

Course Syllabus

[Jump to Today.](#)

 [Edit](#)



https://commons.wikimedia.org/wiki/File:Sanzio_01_Plato_Aristotle.jpg

Department of Psychology

**PSY4020 Pursuing
Goodness: The Science of
Moral Change**

4 Units

**Prerequisites: PSY1001 or
PSY1003 and BIB1001 or
BIB1002.**

**Senior Standing or consent
of instructor.**

Fall 2021

Instructor: Dr. Ross Oakes Mueller

Phone: 619.849.2905

Email: rossoakesmueller@pointloma.edu (<mailto:rossoakesmueller@pointloma.edu>)

**Office Hours: [click here to schedule a Zoom/in-person meeting during my office hours](https://www.google.com/calendar/selfsched?sstoken=UUhnNHJkMkNwcEFUfGRIZmF1bHR8OTFiNjhkZDM0NzRINTRIMWE5M2E2NjVIYWM1ZjJjZWQ)
([https://www.google.com/calendar/selfsched?
sstoken=UUhnNHJkMkNwcEFUfGRIZmF1bHR8OTFiNjhkZDM0NzRINTRIMWE5M2E2NjVIYWM1ZjJjZWQ](https://www.google.com/calendar/selfsched?sstoken=UUhnNHJkMkNwcEFUfGRIZmF1bHR8OTFiNjhkZDM0NzRINTRIMWE5M2E2NjVIYWM1ZjJjZWQ))**

Class Meeting: Tuesday & Thursday

10:00-11:45am - Ryan Learning 101

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

This course surveys some of the latest findings in positive and moral psychology that concern how we live a good life in the world with others. It addresses three perennial questions about psychological and relational well-being: What makes a “good life” *good*? How do persons “change” for *good*? And: What makes a “good relationship” *good*? It examines theory and research in two rapidly expanding psychological literatures: the science of a flourishing life, the science of love and virtue, and the practical neuroscience of moral change. Students will participate in experimental exercises that this new science suggests will enhance our motivation and capacity for moral goodness. Beyond that, the class is designed to provide you with the opportunity to actually practice some of the habits that can induce character growth.

COURSE LEARNING OUTCOMES

Students will be able to...

1. Summarize various models of well-being that vie for attention in popular and religious culture.
2. Describe key ingredients of a meaningful life as discussed in contemporary positive and moral psychology.
3. Describe some of the principles and practices of character change as offered in contemporary psychology.
4. Describe four essential virtues that facilitate mature love as understood in the new science of love and virtue.
5. Describe the meaning of moral maturity in light of the Judeo-Christian concept of love, especially as envisioned in the Wesleyan theological tradition.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Primary Texts

- Haidt, J. (2006) *The Happiness Hypothesis*. New York: Basic Books
- Lewis, T. , Amini, F., & Lannon, R. (2007). *A General Theory of Love*. New York: Vintage

Required Supplemental Articles

- *Oakes Mueller, Ross. (2021). PSY4020 Pursuing Goodness: The Science of Moral Change. [Cognella Custom Prints \(https://store.cognella.com/23769\)](https://store.cognella.com/23769)*

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 4 unit class delivered over five weeks. (Based on 37.5 hours of student engagement per credit hour.)

Distribution of Student Learning Hours

Category	Time Expectation in Hours
Class Meetings (in-person)	53
Reading Assignments	53
Good Life Papers	20
Other Assignments & Learning Activities	20
Surveys	4
Total Hours	150

ASSESSMENT AND GRADING

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

Pre-Class Questions: Before each class I will ask you questions, either about the reading or about your own thoughts and experiences. These are questions that we will discuss in class. To get full credit for answering the questions, by midnight on the night before each class, you should type your responses to my questions in the text box at the bottom of each "Questions Before Class" assignment. I also ask you to pose one "Good" question to me in each assignment. This will help me to direct our class time together. **Pre-Class Questions will be 7.5% of your overall grade.**

Homework Assignments: At multiple points throughout the session, you will be asked to either read, watch, or listen to a piece of media, and then to relate it to the readings you have completed for the course. Your lowest homework score will be dropped. **Homework will be 10% of your overall grade.**

Vocation Assignment: This is a two part assignment that includes a Vocation Paper and a Vital Engagement in a Vocation Video. **The Vocation Assignment will be 10% of your overall grade.**

- **Vocational Paper {5%}:** 3 to 4 Page (double spaced) paper. The purpose of the paper is to reflect on your vocational plans after you graduate from PLNU. Discuss the following in your paper:
 - What are your career goals? Where do you see yourself in 5 years? In 10 years?

- Choose one career to focus on.
- Does this career require attending Graduate School? If so, what type of program are you considering? And why?
- With the career you are choosing, what is the process to obtain a job in that field? What is the typical salary based on your expected education level?
- **Vital Engagement in a Vocation Video {5%}**: Using the assigned readings (Happiness Hypothesis, Ch. 10), readings available online (“Stop trying to ‘find meaningful work (and create it instead)’”; and “A Deceptively Simple Way to Find More Happiness at Work”) and the podcast (“The Perils of Following your Career Passion”), record a two-minute long video answering the following question: **What is one or more ways that you will create or maximize vital engagement in your chosen career path?**

The "Good Life" Paper: Mid-way through the course you will write a two-part "Good Life" Paper (your Senior Capstone Project). Although more details are available on the Assignment page and in our in-class discussions, the paper will involve describing, critiquing, and applying the theories of the "good life" that we will be discussing during the first half of the class. **The Good Life Paper will be 35% of your overall grade {15% for Part I; 20% for Part II}.**

Attendance and Participation: Attendance and participation in class sessions is required (see absence policy). **Attendance and Participation will be 7.5% of your overall grade.**

Final Exam: The Final Exam is based on the material covered during the second half of the class. Although more details are available on the Final Exam Assignment Page, the exam itself will involve the description and application of at least one "capacity of mind" and at least one "capacity of heart," as they relate to the construct of Generative Care. **The Final Exam will be 25% of your overall grade.**

Good Life Survey, or alternate assignments: At four points throughout the semester you will be asked to answer survey questions about your thoughts, experiences, and relationships. The purposes of this survey are twofold: 1) for you to track your own growth with respect to the concepts discussed in class, and 2) for me to evaluate how well the course serves to promote your growth. At the end of the semester, my hope is to give you access to the results of your surveys so that you can better understand how you have grown, and what areas to continue focusing on after the class ends. My hope is to also use this information to help me revise the class for future years. If you do complete the survey, **you have the option of either allowing me to use your responses** to see how the class performed as a whole (you would never be identified by name), **or you can choose to have your responses removed** from the bigger set of data (you would still receive the same feedback on your growth). **However, you are not required to complete these surveys. If you choose NOT to complete the survey, you can instead complete a two page reading response for each survey (for a total of four reading responses throughout the semester).** If you choose this option, still click on the link to the survey, but indicate on the survey that you are choosing NOT to answer the questions, and you will be taken to the end of the survey. **The four surveys (or alternate assignments) will be worth a total of 5% of your overall grade.**

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) (<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow online (distance education) outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

Part of good paper-writing is effective time-management strategies. We could all write better papers if we had unlimited time to do so. However, there are certainly life situations that may prevent you from turning in your paper on time. How to balance these two conflicting issues? In order to provide you with some flexibility, and nevertheless to ensure that all of your papers are evaluated on an "even playing field," I have created a tiered grading system for late work. **If you miss a deadline to turn in a paper, for any reason, you can still turn it in with a 5% deduction per day late. For example, you will have 24 hours past the due date to turn in the paper for a 5% deduction. After that, you then have up to 24 additional hours to turn it in for a 10% deduction, etc. Canvas automatically enforces the deduction at the second it becomes due, so be sure to plan ahead to turn in your paper BEFORE the time it is due. No papers will be accepted after the date on which the professor sends grades/feedback to the class for that paper.**

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. ([DRC@pointloma.edu \(mailto:DRC@pointloma.edu\)](mailto:DRC@pointloma.edu) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Please come to class. When you are not present and participating, the class dynamic changes. More than that, this course is based on the research finding that much of who we are and what we do is habitual, ingrained by habit. Indeed, much of what we will do in class involves learning and practicing these habits. As such, the in-class exercises constitute a critical component of your learning in this class. That is why the PLNU attendance policy will be strictly followed. This attendance policy is specified in the University Catalog. Please note the following key points and elaborations of the attendance policy.

PLNU Attendance and Participation Policy: "Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies \(https://catalog.pointloma.edu/index.php?catoid=46\)](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted."

“There are no allowed or excused absences except when absences are necessitated by certain University-sponsored activities and are approved in writing by the Provost.”

University-sponsored activities that are approved in writing by the Provost usually are for NCAA events for student athletes and occasionally field trips for other PLNU courses

When you are absent in this class three times (for any cause), a **Notice of Deenrollment** will be sent to the Vice Provost for Academic Administration. Your **fourth absence will result in deenrollment**.

Save your absences for situations that are outside of your control. Do not consider your allowable absences as the number of times that you can miss class without being deenrolled. If you become ill after you used your allowable absences you will be deenrolled from the course.

If you need to miss a test for any reason, you will need to notify the professor prior to the examination for consideration to be administered a make-up test (if you fail to do so you may receive a 0% on the test). If a make-up test is administered there will be a 10% penalty (unless the absence is associated with a University-sponsored activity that is approved in writing by the Academic Provost)

Some of the best learning opportunities occur during in-class discussions. Participating in these discussions can be immensely valuable to your learning. To acknowledge this importance, I will give some weight in your final grade to your classroom participation. In the event a student's final grade is within one percentage point of the next highest grade, classroom participation will be considered in assigning the final grade.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](https://www.pointloma.edu/offices/spiritual-development) (<https://www.pointloma.edu/offices/spiritual-development>)

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

COURSE SCHEDULE AND ASSIGNMENTS AT-A-GLANCE

The table below lists our assignments and their due dates. Click on any assignment to review it (once it is "unlocked").

Course Summary:

Date	Details	Due
Wed Sep 1, 2021	 WK1 Watch Lectures/Videos for Class 1 - Welcome to a Course for the Rest of your Life (https://canvas.pointloma.edu/courses/57700/assignments/671933)	due by 11:59pm
	 WK 1 Questions before Class 1 (https://canvas.pointloma.edu/courses/57700/assignments/672981)	due by 11:59pm
Thu Sep 2, 2021	 WK 1 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/57700/assignments/671901)	due by 9am
Sun Sep 5, 2021	 WK1 Take Good Life Survey #1 (https://canvas.pointloma.edu/courses/57700/assignments/671932)	due by 11:59pm
	 WK2 Required Reading for Tuesday Class Meeting (Class 2)	to do: 8pm
	 WK 2 Questions before Class 2 (https://canvas.pointloma.edu/courses/57700/assignments/672982)	due by 11:59pm
Mon Sep 6, 2021	 WK2 Watch "The Truman Show" and Write one-paragraph response (using Fraterolli reading) (https://canvas.pointloma.edu/courses/57700/assignments/671930)	due by 11:59pm
	 WK2 Watch Lectures/Videos for Class 2 - Life as Swimming Pool or Quest? (https://canvas.pointloma.edu/courses/57700/assignments/671931)	due by 11:59pm
Tue Sep 7, 2021	 WK 2 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/57700/assignments/671913)	due by 10am
Wed Sep 8, 2021	 WK2 Required Reading for Thursday Class Meeting (Class 3)	to do: 8pm

Date	Details	Due
	 Wk2 Watch Lectures/Videos for Class 3 - Searching for the "End" of Existence (https://canvas.pointloma.edu/courses/57700/assignments/671946)	due by 11:59pm
	 Wk 2 Questions before Class 3 (https://canvas.pointloma.edu/courses/57700/assignments/672983)	due by 11:59pm
Thu Sep 9, 2021	 Wk 2 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/57700/assignments/671912)	due by 10am
	 Wk3 Required Reading for Tuesday Class Meeting (Class 4)	to do: 8pm
	 Wk 3 Questions before Class 4 (https://canvas.pointloma.edu/courses/57700/assignments/672984)	due by 11:59pm
Mon Sep 13, 2021	 Wk 3 Read "The Semplica Girl Diaries" and Write a Response using Haidt Ch. 5 (Class 4) (https://canvas.pointloma.edu/courses/57700/assignments/671914)	due by 11:59pm
	 Wk3 Watch Lectures/Videos for Class 4 - Five "Goods" of a Good Life (https://canvas.pointloma.edu/courses/57700/assignments/671947)	due by 11:59pm
Tue Sep 14, 2021	 Wk 3 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/57700/assignments/671916)	due by 10am
Wed Sep 15, 2021	 Wk3 Required Reading for Thursday Class Meeting (Class 5)	to do: 8:55pm
	 Wk3 Watch Lectures/Videos for Class 5 - Know thy Elephant (Happiness) (https://canvas.pointloma.edu/courses/57700/assignments/671949)	due by 11:59pm

Date	Details	Due
	 WK 3 Questions before Class 5 https://canvas.pointloma.edu/courses/57700/assignments/672985	due by 11:59pm
Thu Sep 16, 2021	 WK 3 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/57700/assignments/671915	due by 10am
	 WK4 Required Reading for Tuesday Class Meeting_(Class 6)	to do: 8pm
	 WK 4 Questions before Class 6 https://canvas.pointloma.edu/courses/57700/assignments/672986	due by 11:59pm
Mon Sep 20, 2021	 WK 4 Watch Lectures/Videos for Class 6 - "Good" Relationships https://canvas.pointloma.edu/courses/57700/assignments/671917	due by 11:59pm
	 WK4 Watch "Ralph Breaks the Internet" and respond using Haidt Ch. 6 (Class 6) https://canvas.pointloma.edu/courses/57700/assignments/671948	due by 11:59pm
Tue Sep 21, 2021	 WK 4 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/57700/assignments/671919	due by 10am
	 WK4 Required Reading for Thursday Class Meeting_(Class 7)	to do: 8am
Wed Sep 22, 2021	 WK4 Watch Lectures/Videos for Class 7 - Why We Can't Flourish Without Arete https://canvas.pointloma.edu/courses/57700/assignments/671951	due by 11:59pm
	 WK 4 Questions before Class 7 https://canvas.pointloma.edu/courses/57700/assignments/672987	due by 11:59pm
Thu Sep 23, 2021	 WK 4 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/57700/assignments/671918	due by 10am

Date	Details	Due
Sun Sep 26, 2021	 WK4 Vocational Paper (https://canvas.pointloma.edu/courses/57700/assignments/671950)	due by 11:59pm
	 WK5 Required Reading for Tuesday Class Meeting.(Class 8)	to do: 8pm
Mon Sep 27, 2021	 WK 5 Questions before Class 8 (https://canvas.pointloma.edu/courses/57700/assignments/672988)	due by 11:59pm
	 WK5 Watch Lectures/Videos for Class 8 - Vital Engagement (https://canvas.pointloma.edu/courses/57700/assignments/671952)	due by 11:59pm
Tue Sep 28, 2021	 WK 5 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/57700/assignments/671920)	due by 10am
	 WK5 Required Reading for Thursday Class Meeting.(Class 9)	to do: 8pm
Wed Sep 29, 2021	 WK5 Watch Lectures/Videos for Class 9 - Spirituality for "Goodness Sake" (Part 1) (https://canvas.pointloma.edu/courses/57700/assignments/671954)	due by 11:59pm
	 WK 5 Questions before Class 9 (https://canvas.pointloma.edu/courses/57700/assignments/672989)	due by 11:59pm
Thu Sep 30, 2021	 WK 5 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/57700/assignments/671928)	due by 10am
Fri Oct 1, 2021	 WK5 Vital Engagement in a Vocation Video (https://canvas.pointloma.edu/courses/57700/assignments/671953)	due by 11:59pm
Sun Oct 3, 2021	 WK6 Take Good Life Survey #2 (https://canvas.pointloma.edu/courses/57700/assignments/671957)	due by 11:59pm

Date	Details	Due
Mon Oct 4, 2021	 WK6 Required Reading for Tuesday Class Meeting.(Class 10)	to do: 8pm
	 WK 6 Watch Lectures/Videos for Class 10 - Spirituality for "Goodness Sake" (Part 2) https://canvas.pointloma.edu/courses/57700/assignments/671923	due by 11:59pm
	 WK6 Liturgical Examen https://canvas.pointloma.edu/courses/57700/assignments/671956	due by 11:59pm
	 WK 6 Questions before Class 10 https://canvas.pointloma.edu/courses/57700/assignments/673013	due by 11:59pm
Tue Oct 5, 2021	 WK 6 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/57700/assignments/671922	due by 10am
Wed Oct 6, 2021	 WK6 Required Reading for Thursday Class Meeting.(Class 11)	to do: 8pm
	 WK6 Watch Lectures/Videos for Class 11 - Changing for Good - The Giving Tree https://canvas.pointloma.edu/courses/57700/assignments/671958	due by 11:59pm
	 WK 6 Questions before Class 11 https://canvas.pointloma.edu/courses/57700/assignments/672991	due by 11:59pm
Thu Oct 7, 2021	 WK 6 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/57700/assignments/671921	due by 10am
Sun Oct 10, 2021	 WK6 Good Life Essay #1 https://canvas.pointloma.edu/courses/57700/assignments/671955	due by 11:59pm
Mon Oct 11, 2021	 WK7 Required Reading for Tuesday Class Meeting.(Class 12)	to do: 8pm

Date	Details	Due
	 WK7 Listen to: The True Hard Work of Love... (Class 12) https://canvas.pointloma.edu/courses/57700/assignments/671960	due by 11:59pm
	 WK7 Watch Lectures/Videos for Class 12 - Love as a Capacity for Mature Giving - Fromm's Virtue Model of Generative Care https://canvas.pointloma.edu/courses/57700/assignments/671961	due by 11:59pm
	 WK 7 Questions before Class 12 https://canvas.pointloma.edu/courses/57700/assignments/673016	due by 11:59pm
Tue Oct 12, 2021	 WK 7 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/57700/assignments/671925	due by 10am
	 WK7 Required Reading for Thursday Class Meeting (Class 13)	to do: 8pm
Wed Oct 13, 2021	 WK7 Watch Lectures/Videos for Class 13 - Virtues and the Michelangelo Project https://canvas.pointloma.edu/courses/57700/assignments/671962	due by 11:59pm
	 WK 7 Questions before Class 13 https://canvas.pointloma.edu/courses/57700/assignments/672993	due by 11:59pm
Thu Oct 14, 2021	 WK 7 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/57700/assignments/671924	due by 10am
Sun Oct 17, 2021	 WK7 Good Life Essay #2 https://canvas.pointloma.edu/courses/57700/assignments/671959	due by 11:59pm
Tue Oct 19, 2021	 Senior ETS Exam (for Psychology Majors) https://canvas.pointloma.edu/calendar?event_id=107408&include_contexts=course_57700	12am

Date	Details	Due
	 WK 8 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/57700/assignments/671927)	due by 10am
	 WK8 Required Reading for Thursday Class Meeting (Class 14)	to do: 8pm
Wed Oct 20, 2021	 WK8 Watch Lectures/Videos for Class 14 - Triune Ethics Theory and the Virtues of Generative Care (https://canvas.pointloma.edu/courses/57700/assignments/671964)	due by 11:59pm
	 WK 8 Questions before Class 14 (https://canvas.pointloma.edu/courses/57700/assignments/673015)	due by 11:59pm
Thu Oct 21, 2021	 WK 8 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/57700/assignments/671926)	due by 10am
	 WK9 Required Reading for Tuesday Class Meeting (Class 16)	to do: 8pm
Sun Oct 24, 2021	 WK9 Watch Lectures/Videos on Class 16 - The Shadow (https://canvas.pointloma.edu/courses/57700/assignments/671967)	due by 11:59pm
	 WK 9 Questions before Class 16 (https://canvas.pointloma.edu/courses/57700/assignments/673014)	due by 11:59pm
Mon Oct 25, 2021	 WK8 Required Reading for Tuesday Class Meeting (Class 15)	to do: 8pm
	 WK8 Self-Compassion Homework (Class 15) (https://canvas.pointloma.edu/courses/57700/assignments/671963)	due by 11:59pm
	 WK8 Watch Lectures/Videos for Class 15 - Self-Compassion (https://canvas.pointloma.edu/courses/57700/assignments/671965)	due by 11:59pm

Date	Details	Due
	 WK 8 Questions before Class 15 https://canvas.pointloma.edu/courses/57700/assignments/672995	due by 11:59pm
Tue Oct 26, 2021	 WK 9 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/57700/assignments/671929	due by 10am
	 WK9 Required Reading for Thursday Class Meeting (Class 17)	to do: 8pm
	 Wk9 Required Reading For Thursday Class Meeting Class 17	to do: 8pm
Wed Oct 27, 2021	 WK9 Watch Lectures/Videos on Class 17 - Mindfulness https://canvas.pointloma.edu/courses/57700/assignments/671968	due by 11:59pm
	 WK 9 Questions before Class 17 https://canvas.pointloma.edu/courses/57700/assignments/672997	due by 11:59pm
Thu Oct 28, 2021	 WK 9 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/57700/assignments/672005	due by 10am
	 WK10 Required Reading for Tuesday Class Meeting (Class 18)	to do: 8pm
Sun Oct 31, 2021	 WK9 Listen to the Sermon "The Ruthless Elimination of Hurry" and Respond Using Siegel, Nouwen, and Smith https://canvas.pointloma.edu/courses/57700/assignments/671966	due by 11:59pm
	 WK10 Watch Lectures/Videos on Class 18 - Mindfulness, Empathy, and Compassion https://canvas.pointloma.edu/courses/57700/assignments/671936	due by 11:59pm
Mon Nov 1, 2021	 WK 10 Questions before Class 18 https://canvas.pointloma.edu/courses/57700/assignments/672998	due by 11:59pm

Date	Details	Due
Tue Nov 2, 2021	 WK 10 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/57700/assignments/671904)	due by 10am
Thu Nov 4, 2021	 ACAT Psychology Senior Exam (Extra Credit!) (https://canvas.pointloma.edu/courses/57700/assignments/671898)	due by 10am
Sun Nov 7, 2021	 WK 10 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/57700/assignments/671903)	due by 10am
Sun Nov 7, 2021	 WK11 Take Good Life Survey #3 (https://canvas.pointloma.edu/courses/57700/assignments/671935)	due by 11:59pm
Mon Nov 8, 2021	 WK11 Required Reading for Tuesday Class Meeting (Class 19) (https://canvas.pointloma.edu/courses/57700/assignments/672999)	to do: 8pm
Mon Nov 8, 2021	 WK 11 Questions before Class 19 (https://canvas.pointloma.edu/courses/57700/assignments/671934)	due by 11:59pm
Tue Nov 9, 2021	 WK11 Watch Lectures/Videos on Class 19 - Empathy (https://canvas.pointloma.edu/courses/57700/assignments/671934)	due by 11:59pm
Tue Nov 9, 2021	 WK 11 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/57700/assignments/671906)	due by 10am
Wed Nov 10, 2021	 WK11 Required Reading for Thursday Class Meeting (Class 20) (https://canvas.pointloma.edu/courses/57700/assignments/671937)	to do: 8pm
Wed Nov 10, 2021	 WK11 Watch Lectures/Videos on Class 20 - Compassion (https://canvas.pointloma.edu/courses/57700/assignments/671937)	due by 11:59pm
Wed Nov 10, 2021	 WK 11 Questions before Class 20 (https://canvas.pointloma.edu/courses/57700/assignments/673012)	due by 11:59pm

Date	Details	Due
Thu Nov 11, 2021	 WK 11 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/57700/assignments/671905)	due by 10am
	 WK12 Required Reading for Tuesday Class Meeting (Class 21)	to do: 8pm
Mon Nov 15, 2021	 WK 12 Questions before Class 21 (https://canvas.pointloma.edu/courses/57700/assignments/673001)	due by 11:59pm
	 WK12 Watch Lectures/Videos on Class 21 - Developing Trust (https://canvas.pointloma.edu/courses/57700/assignments/671938)	due by 11:59pm
Tue Nov 16, 2021	 WK 12 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/57700/assignments/671908)	due by 10am
	 WK12 Required Reading for Thursday Class Meeting (Class 22)	to do: 8pm
	 WK12 Watch "Moana" and Write a Response (Class 22) (https://canvas.pointloma.edu/courses/57700/assignments/671939)	due by 11:59pm
Wed Nov 17, 2021	 WK12 Watch Lectures/Videos on Class 22 - How we Learn to Trust/Mistrust (https://canvas.pointloma.edu/courses/57700/assignments/671940)	due by 11:59pm
	 WK 12 Questions before Class 22 (https://canvas.pointloma.edu/courses/57700/assignments/673011)	due by 11:59pm
Thu Nov 18, 2021	 WK 12 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/57700/assignments/671907)	due by 10am
Mon Nov 22, 2021	 WK13 Required Reading for Tuesday Class Meeting (Class 23)	to do: 8pm

Date	Details	Due
	 WK 13 Questions before Class 23 https://canvas.pointloma.edu/courses/57700/assignments/673003	due by 11:59pm
	 WK13 Watch Lectures/Videos on Class 23 - Gratitude https://canvas.pointloma.edu/courses/57700/assignments/671941	due by 11:59pm
Tue Nov 23, 2021	 WK 13 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/57700/assignments/671910	due by 10am
	 WK14 Required Reading for Tuesday Class Meeting (Class 24)	to do: 8pm
Mon Nov 29, 2021	 WK 14 Questions before Class 24 https://canvas.pointloma.edu/courses/57700/assignments/673010	due by 11:59pm
	 WK14 Watch Lectures/Videos on Class 24 - Cultivating Gratitude https://canvas.pointloma.edu/courses/57700/assignments/671942	due by 11:59pm
Tue Nov 30, 2021	 WK 14 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/57700/assignments/671911	due by 10am
	 WK14 Required Reading for Thursday Class Meeting (Class 25)	to do: 8pm
Wed Dec 1, 2021	 WK 14 Questions before Class 25 https://canvas.pointloma.edu/courses/57700/assignments/673005	due by 11:59pm
	 WK14 Watch Lectures/Videos on Class 25 - Forgiveness https://canvas.pointloma.edu/courses/57700/assignments/671943	due by 11:59pm
Thu Dec 2, 2021	 WK 14 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/57700/assignments/672004	due by 10am

Date	Details	Due
Sun Dec 5, 2021	 Take Good Life Survey #4 (https://canvas.pointloma.edu/courses/57700/assignments/671900)	due by 11:59pm
	 WK15 Required Reading for Tuesday Class Meeting.(Class 26)	to do: 8pm
Mon Dec 6, 2021	 WK 15 Questions before Class 26 (https://canvas.pointloma.edu/courses/57700/assignments/673009)	due by 11:59pm
	 WK15 Watch Lectures/Videos on Class 26 - The Three Neural Faces of Love (https://canvas.pointloma.edu/courses/57700/assignments/671944)	due by 11:59pm
	 WK15 Required Reading for Thursday Class Meeting.(Class 27)	to do: 8pm
Wed Dec 8, 2021	 WK 15 Questions before Class 27 (https://canvas.pointloma.edu/courses/57700/assignments/673007)	due by 11:59pm
	 WK15 Watch Lectures/Videos on Class 27 - Course Conclusion (https://canvas.pointloma.edu/courses/57700/assignments/671945)	due by 11:59pm
Thu Dec 9, 2021	 WK 15 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/57700/assignments/672034)	due by 10am
Tue Dec 14, 2021	 Final Exam (https://canvas.pointloma.edu/courses/57700/assignments/671896)	due by 10:30am
	 WK15 Final Exam Description	to do: 10:30am
	 Extra Credit - Fuller Integration Symposium (https://canvas.pointloma.edu/courses/57700/assignments/671899)	
	 Lecture and Reading Responses (https://canvas.pointloma.edu/courses/57700/assignments/672980)	

Date	Details	Due
	 Psychology Major Comprehensive Examination (for Minors & those without Windows PCs) (https://canvas.pointloma.edu/courses/57700/assignments/671897)	