

# Psychology 109 Positive Psychology

## Syllabus Spring Quarter 2019



Instructor:	Dr. Helen Taylor
Office:	D110
Phone:	(425) 564-2331 (Social Science Division Office)
Address:	D110, BC, 3000 Landerholm Cr. SE, Bellevue, WA 98007
Office Hours	Online, phone, or on campus by appointment
E-mail:	Use the e-mail in this course to contact me. Click on Inbox to the left.
	(My general e-mail is: htaylor@bellevuecollege.edu)

### INTRODUCTION:

Welcome to the online version of Psychology 109, Positive Psychology. I look forward to working with you! 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/>.

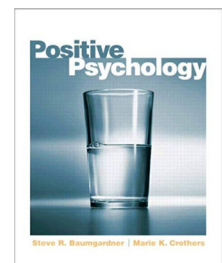
I will provide the structure for the class and act as a "coach" as you proceed through the course. You can leave messages for me at any time by e-mail, and I will respond to you as quickly as possible. I check in on weekends as well as weekdays.

### TEXT:

Baumgardner, S.R. and Crothers, M.K. (2009). *Positive Psychology*. Upper Saddle River, NJ: Prentice Hall.  
ISBN-13: 978-0-13-174441-7

The text may be purchased from the Bellevue College Bookstore or online at <http://bcc.collegestoreonline.com/>. There should also be used texts available online.

Power points from the text publisher are also available in each module 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, participate in a weekly discussion forum, submit weekly lab assignments, and take quizzes and exams, all on-line. 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).

## COURSE COMPONENTS:

### QUIZZES

There will be a quiz on one or two chapters each week, 11 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 on-line and will be open from Friday at 8 am to Sunday 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 220 points or 27.5% of the final grade.

### WEEKLY DISCUSSION FORUM

The discussion forum is the heart of the course. There will be one discussion a week, 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 11 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 Friday night and at least once in response to other students' comments by Saturday night.

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 260 points or 30% of the grade.

See the "Course Structure and Expectations" for more details on how the discussion will work. Each discussion will be worth up to 20 points. Altogether, discussion points will be worth a total of 260 points or 32.5% of the grade.

## WEEKLY “REAL LIFE LAB EXPERIMENT” ASSIGNMENTS

Except for the first and last two weeks, 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 Thursday by midnight. Each of the 9 Real Life Lab Experiments will be worth 20 points, for a total of 180 points or 22.5% 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 40 points.

## FINAL EXAM

There will be an on-line comprehensive final exam. The final will have 100 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 roughly 12% of the final grade.

## GRADING

Points will be accrued as follows:

Personal Introduction		20
Discussions	11 @ 20 points ea.	220
Closing Discussion		20
Quizzes	11 @ 20 points ea.	220
Real Life Lab Experiments	9 @ 20 points ea.	180
Happiness Mission Statement		40
Final Exam		100
Total =		800

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

A	94-100%	752-800	C+	77-79%	616-639
A-	90-93%	720-751	C	74-76%	592-615
B+	87-89%	696-719	C-	70-73%	560-591
B	84-86%	672-695	D+	67-69%	536-559
B-	80-83%	640-671	D	60-66%	480-535

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.

## MODULE ORGANIZATION

Week 1	Ch. 1 What is Positive Psychology?
Week 2	Ch. 2 The Meaning and Measure of Happiness
Week 3	Ch. 3 Positive Emotions and Well-Being Ch. 4 Resilience
Week 4	Ch. 5 Happiness and the Facts of Life
Week 5	Ch. 6 Money, Happiness, and Culture
Week 6	Ch. 7 Personal Goals as Windows to Well-Being
Week 7	Ch. 8 Self-Regulation and Self-Control
Week 8	Ch. 9 Positive Traits
Week 9	Ch. 10 Virtue and Strengths of Character
Week 10	Ch. 11 Close Relationships and Well-Being
Week 11	Ch. 12 Life Above Zero
Week 12	Last Week

**Schedule:** Specific dates will be posted in the calendar.

### Late work policy

No work (discussions, quizzes, labs) will be accepted late unless you can supply a note from a physician, emergency room, police report, etc. With documentation, you will be able to make-up discussions, quizzes, labs. If you can anticipate a problem, it's okay to ask for an extension before the deadline.

### My availability

Unless otherwise notified, I will be checking the site several times a day, including weekends. I have found it's more useful to be frequently available than to hold a specific office hour a week, so feel free to consult with me online at any time. I am also available to meet with you on campus by appointment or to conduct a phone consultation. I will let you know if I am off-line for an extended period of time, but otherwise I make an effort to respond to emails within a few hours if possible during the day.

### Accommodations

If you need course modifications / adaptations or accommodations because of a disability, please let me know as soon as possible. If you have not done so already, you can contact the Disability Resource Center (DRC) in B132 or by calling 425.564.2498 or TTY 425.564.4110. Information is also available on their website at <http://bellevuecollege.edu/drc/>.

### 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.

### For technical help with the online part of the class:

Link to Canvas student guides: <http://guides.instructure.com/m/4212>

Link to Student Technical Help: <http://depts.bellevuecollege.edu/helpdesk/students/>

### For behavioral and grading guidelines of the Social Science

**Division:** <http://www.bellevuecollege.edu/socsci/procedures-guidelines/>

Sometimes the material in this course can bring up troubling issues. If you would like to talk to someone, our counselors are available to you at no cost: <https://www.bellevuecollege.edu/counseling/>.

I look forward to working with you in this most fascinating class!

Helen or Dr. Taylor or Dr. T. or Dr. Helen, whichever you prefer

