br>Open All Modules                                     |                        |                              |                            |
| Week 2      | <b>Chptr 1:</b> What is Positive Psychology?   | Disc 1, Pt 1 & 2       |                              | Quiz 1                     |
| Week 3      | <b>Chptr 2:</b> The Meaning and Measure of Happiness   | Disc 2, Pt 1 & 2       | Lab #1                       | Quiz 2                     |
| Week 4      | <b>Chptr 3:</b> Positive Emotions and Well-Being   | Disc 3, Pt 1 & 2       | Lab #2                       | Quiz 3<br>Exam 1           |
| Week 5      | <b>Chptr 4:</b> Resilience<br><b>Chptr 5:</b> Happiness and the Facts of Life                              | Disc 4, Pt 1 & 2       | Lab #3                       | Quiz 4                     |
| Week 6      | <b>Chptr 6:</b> Money, Happiness, and Culture  | Disc 5, Pt 1 & 2       | Lab #4                       | Quiz 5<br>Exam 2           |
| Week 7      | <b>Chptr 7:</b> Personal Goals as Window to Well-Being<br><b>Chptr 8:</b> Self-Regulation and Self-Control | Disc 6, Pt 1 & 2       | Lab #5                       | Quiz 6                     |
| Week 8      | <b>Chptr 9:</b> Positive Traits  | Disc 7, Pt 1 & 2       | Lab #6                       | Quiz 7<br>Exam 3           |
| Week 9      | <b>Chptr 10:</b> Virtue and Strengths of Character   | Disc 8, Pt 1 & 2       | Lab #7                       | Quiz 8                     |
| Week 10     | <b>Chptr 11:</b> Close Relationships and Well-Being  | Disc 9, Pt 1 & 2       | Lab #8                       | Quiz 9<br>Paper Due        |
| Week 11     | <b>Chptr 12:</b> Life Above Zero   | Disc 10, Pt 1 & 2      | Lab #9                       | Quiz 10                    |
| Finals      |  | Farewell & Best Wishes |                              | Exam 4                     |