



PSYC 109 : Positive Psychology

Winter Quarter 2019



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INTRODUCTION:

Welcome to the online version of PSYC 109: Positive Psychology. I look forward to working with you this quarter! In this course, we are going to explore what we've learned in the last few decades about what gives people a sense of well-being and happiness. We will be reading about key theories in positive psychology, reviewing applicable research studies, and practicing some of the strategies that increase a sense of well-being.

It is important that students enrolled in the course are reading at college level, are able to work with less direct instruction, and have time available to complete the reading and assignments. Check your readiness to take an online course by reading about successful eLearning students: <https://www.bellevuecollege.edu/elearning/is-elearning-for-you/>.

I will provide the structure for the class and act as a "coach" as you proceed through the course. You can leave messages for me at any time by e-mail, and I will respond to you as quickly as possible. I check in on weekends as well as weekdays.

LEARNING ATMOSPHERE:

I believe that students learn best when they actively engage and involve themselves in the teaching and learning process. As an instructor, my role is to provide you with academic material and guide you through an active and interactive course, wherein you will often learn by discussing and/or testing yourself. You are expected to observe the world, read, write, discuss, and participate. I think of our online classroom as a *collaborative learning community* wherein we all teach and learn from each other. Every time you make a comment or ask a question, you teach something to the rest of us. I challenge you to abandon the traditional passive student role and to get involved with teaching and learning – I think you'll enjoy it and learn a lot in the process.

CONTACTING ME:

I am here to help each of you excel in this class! Therefore, I am always free for questions about class, psychology, research, etc. I am also available by phone (please leave a voicemail, in case I don't pick up). I check my email several times a day, so that is the BEST way to contact me. I respond to emails as quickly as I can. I will also respond to your email within 24 hours of your sent email. If I do not reply in time, please send the email again.

TEXTBOOK:

Lopez, S.J., Pedrotti, J.T., & Snyder, C. R. (2018). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths* (Fourth edition). Sage Publications: Thousand Oaks, CA. Paperback ISBN: 9781506357355

The text may be purchased from the Bellevue College Bookstore in B-127 or online at <http://bcc.collegestoreonline.com/>

There should also be e-texts available online. Check out: <https://redshelf.com/book/981017/positive-psychology-981017-9781544341750-shane-j-lopez-jennifer-teramoto-pedrotti-c-r-snyder>

You can use their Companion site for Quizzes and Flashcards - <https://study.sagepub.com/lopez4e>

Power points from the text publisher are also available in Canvas Modules to help reinforce the text material.

TED TALKS:

In addition to the text, there will be Ted Talks and other videos uploaded to the course as supplement course material. These are included to update the text content, provide a visual component to the course, and introduce students to current thinkers in positive psychology.

LEARNING OBJECTIVES:

After completion of this course, students should 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

FORMAT:

Students are required to read chapters in the assigned text as well as additional readings, view Ted Talks and video clips online via Canvas, participate in a bi-weekly discussion forum, submit weekly real-lab assignments, and take quizzes and exams, all **online**. The course is asynchronous, meaning you will never have to be online at a particular time, nor will you have to come to campus. You will, however, need to meet the deadlines for each activity (as opposed to a completely independent study course).

GENERAL COURSE RULES AND EXPECTATIONS:

- **Check Canvas Regularly:** You are expected to be an active participant in class online discussions and other learning opportunities. To do this, you must be prepared so be sure to complete all readings and other assignments according to the schedule. The class activities (readings, TED talks, discussions etc.) have been carefully designed to help you achieve the learning outcomes for the course. Missing to log into class website or not actively participating will negatively impact your ability to learn the content.
- **Check Canvas Inbox and your BC e-mail Regularly:** In order to be informed and know about changes in the schedule, assignments, and other information about the class it will be necessary for you to check your BC e-mail and Canvas course website regularly.
- **Email communication:** Please type your course and section number (for e.g., *PSYC&109 OAS*) in the subject line of any email you send to me. Questions appropriate for a chat are those that can be answered with 1-2 sentence replies. Anything longer than this (e.g., an explanation of a concept) requires an email or canvas or BC outlook. Please do not expect prompt replies to emails sent to me over the weekend or less than 24 hours before an exam.
- **Assignments:** All assignments are due by 11:59 pm via Canvas on due date. Emailed assignments are NOT accepted. If you know you are going to be unable to come online on the day an assignment is due, then turn it in early. All major due dates are indicated below in this syllabus as well as on the Canvas calendar.
- **Late Work:** I believe that one of the major lessons students take away from college is the importance of meeting deadlines. As a result, NO late work will be accepted unless you have had it approved by me BEFORE the due date. Late work will receive a **zero** grade.
- **Contribution:** Learning about each other's experiences and perspectives is an integral part of the learning process in this course. I believe that you will learn a lot about yourself and your fellow classmates. Therefore, you are expected to be an ACTIVE participant in our online learning environment. **An active participation in an online class can include contributing to discussion forums, but can also mean**

submitting work ON time, reading your peers' views, watching assigned videos and posting well-prepared discussion responses. You should do your best to contribute to online discussions and course assignments.

- **Respect:** I expect that your behavior in this online classroom be respectful. Learning about diverse experiences is central to this course, so it is of the utmost importance that you respect your classmates' experiences, differences, and opinions. In order for us to learn from each other, we have to allow each other to make mistakes and to offer unpopular positions for debate. This is a college classroom and as such, I expect students to behave as ADULTS. Students who are disrespectful to their classmates in discussion posts and/or to the instructor, they will be asked to leave online forum and will result in your participation credit lowering.
- **Plagiarism:** Cheating, stealing, and plagiarizing (using the ideas or words of another person as one's own without crediting the source) are violations of the Student Code of Conduct at Bellevue College. This is a serious offense, which can result in possible probation or suspension from Bellevue College and go on your permanent academic record. DO NOT DO IT! If you cheat/ plagiarize, you FAIL. No excuses will be taken into account. Your work must be your own, except when you are asked to work with other students. Furthermore, you are required to acknowledge in your papers if you have borrowed any ideas, terms or phrases. Do not copy and paste material from Wikipedia or any other website into your assignments, as with is a severe form of cheating (that is very easy to catch, by the way). In this class, your assignments should be grounded in the textbook rather than web resources, which are often wrong. If you have any hesitation or if you are in doubt about one of these issues, feel free to ask me.

COURSE COMPONENTS:

QUIZZES

There will be a quiz on one or two chapters each week, 10 quizzes total. Each quiz will consist of 10 objective, multiple choice questions, each worth two points. There will be a list of terms/ concepts in a study guide for each quiz. All quizzes will be administered online, and will be open from Thursday to Friday at midnight. Students will have 15 minutes to take each quiz once they log in. Check the calendar for exact dates. **Total possible quiz points will be 200 points** or 28.5% of the final grade.

GETTING STARTED QUIZ

There will be a short 10 question quiz on the syllabus and course expectations you should take as soon as possible. You can repeat the quiz as often as you need to get all 10 questions correct, which you must do to continue with the course. Completing this will be worth **20 points**.

BI-WEEKLY DISCUSSION FORUM

The discussion forum is the heart of the course. There will be one discussion every two weeks, covering either one or two chapters. Students will be responding to my questions and responding to other students, just as they would in a "live" discussion. There will be 10 discussion sessions, running from Monday to Saturday every week, plus a closing discussion at the end of the quarter. Specifically, you are expected to participate in the discussion with at least two posts a week, at least once in response to my questions by Thursday night and at least once in response to two other students' comments by Saturday night.

See the "Course Structure and Expectations" for more details on how the discussion will work. Each discussion will be worth up to 20 points.

There will be an additional 20 points assigned for posting a **personal introduction** and 20 points for participating in a **closing discussion**. Altogether, **discussion points will be worth a total of 140 points** or 20% of the grade.

WEEKLY "REAL LIFE LAB EXPERIMENT" ASSIGNMENTS

Each week, you will have an assignment to try out one of the strategies found to increase well-being and/or put into practice some of the text material. Instructions for these labs will be found in each weekly module, and will include a write-up submission due every Sunday by midnight. Each of the 10 Real Life Lab Experiments will be worth 20 points, for a total of 200 points or 28.5% of the grade.

HAPPINESS MISSION STATEMENT

At the end of the quarter, you will be asked to write a summary of what you have learned and come up with a plan to increase and maintain your own well-being going forward. This write-up will be worth **65 points**.

FINAL EXAM

There will be an online comprehensive final exam. The final will have 50 objective questions and cover major concepts from the quarter. See the course calendar for the date and time. A study guide will be provided. **The final will be worth 75 points** or 10.5% of the final grade.

GRADING

Points will be accrued as follows:

Personal Introduction		20
Getting Started Quiz		20
Discussions	5 @ 20 points ea.	100
Closing Discussion		20
Weekly Quizzes	10 @ 20 points ea.	200
Real Life Lab Experiments	10 @ 20 points ea.	200
Happiness Mission Statement		65
Final Exam		75
Total =		700

Grades will be determined by adding up scores for all of the assignments and using the percentages below:

A	94-100%	658-700	C+	77-79%	539-559
A-	90-93%	630-657	C	74-76%	518-538
B+	87-89%	609-629	C-	70-73%	490-517
B	84-86%	588-608	D+	67-69%	469-489
B-	80-83%	560-587	D	60-66%	420-468

Note: There will be no “bumping up” at the end of the quarter; your grade will be determined by where your points/ percentages fall within the ranges noted above.

WEEKLY SCHEDULE/ MODULE ORGANIZATION

Week 1	January 2 – January 4	Ch. 1 Welcome to Positive Psychology NOBA unit: Positive Psychology
Week 2	January 7 – January 11	Ch. 2 Eastern and Western Perspectives on Positive Psychology Ch. 4 The Role of Culture in Developing Strengths and Living Well NOBA unit: The Subjective Well-Being of Small Societies
Week 3	January 14 – January 18	NOBA unit: Optimal Levels of Happiness Ch. 5 Living Well at Every Stage
Week 4	January 21 – January 25	Ch. 6 The Principles of Pleasure NOBA unit: Happiness: The Science of Subjective Well-Being
Week 5	January 28 – February 1	Ch. 7 Making the Most of Emotional Experiences
Week 6	February 4 – February 8	Ch. 8 Seeing Our Futures Through Self-Efficacy, Optimism, and Hope

Week 7	February 11 – February 15	Ch. 9 Wisdom and Courage: Characteristics of the Wise and the Brave
Week 8	February 18 – February 22	Ch. 10 Mindfulness, Flow, and Spirituality
Week 9	February 25 – March 1	Ch. 11 Empathy and Egotism: Portals to Altruism and Gratitude
Week 10	March 4 – March 8	Ch. 12 Attachment, Love, Flourishing Relationships, and Forgiveness
Week 11	March 11 – March 15	Ch. 13 Balanced Conceptualizations of Mental Health and Behavior
Week 12	March 18 – March 22	Final Exam week

Schedule: Specific dates will be posted on the Canvas calendar.

PROCEDURES AND GUIDELINES OF THE SOCIAL SCIENCE DIVISION

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.

Religious Holidays

Students who expect to miss classes, examinations, or any other assignments as a consequence of their religious observance should 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 should be offered an opportunity to make up the work without penalty (if they 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.

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](#).

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, and inappropriate behavior toward the instructor or classmates. 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](#).

Plagiarism and Other Conduct Policies

Plagiarism is a form of academic dishonesty that occurs when students use information or material from outside sources and do not properly cite those sources. This is grounds for disciplinary action. It is your responsibility to understand plagiarism and its consequences. Plagiarism occurs if:

- You do not cite quotations and/or attribute borrowed ideas as references.
- You fail to enclose borrowed language in quotation marks.
- You do not write summaries and paraphrases in his/her own words and/or doesn't document his/her source.
- You turn in work created by another person.

- e. You submit or use your own prior work for a current or past course, or work from one current course in another course without express permission from your professors. This may also be considered academic dishonesty.

Consequences: If it is determined that you have plagiarized or engaged in other forms of academic dishonesty, you will likely fail the assignment and possibly the course, despite points earned through other work. Acts of academic dishonesty are reviewed for disciplinary action.

If you are new to writing then please come talk to me during office hours and/or visit the [Writing Center](http://www.bellevuecollege.edu/asc/writing/). Their website is <http://www.bellevuecollege.edu/asc/writing/> and they are located in **D204**. Also if you are new to writing in APA format, then refer to the following document: <http://www.bellevuecollege.edu/asc/writing/essays-guides/documents/apa2010styleessay.pdf>

Cheating, Stealing and Plagiarizing*

Cheating, stealing and plagiarizing (using the ideas or words of another as one's own without crediting the source) and inappropriate/disruptive behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to: Plagiarizing material from the Internet and posting rude or personal attacks in discussions. 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. Specific student rights, responsibilities and appeal procedures are listed in the Student Code of Conduct, available in the office of the Vice President of Student Services. http://www.bellevuecollege.edu/policies/2/2050_Student_Code.asp

Incomplete

If a student fails to complete all the required work for a course, an instructor may assign the grade of Incomplete ("I"). It is the student's responsibility for maintaining contact and adhering to the agreed-upon actions. Canvas class sites, and material, may not be directly accessible after the end of the quarter so it is important to make arrangements before the quarter ends. The student must complete the coursework by the end of the next quarter, or receive the assigned letter grade (usually an "F"). There is a standard form that instructors have access to in their instructor's grade briefcase.

F Grade

Students who fail a course will receive a letter grade of "F."

Final Examination Schedule

Final examinations may involve proctored on-campus arranged exams or may be administrated completely online at the discretion of the instructor and in keeping with the stated policies provided in the course syllabus. 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.

Withdrawal from Class

Academic Year: College policy states that students must formally withdraw from a class by the end of the seventh week of the quarter (Registration Office, B125). If a student has not withdrawn by that date, an appropriate letter grade will be assigned for the course.

Summer Quarter: College policy states that students must formally withdraw from a class by the end of the fifth week of the quarter (Registration Office, B125). After the sixth day and through the end of the fifth week of the quarter, the "Th" grade will become part of the student's transcript record.

Check <http://www.bellevuecollege.edu/enrollment/deadlines/> for additional details. As with most enrollment deadlines, it is the student's responsibility to be aware of these dates and act accordingly.

Hardship Withdrawal (HW)

Hardship Withdrawal indicates a withdrawal request made because of extenuating circumstances after the official withdrawal period is over. The student must contact the instructor to request this withdrawal option, or the faculty member may initiate the contact. No points are calculated into the grade-point average. Students may also contact the enrollment Services Office BEFORE grades are assigned in cases of hardship.

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 us as soon as possible.

If you are a person who requires assistance in case of an emergency situation, such as a fire, earthquake, etc, please meet with your individual instructors to develop a safety plan within the first week of the quarter.

If you are a student with a documented autism spectrum disorder, there is an additional access program available to you. Contact [Autism Spectrum Navigators](#) Email and phone number is on the web page. ASN is located in the Library Media Center in D125.

The DRC office is located in B132 or you can call our reception desk at 425.564.2498. Deaf students can reach us by Skype: the address is **DRCatBC** (NOTE: There is no @ sign...it is actually **DRCatBC**). Please visit our website at [Disability Resource Center](#) for application information into our program and other helpful links.

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.

Public Safety and Emergencies

Public Safety is located in the K building and can be reached at **425-564-2400** (easy to remember because it's the only office on campus open 24 hours a day—2400). Among other things, Public Safety serves as our Parking Permits, Lost and Found, and Emergency Notification center. Please ensure you are signed up to receive alerts through our campus alerting system by registering at [RAVE Alert Registration](#)

If you work late and are uneasy about going to your car, Public Safety will escort you to your vehicle. To coordinate this, please phone ahead and let Public Safety know when and where you will need an escort.

Please familiarize yourself with the emergency postings by the door of every classroom and know where to go in the event of an evacuation. Your instructor will be asked if anyone might still be in the building, so check in before you do anything else. Emergency responders will search for anyone unaccounted for.

If a major emergency occurs, please follow these three rules:

- 1) **Take directions from those in charge of the response** - We all need to be working together.
- 2) **Do not get in your car and leave campus (unless directed to)** - Doing so will clog streets and prevent emergency vehicles from entering the scene. Instead, follow directions from those in charge.
- 3) **In an emergency, call 911 first, then Public Safety.**

Please do not hesitate to call Public Safety if you have safety questions or concerns at any time. You may also visit the [Public Safety](#) web page for answers to your questions.