# Course Syllabus

**Jump to Today** 







(https://commons.wikimedia.org/wiki/File:Sanzio\_01\_Plato\_Aristotle.jpg)

Department of Psychology

PSY4020-1
Pursuing
Goodness: The
Science of Moral
Change

4 Units

Prerequisites: PSY1001 or PSY1003 and BIB1001 or BIB1002.

Senior Standing or consent of instructor.

Spring 2024

Instructor: Dr. Ross Oakes Mueller

Phone: 619.849.2905 (tel:619.849.2905)

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

Office Location/Hours: Culbertson Hall, Room 213

sstoken=UUhnNHJkMkNwcEFUfGRIZmF1bHR8OTFiNjhkZDM0NzRINTRIMWE5M2E2NjVIYWM1ZjJ

Class Meeting: Tuesday & Thursday

10:00-11:45am - Taylor Hall 313

Final Exam: Tuesday, April 30th @ 10:30am

#### **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.

#### PROGRAM LEARNING OUTCOMES

Students who complete the program in Psychology will be able to:

- 1. Identify basic tenets of psychology.
- 2. Summarize and apply facets of "The Good Life" as conceptualized in contemporary positive-moral psychology.
- 3. Display an increase in personal growth and development (for the purpose of serving others).
- 4. Demonstrate care for others.
- Understand careers in psychology.

#### **COURSE LEARNING OUTCOMES**

Students will be able to...

- 1. Summarize various models of well-being that vie for attention in popular and religious culture.
- 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.
- 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
- Fromm, E. (1956/2006) The Art of Loving. New York: HarperCollins.

#### Required Supplemental Articles

 Oakes Mueller, Ross. (2024). PSY4020 Pursuing Goodness: The Science of Moral Change. Cognella Custom Prints → (https://store.cognella.com/25820)

#### **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

Grades will be based on the following:

| Α        | В        | С        | D        | F              |
|----------|----------|----------|----------|----------------|
| A 93-100 | B+ 87-89 | C+ 77-79 | D+ 67-69 | F Less than 59 |
| A- 90-92 | В 83-86  | C 73-76  | D 63-66  |                |
|          | B- 80-82 | C- 70-72 | D- 60-62 |                |

All student grades will be posted in the Canvas grade book. 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. Note: These questions are structured to help you (slowly) write your mid-term paper. **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. **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?
  - Using the expected salary for that position, calculate the difference between your projected lifetime earnings/savings and those of an average BA graduate? (see details in assignment)
- 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 <u>reading responses throughout the semester</u>). 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.

#### FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the Class Schedules site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

#### **CONTENT WARNING**

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive various types of information. In [class name], all of the class content, including that which may be intellectually or emotionally challenging, has been intentionally curated to achieve the learning goals for this course. The decision to include such material is not taken lightly. These topics include friendships, childhood attachment relationships, spirituality, empathy and compassion for one's "enemy," and the process of forgiveness. If you encounter a topic that is intellectually challenging for you, it can manifest in

feelings of discomfort and upset. In response, I encourage you to come talk to me or your friends or family about it. Class topics are discussed for the sole purposes of personal growth and expanding your intellectual engagement in the area of psychology, and I will support you throughout your learning in this course.

#### 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 <a href="State Authorization">State Authorization (https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures)</a> 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 <a href="Academic Policies">Academic Policies</a> (<a href="https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/">https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/</a>) for definitions of kinds of academic dishonesty and for further policy information.

# ARTIFICIAL INTELLIGENCE (AI) POLICY

You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, GrammarlyGO, Marmot, Botowski) to generate ideas, but <u>you are not allowed to use AI tools to generate</u> <u>content (text, video, audio, images) that will end up in any work submitted to be graded for this course</u>. If you have any doubts about using AI, please gain permission from the instructor.

<u>If you use any auto-proofreading software (e.g., Grammarly), I would strongly recommend</u> that you take these three steps:

- 1. do NOT use the advanced features of GrammarlyGO (or other generative AI tools);
- 2. **do ALL of your original writing FIRST** (without Grammarly), **save a draft**, and **THEN apply Grammarly edits afterwards** (that way you and your professors can directly trace back what your writing looks like, and you have a draft of the paper that should be clear of all AI screening) and **save a second draft of your edited work**, and
- 3. <u>use a writing tracker</u> like "<u>Origin</u> → (<a href="https://chromewebstore.google.com/detail/origin-by-gptzero-chatgpt/kgobeoibakoahbfnlficpmibdbkdchap" (<a href="https://chromewebstore.google.com/detail/origin-by-gptzero-chatgpt/kgobeoibakoahbfnlficpmibdbkdchap">https://chromewebstore.google.com/detail/origin-by-gptzero-chatgpt/kgobeoibakoahbfnlficpmibdbkdchap</a>) which functions as a plug-in to Google Docs, and records your writing character-by-character, so your professors can see the entire creation process (in case you ever have a false-positive Al flag).

#### PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by

contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486 (tel:619-849-2486)). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

#### LANGUAGE AND BELONGING

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may report an incident(s) using the <u>Bias Incident Reporting Form</u> (<a href="https://cm.maxient.com/reportingform.php?PointLoma&layout\_id=5">https://cm.maxient.com/reportingform.php?PointLoma&layout\_id=5</a>).

#### SEXUAL MISCONDUCT AND DISCRIMINATION

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title

IX Office at <u>pointloma.edu/Title-IX</u> (<u>http://pointloma.edu/Title-IX</u>). Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at <a href="mailto:counselingservices@pointloma.edu">counselingservices@pointloma.edu</a> or find a list of campus pastors at <a href="mailto:counselingservices@pointloma.edu">pointloma.edu/title-ix (mailto:counselingservices@pointloma.edu)</a>.

#### 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 (3 or more; virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent (6 or more), the student may be de-enrolled without notice until the university drop date or, after that date, receive an "F" grade. 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 <u>no allowed or excused absences except</u> when absences are necessitated by certain University-sponsored activities and are <u>approved in writing by the Provost</u>."
  - 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 <u>Notice of</u>
   <u>Deenrollment</u> will be sent to the Vice Provost for Academic Administration. Your <u>fourth</u> <u>absence will result in deenrollment</u>.

- 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. <u>In
  the event a student's final grade is within one percentage point of the next highest
  grade, classroom participation will be considered</u> 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 <u>Office of Student Life and Formation (https://www.pointloma.edu/offices/student-life-formation)</u>.

#### **USE OF TECHNOLOGY**

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the <u>Technology and System</u> <u>Requirements</u> (https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams require a computer with a camera (tablets are not compatible) to complete exams online.

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

Because some of the most important elements of this course occur in conversation, and because research has shown that the use (or perhaps even presence; Misra, Cheng, Genevie & Yuan, 2016) of mobile devices and other "screens" tends to substantially

# decrease interpersonal connection (Courtright & CAPLAN, 2020)

(https://scholar.google.com/scholar?

<u>cluster=6161417847107796986&hl=en&as\_sdt=2005&sciodt=0,5)</u>, the <u>professor will frequently</u> <u>announce "screen free" times in class</u>, in which all devices are to be turned off (or turned face-down), so that we can more effectively engage with one another in conversation.

#### 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                                    |
|------------------|---|--|
|                  | WK1   Pose a Question to the Professor before Class 1 (https://canvas.pointloma.edu/courses/71962/a                                   | due by 11:59pm<br>assignments/999962)  |
| Mon Jan 8, 2024  | WK1   Watch Lectures/Videos for Class 1 - Welcome to a Course for the Rest of your Life (https://canvas.pointloma.edu/courses/71962/a | due by 11:59pm<br>assignments/1000031) |
| Tue Jan 9, 2024  | <b>B</b> WK 1   Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/71962/a                                 | due by 9am<br>assignments/999970)      |
| Tue Jan 9, 2024  | <b>WK 1   Questions before</b> Class 1  (https://canvas.pointloma.edu/courses/71962/a   | due by 9:45am<br>assignments/999972)   |
|                  | WK1   Required Reading for Thursday Class Meeting (Class 2)   | to do: 8pm                             |
|                  | WK1   Required Reading for Thursday Class Meeting (Class 2) with Video Links  | to do: 8pm                             |
| Wed Jan 10, 2024 |   |  |

WK1 | Pose a Question to due by 11:59pm the Professor before Class 2 (https://canvas.pointloma.edu/courses/71962/assignments/999936) WK1 | Watch "The Truman **Show" and Write one**paragraph response (using due by 11:59pm Fraterolli reading) (https://canvas.pointloma.edu/courses/71962/assignments/1000029) **B** WK 1 | Questions before Class 2 due by 9:45am (https://canvas.pointloma.edu/courses/71962/assignments/999973) WK 1 | Attendance and **Participation - Thursday** due by 10am Thu Jan 11, 2024 (https://canvas.pointloma.edu/courses/71962/assignments/999971) **™ WK1 | Watch** Lectures/Videos for Class 2 -Life as Swimming Pool or due by 11:59pm Quest? (https://canvas.pointloma.edu/courses/71962/assignments/1000028) **B** WK1 |Take Good Life Sun Jan 14, 2024 Survey #1 due by 11:59pm (https://canvas.pointloma.edu/courses/71962/assignments/1000030) **WK2 | Required Reading** for Thursday Class Meeting to do: 8pm (Class 3) with Video Links **WK2 | Required Reading** for Tuesday Class Meeting to do: 8pm (Class 3) Mon Jan 15, 2024 **■ WK2 | Pose a Question to** the Professor before Class 3 due by 11:59pm (https://canvas.pointloma.edu/courses/71962/assignments/999937) **WK2** | Watch Lectures/Videos for Class 3 -

Searching for the "End" of due by 11:59pm **Existence** (https://canvas.pointloma.edu/courses/71962/assignments/1000044) **B** WK 2 | Questions before due by 9:45am Class 3 (https://canvas.pointloma.edu/courses/71962/assignments/999997) Tue Jan 16, 2024 ➡ WK 2 | Attendance and **Participation - Tuesday** due by 10am (https://canvas.pointloma.edu/courses/71962/assignments/999996) **WK2 | Required Reading** for Thursday Class Meeting to do: 8pm (Class 4) **WK2 | Required Reading** for Tuesday Class Meeting to do: 8pm (Class 4) with Video Links WK 2 | Read "The Semplica Girl Diaries" and Write a Response using Haidt Ch. 5 due by 11:59pm Wed Jan 17, 2024 (Class 4) (https://canvas.pointloma.edu/courses/71962/assignments/1000002) WK2 | Pose a Question to the Professor before Class 4 due by 11:59pm (https://canvas.pointloma.edu/courses/71962/assignments/999938) **WK2 | Watch** Lectures/Videos for Class 4 due by 11:59pm Five "Goods" of a Good Life (https://canvas.pointloma.edu/courses/71962/assignments/1000045)



Class 4 due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/1000000)

Thu Jan 18, 2024

WK 2 | Attendance and

Participation - Thursday due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/999999)

In-Classroom: REQUIRED **ACAT Psychology Senior Exam** due by 10am (Extra Credit if you do well!) (https://canvas.pointloma.edu/courses/71962/assignments/999967) Tue Jan 23, 2024 **Psychology Major Comprehensive Examination** (for Minors & those without due by 11:45am Windows PCs) (https://canvas.pointloma.edu/courses/71962/assignments/999934) **WK3 | Required Reading** for Thursday Class Meeting to do: 8:55pm (Class 5) **WK3 | Required Reading** for Thursday Class Meeting to do: 8:55pm (Class 5) with Video Links Wed Jan 24, 2024 WK3 | Pose a Question to the Professor before Class 5 due by 11:59pm (https://canvas.pointloma.edu/courses/71962/assignments/999939) WK3 | Watch Lectures/Videos for Class 5 due by 11:59pm **Know thy Elephant (Happiness)** (https://canvas.pointloma.edu/courses/71962/assignments/1000046) **B** WK 3 | Questions before Class 5 due by 9:45am (https://canvas.pointloma.edu/courses/71962/assignments/1000001) Thu Jan 25, 2024 **B** WK 3 | Attendance and **Participation - Thursday** due by 10am (https://canvas.pointloma.edu/courses/71962/assignments/999998)

WK4 | Required Reading for Tuesday Class Meeting (Class 6)

to do: 8pm

**WK4** | Required Reading

# for Tuesday Class Meeting (Class 6) with Video Links

to do: 8pm

Mon Jan 29, 2024

WK 4 | Watch
 Watch

**Lectures/Videos for Class 6 -**

"Good" Relationships

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000007)

WK4 | Pose a Question to

the Professor before Class 6

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999940)

WK4 | Watch "Ralph Breaks

the Internet" and respond

using Haidt Ch. 6 (Class 6)

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000048)

**WK 4 | Questions before** 

Class 6

due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/1000005)

Tue Jan 30, 2024

**B** WK 4 | Attendance and

**Participation - Tuesday** 

due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/1000004)

WK4 | Required Reading

for Thursday Class Meeting

(Class 7)

to do: 8am

**WK4** | Required Reading

for Thursday Class Meeting

(Class 7) with Video Links

to do: 8am

Wed Jan 31, 2024

WK4 | Pose a Question to

the Professor before Class 7

due by 11:59pm

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999941)

**™ WK4 | Watch** 

Lectures/Videos for Class 7 -

**Why We Can't Flourish Without** 

**Arete** 

(https://canvas.pointloma.edu/courses/71962/assignments/1000049)

**B** WK 4 | Questions before Class 7 due by 9:45am (https://canvas.pointloma.edu/courses/71962/assignments/1000006) Thu Feb 1, 2024 **B** WK 4 | Attendance and **Participation - Thursday** due by 10am (https://canvas.pointloma.edu/courses/71962/assignments/1000003) **B** WK4 | Vocational Paper due by 11:59pm (https://canvas.pointloma.edu/courses/71962/assignments/1000047) Sun Feb 4, 2024 **WK5 | Required Reading** for Tuesday Class Meeting to do: 8pm (Class 8) **WK5 | Required Reading** for Tuesday Class Meeting to do: 8pm (Class 8) with Video Links Mon Feb 5, 2024 WK5 | Pose a Question to the Professor before Class 8 due by 11:59pm (https://canvas.pointloma.edu/courses/71962/assignments/999942) **™ WK5 | Watch** Lectures/Videos for Class 8 due by 11:59pm **Vital Engagement** (https://canvas.pointloma.edu/courses/71962/assignments/1000052) **B** WK 5 | Questions before Class 8 due by 9:45am (https://canvas.pointloma.edu/courses/71962/assignments/1000010) Tue Feb 6, 2024 **B** WK 5 | Attendance and Participation - Tuesday due by 10am (https://canvas.pointloma.edu/courses/71962/assignments/1000009) **WK5 | Required Reading** for Thursday Class Meeting to do: 8pm (Class 9)



to do: 8pm

due by 11:59pm

Wed Feb 7, 2024

WK5 | Pose a Question to

the Professor before Class 9 due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999943)

**™ WK5 | Watch** 

Lectures/Videos for Class 9 -

**Spirituality for "Goodness** 

Sake" (Part 1)

(https://canvas.pointloma.edu/courses/71962/assignments/1000053)

**B** WK 5 | Questions before

Class 9 due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/1000011)

Thu Feb 8, 2024

**B** WK 5 | Attendance and

Participation - Thursday due by 10am (https://canvas.pointloma.edu/courses/71962/assignments/1000008)

**™** WK5 | Take Good Life

Survey #2 due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000050)

Sun Feb 11, 2024

WK5 | Vital Engagement in

a Vocation Video due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000051)

**WK6 | Required Reading** 

for Tuesday Class Meeting

(Class 10)

**WK6 | Required Reading** 

for Tuesday Class Meeting (Class 10) with Video Links

to do: 8pm

to do: 8pm

**™ WK 6 | Watch** 

**Lectures/Videos for Class 10 -Spirituality for "Goodness** 

Sake" (Part 2)

due by 11:59pm

Mon Feb 12, 2024

#### (https://canvas.pointloma.edu/courses/71962/assignments/1000016)

**B** WK6 | Liturgical Examen

due by 11:59pm (https://canvas.pointloma.edu/courses/71962/assignments/1000055)

WK6 | Pose a Question to the Professor before Class 10

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999944)

**B** WK 6 | Questions before

Class 10 due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/1000015)

Tue Feb 13, 2024

**B** WK 6 | Attendance and

**Participation - Tuesday** due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/1000013)

**WK6 | Required Reading** for Thursday Class Meeting (Class 11)

to do: 8pm

to do: 8pm

WK6 | Required Reading for Thursday Class Meeting (Class 11) with Video Links

Wed Feb 14, 2024

WK6 | Pose a Question to

the Professor before Class 11 due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999945)

**™** WK6 | Watch

**Lectures/Videos for Class 11 -**

**Changing for Good - The** 

**Giving Tree** 

(https://canvas.pointloma.edu/courses/71962/assignments/1000056)

**I** WK 6 | MY GIFT TO YOU ... SKIP THIS ONE! SEE YOU IN CLASS!

due by 9:45am

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000014)

Thu Feb 15, 2024

**B** WK 6 | Attendance and

#### **Participation - Thursday**

due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/1000012)

Sun Feb 18, 2024

■ WK6 | Good Life Essay #1

(https://canvas.pointloma.edu/courses/71962/assignments/1000054)

**WK7 | Required Reading** for Tuesday Class Meeting

to do: 8pm

(Class 12)

**WK7 | Required Reading** for Tuesday Class Meeting (Class 12) with Video Links

to do: 8pm

WK7 | Listen to: The True

Hard Work of Love... (Class 12)

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000058)

Mon Feb 19, 2024

**₩K7 | Pose a Question to** 

the Professor before Class 12

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999946)

**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/71962/assignments/1000059)

**B** WK 7 | Questions before

Class 12

due by 9:45am

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000019)

Tue Feb 20, 2024

**B** WK 7 | Attendance and

**Participation - Tuesday** 

due by 10am

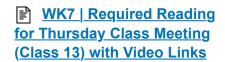
(https://canvas.pointloma.edu/courses/71962/assignments/1000018)

**WK7 | Required Reading** 

for Thursday Class Meeting

(Class 13)

to do: 8pm



to do: 8pm

Wed Feb 21, 2024

WK7 | Pose a Question to the Professor before Class 13

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999947)

**Lectures/Videos for Class 13 -**

Virtues and the Michelangelo

due by 11:59pm

**Project** 

(https://canvas.pointloma.edu/courses/71962/assignments/1000060)

**WK 7 | Questions before** 

Class 13 due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/1000020)

Thu Feb 22, 2024

**WK 7 | Attendance and** 

<u>Participation - Thursday</u> due by 10am

 $(\underline{https://canvas.pointloma.edu/courses/71962/assignments/1000017})$ 

WK8 | Required Reading for Thursday Class Meeting

(Class 14) with Video Links

to do: 8pm

WK8 | Required Reading

for Tuesday Class Meeting

(Class 14)

to do: 8pm

Mon Feb 26, 2024

WK8 | Pose a Question to

the Professor before Class 14 due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999948)

WK8 | Watch

Lectures/Videos for Class 14 -

**Triune Ethics Theory and the** 

due by 11:59pm

**Virtues of Generative Care** 

(https://canvas.pointloma.edu/courses/71962/assignments/1000061)

WK 8 | Questions before
 Class 14

due by 9:45am

**B** WK 8 | Attendance and

**Participation - Tuesday** 

due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/1000021)

**WK8 | Required Reading** 

for Thursday Class Meeting

to do: 8pm

(Class 15)

WK8 | Required Reading

for Tuesday Class Meeting (Class 15) with Video Links

to do: 8pm

Wed Feb 28, 2024

**B** WK 8 | Self-Compassion

Homework (Class 15)

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000027)

WK8 | Pose a Question to

the Professor before Class 15

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999949)

**™ WK8 | Watch** 

Lectures/Videos for Class 15 -

**Self-Compassion** 

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000063)

**B** WK 8 | Questions before

Class 15

due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/1000025)

Thu Feb 29, 2024

**B** WK 8 | Attendance and

Participation (Thursday)

due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/1000817)

Sun Mar 3, 2024

**B** WK7 | Good Life Essay #2

due by 11:59pm (https://canvas.pointloma.edu/courses/71962/assignments/1000057)

**WK9 | Required Reading** 

for Thursday Class Meeting (Class 16) with Video Links

to do: 8pm

WK9 | Required Reading for Tuesday Class Meeting (Class 16)

to do: 8pm

Mon Mar 11, 2024

WK9 | Pose a Question to

<u>the Professor before Class 16</u> due by 11:30pm

(https://canvas.pointloma.edu/courses/71962/assignments/999950)

**WK9 | Watch** 

Lectures/Videos on Class 16 -

**The Shadow** 

due by 11:30pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000065)

WK 9 | Questions before

Class 16 due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/1000026)

Tue Mar 12, 2024

Wed Mar 13, 2024

**WK 9 | Attendance and** 

<u>Participation - Tuesday</u>

(https://canvas.pointloma.edu/courses/71962/assignments/1000024)

WK9 | Required Reading for Thursday Class Meeting

(Class 17)

to do: 8pm

due by 10am

WK9 | Required Reading

for Thursday Class Meeting

(Class 17) with Video Links

to do: 8pm

**WK9** Listen to the Sermon

"The Ruthless Elimination of

**Hurry**" and Respond Using

due by 11:59pm

Siegel, Nouwen, and Smith

(https://canvas.pointloma.edu/courses/71962/assignments/1000062)

WK9 | Pose a Question to

the Professor before Class 17

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999951)

WK9 Watch

<u>Lectures/Videos on Class 17 -</u>

**Mindfulness** 

due by 11:59pm

**WK 9 | Questions before** 

Class 17 due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/999976)

Thu Mar 14, 2024

**WK 9 | Attendance and** 

Participation - Thursday due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/1000023)

Sun Mar 17, 2024 Survey #3

Survey #3 due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000064)

**WK10 | Required Reading For Tuesday Class Meeting** 

(Class 18)

WK10 | Required Reading

for Tuesday Class Meeting

(Class 18) with Video Links

to do: 8pm

Mon Mar 18, 2024

WK10 | Pose a Question to

the Professor before Class 18 due by 11:30pm

(https://canvas.pointloma.edu/courses/71962/assignments/999952)

WK10 | Watch

Lectures/Videos on Class 18 -

Mindfulness, Empathy, and

due by 11:59pm

to do: 8pm

**Compassion** 

(https://canvas.pointloma.edu/courses/71962/assignments/1000033)

WK 10 | Questions before

Class 18 due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/999977)

Tue Mar 19, 2024

WK 10 | Attendance and

<u>Participation - Tuesday</u> due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/999975)

**WK10 | Required Reading** 

# for Thursday Class Meeting (Class 19)

to do: 8pm

**WK10 | Required Reading for Tuesday Class Meeting** 

(Class 19) with Video Links

to do: 8pm

due by 11:59pm

Wed Mar 20, 2024

WK10 | Pose a Question to

the Professor before Class 19 due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999953)

WK10 | Watch

**Lectures/Videos on Class 19 -**

**Empathy** 

(https://canvas.pointloma.edu/courses/71962/assignments/1000034)

Thu Mar 21, 2024

WK 10 | Attendance and

<u>Participation - Thursday</u> due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/999974)

WK11 | Required Reading for Thursday Class Meeting (Class 20) with Video Links

to do: 8pm

Mon Mar 25, 2024

WK11 | Required Reading for Tuesday Class Meeting

to do: 8pm

(Class 20)

WK11 | Pose a Question to

the Professor before Class 20

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999954)

WK 10 | Questions before

Class 19 due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/999980)

**WK 11 | Questions before** 

Class 20 due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/999981)

Tue Mar 26, 2024

WK 11 | Attendance and Participation - Tuesday

due by 10am

#### (https://canvas.pointloma.edu/courses/71962/assignments/999979)

WK11 | Watch

Lectures/Videos on Class 20 -

Compasssion

(https://canvas.pointloma.edu/courses/71962/assignments/1000035)

due by 11:30pm

due by 11:59pm

to do: 8pm

to do: 8pm

due by 11:30pm

due by 11:59pm

due by 11:59pm

12am

MO CLASS!!! EASTER

**BREAK!** Thu Mar 28, 2024

Sun Mar 31, 2024

Mon Apr 1, 2024

(https://canvas.pointloma.edu/calendar?

event\_id=150976&include\_contexts=course\_71962)

**EXTRA CREDIT! | Watch** 

"Moana" and Write a Response

(Class 22)

(https://canvas.pointloma.edu/courses/71962/assignments/999963)

**WK12 | Required Reading** 

for Tuesday Class Meeting

(Class 21)

WK12 | Required Reading

for Tuesday Class Meeting

(Class 21) with Video Links

**WK12 | Watch** 

Lectures/Videos on Class 21 -

**Developing Trust** 

(https://canvas.pointloma.edu/courses/71962/assignments/1000036)

WK12 | Pose a Question to

the Professor before Class 21

(https://canvas.pointloma.edu/courses/71962/assignments/999955)

**B** WK12 | Watch two clips

from "Ralph Breaks the

Internet" and respond using

Levine's book "Attached" (Chs.

<u>11-12</u>)

(https://canvas.pointloma.edu/courses/71962/assignments/1000038)

**B** WK 12 | Questions before

Class 21 due by 9:45am (https://canvas.pointloma.edu/courses/71962/assignments/999984) Tue Apr 2, 2024 **B** WK 12 | Attendance and **Participation - Tuesday** due by 10am (https://canvas.pointloma.edu/courses/71962/assignments/999983) **WK12 | Required Reading** for Thursday Class Meeting to do: 8pm (Class 22) **WK12 | Required Reading** for Tuesday Class Meeting to do: 8pm (Class 22) with Video Links Wed Apr 3, 2024 WK12 | Pose a Question to the Professor before Class 22 due by 11:59pm (https://canvas.pointloma.edu/courses/71962/assignments/999956) Lectures/Videos on Class 22 due by 11:59pm **How we Learn to Trust/Mistrust** (https://canvas.pointloma.edu/courses/71962/assignments/1000037) WK 12 | Questions before Class 22 due by 9:45am (https://canvas.pointloma.edu/courses/71962/assignments/999985) Thu Apr 4, 2024 **B** WK 12 | Attendance and **Participation - Thursday** due by 11:59pm (https://canvas.pointloma.edu/courses/71962/assignments/999982) **WK13 | Required Reading** to do: 8pm

for Tuesday Class Meeting (Class 23)

**WK13 | Required Reading** for Tuesday Class Meeting (Class 23) with Video Links

Mon Apr 8, 2024

WK13 | Pose a Question to the Professor before Class 23

due by 11:30pm

to do: 8pm

#### (https://canvas.pointloma.edu/courses/71962/assignments/999957)

WK13 | Watch

Lectures/Videos on Class 23 -

**Gratitude** 

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000039)

WK 13 | Questions before

Class 23 due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/999987)

Tue Apr 9, 2024

**B** WK 13 | Attendance and

**Participation - Tuesday** due by 10am (https://canvas.pointloma.edu/courses/71962/assignments/999986)

**WK13 | Required Reading** for Thursday Class Meeting (Class 24)

to do: 8pm

**WK13 | Required Reading** for Tuesday Class Meeting (Class 24) with Video Links

to do: 8pm

Wed Apr 10, 2024

Thu Apr 11, 2024

WK13 | Pose a Question to

the Professor before Class 24 due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999958)

WK13 | Watch

Lectures/Videos on Class 24 -

**Cultivating Gratitude** 

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000040)

**B** WK 13 | Questions before

Class 24 due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/999990)

**B** WK 13 | Attendance and

**Participation - Thursday** 

due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/999978)

**B** WK 13 | Attendance and

## **Participation - Thursday**

due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/1000819)

**WK14 | Required Reading** for Thursday Class Meeting

(Class 25) with Video Links

to do: 8pm

**WK14 | Required Reading** for Tuesday Class Meeting

to do: 8pm

due by 11:59pm

Mon Apr 15, 2024

WK14 | Pose a Question to

the Professor before Class 25 due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999959)

WK14 | Watch

Lectures/Videos on Class 25 -

**Forgiveness** 

(Class 25)

(https://canvas.pointloma.edu/courses/71962/assignments/1000041)

**WK 14 | Questions before** 

Class 25 due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/999991)

Tue Apr 16, 2024

**™ WK 14 | Attendance and** 

**Participation - Tuesday** due by 10am (https://canvas.pointloma.edu/courses/71962/assignments/999989)

**WK14 | Required Reading** 

for Thursday Class Meeting

(Class 26)

to do: 8pm

**WK14 | Required Reading** 

for Tuesday Class Meeting (Class 26) with Video Links

to do: 8pm

Wed Apr 17, 2024

WK14 | Pose a Question to

the Professor before Class 26 due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999960)

| WK14 | Watch Lectures/Videos on Class 26 -

# **The Three Neural Faces of**

due by 11:59pm

Love

(https://canvas.pointloma.edu/courses/71962/assignments/1000042)

#### WK 14 | Questions before

Class 26

due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/999994)

Thu Apr 18, 2024

#### **B** WK 14 | Attendance and

**Participation - Thursday** 

due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/999988)

Sun Apr 21, 2024

**Take Good Life Survey #4** 

due by 11:30pm (https://canvas.pointloma.edu/courses/71962/assignments/999969)

**WK15 | Required Reading** 

to do: 8pm

for Thursday Class Meeting (Class 27) with Video Links

**WK15 | Required Reading** 

for Tuesday Class Meeting

(Class 27)

to do: 8pm

Mon Apr 22, 2024

WK15 | Pose a Question to

the Professor before Class 27

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/999961)

WK15 | Watch

Lectures/Videos on Class 27 -

**Course Conclusion** 

due by 11:59pm

(https://canvas.pointloma.edu/courses/71962/assignments/1000043)

**B** WK 15 | Questions before

Class 27

due by 9:45am

(https://canvas.pointloma.edu/courses/71962/assignments/999995)

Tue Apr 23, 2024

**B** WK 15 | Attendance and

**Participation - Tuesday** 

due by 10am

(https://canvas.pointloma.edu/courses/71962/assignments/999993)

**NO CLASS!!! REVIEW FOR** 

Thu Apr 25, 2024

## **EXAM, AND GENERATIVELY CARE FOR A FRIEND!!!**

10am to 12pm

(https://canvas.pointloma.edu/calendar? event id=150978&include contexts=course 71962)

Final Exam Instructions (on

the day of the exam)

due by 10:30am

(https://canvas.pointloma.edu/courses/71962/assignments/999966)

Tue Apr 30, 2024

**Final Exam Description** 

to do: 10:30am

due by 11:59pm

Final Exam - 10:30am

(https://canvas.pointloma.edu/courses/71962/assignments/999935)

Wed May 1, 2024

**IP EXTRA CREDIT**:

**Calculating Lifetime Earnings** 

with Different Degrees

(https://canvas.pointloma.edu/courses/71962/assignments/999964)

Extra Credit - Fuller

**Integration Symposium** 

(https://canvas.pointloma.edu/courses/71962/assignments/999965)

Lecture and Reading

Responses

(https://canvas.pointloma.edu/courses/71962/assignments/999968)