

Course Syllabus

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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.

Summer 2026 | Session 1

Instructor: Dr. Ross Oakes-Mueller

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BUT PLEASE USE CANVAS MESSAGE TO CONTACT ME

Office Hours: by appointment

Class Meeting via Zoom: Monday, Wednesday, & Friday

10:00 a.m. - 11:30 a.m. Pacific Standard Time

<https://pointloma.zoom.us/j/99039485775?pwd=BeoUxuczcuC6whsmv8PCCutmgndQq.1>
 ➞ <https://pointloma.zoom.us/j/99039485775?pwd=BeoUxuczcuC6whsmv8PCCutmgndQq.1>

Meeting ID: 990 3948 5775

Passcode: 762226

Final Exam: Friday, June 12th @ 10:00am-12:30pm

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

Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

This course is part of our course material delivery program, LomaBooks. The bookstore will provide each student with a convenient package containing all required physical materials and all digitally delivered materials will be integrated into Canvas.

You should have received an email from the bookstore confirming materials provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.

For more information about LomaBooks, please go: [HERE \(https://www.pointloma.edu/lomabooks\)](https://www.pointloma.edu/lomabooks)

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

Supplemental Articles

- [Oakes Mueller, Ross. \(2026\). PSY4020 Pursuing Goodness: The Science of Moral Change. \(https://store.cognella.com/27674\)](https://store.cognella.com/27674) 

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 via Zoom	19.5
Reading Assignments	60
Written Assignments	20
Other Assignments, Videos & Learning Activities	50.5
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:

Reading & Lecture Viewing and Responses: 48 hours before each class, I will make available to you the lectures for the upcoming class. These lectures are designed both a) to clarify some key issues from your reading, and b) to introduce new material. Completing the reading and watching the lectures are necessary in order to be successful in this class, and you will use this material in your two largest assignments (described below). Within many of the lectures I will ask you questions. To get full credit for watching the lectures, you should type your responses to my questions in the text box at the bottom of each "Watch Lectures/Videos" assignment. I also ask you to pose one question to me in each assignment. This will help me to direct our class time together. **Lecture and Reading Responses will be 10% of your overall grade.**

Homework : 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:** 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:** 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 30% of your overall grade.**

Attendance and Participation: There will be weekly Zoom class sessions with mandatory attendance and required participation. **Attendance and Participation will be 15% 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.**

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 Pursuing Goodness, 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 emotions, relationships, experiences of suffering, forgiveness, and mindful awareness of your thoughts and feelings. 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 purpose of expanding your intellectual engagement in the area of Psychology, and I will support you throughout your learning in this course.

TRIGGER WARNING

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive several types of information. In Pursuing Goodness, we will cover a variety of topics that may be intellectually or emotionally challenging. I encourage you to come talk to me or your friends or family about it. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of Psychology, and I will support you throughout your learning in this course.



topics, some of which you may find triggering. These topics include empathy and compassion for one's enemy and the process of forgiveness. Each time this topic appears in a reading or unit, it is marked on the syllabus. The experience of being triggered versus intellectually challenged are different. The main difference is that an individual must have experienced trauma to experience being triggered, whereas an intellectual challenge has nothing to do with trauma. If you are a trauma survivor and encounter a topic in this class that is triggering for you, you may feel overwhelmed or panicked and find it difficult to concentrate. In response, I encourage you to take the necessary steps for your emotional safety. This may include leaving class while the topic is discussed or talking to a therapist at the Counseling Center. Should you choose to sit out on discussion of a certain topic, know that you are still responsible for the material; but we can discuss if there are other methods for accessing that material, and for assessing your learning on that material. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of psychology and relational growth, 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 [State Authorization](https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures) (<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 RECORDING NOTIFICATION

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

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 \(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) 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 **you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course** (unless specifically included in the assignment description). If you have any doubts about using AI, please gain permission from the instructor.

1. **All written work must be created in GoogleDocs.** (it saves a time stamp of every word that you create ... you can later use this to demonstrate the process of your original writing).
2. **You must share the document with me** [↗\(https://youtu.be/rAISuUp_Czk\)](https://youtu.be/rAISuUp_Czk) **(rmueller@pointloma.edu), make me an "Editor", and paste the link to the GoogleDoc at the top of each assignment (see this video for how to do this)** [↗\(https://youtu.be/rAISuUp_Czk\)](https://youtu.be/rAISuUp_Czk).

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

1. **do ALL of your writing in GoogleDocs** (it saves a time stamp of every word that you create ... you can later use this to demonstrate the process of your original writing)



2. **do NOT use the advanced features** of GrammarlyGO (or other generative AI tools);
3. **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
4. **use a writing tracker** like "**Origin**  (<https://chromewebstore.google.com/detail/origin-by-gptzero-chatgpt/kgobeoibakoahbfnlficpmibdbkdchap>)" (<https://chromewebstore.google.com/detail/origin-by-gptzero-chatgpt/kgobeoibakoahbfnlficpmibdbkdchap>)  (<https://chromewebstore.google.com/detail/origin-by-gptzero-chatgpt/kgobeoibakoahbfnlficpmibdbkdchap>) or **Passed.AI** (<https://chromewebstore.google.com/detail/passedai-extension-beta/nmkodlgnddendacmkpghbnjmaknnegfo>)  (<https://chromewebstore.google.com/detail/passedai-extension-beta/nmkodlgnddendacmkpghbnjmaknnegfo>) 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 AI flag).

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu (<https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=EAC@pointloma.edu>) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. The EAC makes accommodations available to professors at the student's request.

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. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any special accommodations.

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.

If you (or someone you know) have experienced a bias incident regarding language, you can find more information on reporting and resources at www.pointloma.edu/bias (<http://www.pointloma.edu/bias>).

You may report an incident(s) using the [Bias Incident Reporting Form](https://cm.maxient.com/reportingform.php?PointLoma&layout_id=5)  (https://cm.maxient.com/reportingform.php?PointLoma&layout_id=5).

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 pointloma.edu/Title-IX (<http://pointloma.edu/Title-IX>). 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 counselingservices@pointloma.edu (<https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=counselingservices@pointloma.edu>) or find a list of campus pastors at pointloma.edu/title-ix (<http://pointloma.edu/title-ix>).

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at www.pointloma.edu/bias (<http://www.pointloma.edu/bias>).

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 the 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 (2 or more;** virtual or face-to-face), the faculty member will issue a written **warning of de-enrollment**. **If the absences exceed 20 percent (3 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 **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 Student Life and Formation \(https://www.pointloma.edu/offices/student-life-formation\)](https://www.pointloma.edu/offices/student-life-formation).

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 \(https://canvas.pointloma.edu/courses/51315/pages/technology-and-system-requirements\)](https://canvas.pointloma.edu/courses/51315/pages/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.

Course Summary:

Date	Details	Due
Mon May 11, 2026	 WK 1 Attendance and Participation - Monday 10:00 a.m. - 11:30 a.m. PST - Zoom https://canvas.pointloma.edu/courses/85958/assignments/1318785 	due by 10am
	 WK1 Watch Lectures/Videos for Class 1 - Welcome to a Course for the Rest of your Life https://canvas.pointloma.edu/courses/85958/assignments/1318805 	due by 11:59pm
Tue May 12, 2026	 WK1 Required Reading for Wednesday Class Meeting 	to do: 8am
	 WK1 Watch "The Truman Show" and Write one-paragraph response (using Fraterolli reading) https://canvas.pointloma.edu/courses/85958/assignments/1318800 	due by 11:59pm
	 WK1 Watch Lectures/Videos for 2-1 - Life as Swimming Pool or Quest? 	due by 11:59pm



Date	Details	Due
	https://canvas.pointloma.edu/courses/85958/assignments/1318801 	
	 WK1 Watch Lectures/Videos for Class 2-2 - Searching for the "End" of Existence https://canvas.pointloma.edu/courses/85958/assignments/1318804 	due by 11:59pm
Wed May 13, 2026	 WK 1 Attendance and Participation - Wednesday 10:00 a.m. - 11:30 a.m. PST - Zoom https://canvas.pointloma.edu/courses/85958/assignments/1318786 	due by 10am
	 WK1 Required Reading for Friday Class Meeting	to do: 8:55am
	 WK 1 Read "The Semplica Girl Diaries" and Write a Response using Haidt Ch. 5 https://canvas.pointloma.edu/courses/85958/assignments/1318787 	due by 11:58pm
Thu May 14, 2026	 WK1 Watch Lectures/Videos for 3-1 - Five "Goods" of a Good Life https://canvas.pointloma.edu/courses/85958/assignments/1318802 	due by 11:59pm
	 WK1 Watch Lectures/Videos for 3-2 - Know thy Elephant (Happiness) https://canvas.pointloma.edu/courses/85958/assignments/1318803 	due by 11:59pm
Fri May 15, 2026	 WK 1 Attendance and Participation - Friday 10:00 a.m. - 11:30 a.m. PST - Zoom https://canvas.pointloma.edu/courses/85958/assignments/1318784 	due by 10am



Date	Details	Due
Sun May 17, 2026	WK2 Required Reading for Monday Class Meeting	to do: 8am
	WK1 Vocational Paper (https://canvas.pointloma.edu/courses/85958/assignments/1318799)	due by 11:59pm
	WK2 Watch "Ralph Breaks the Internet" and respond using Haidt Ch. 6 (https://canvas.pointloma.edu/courses/85958/assignments/1318808)	due by 11:59pm
	WK2 Watch Lectures/Videos for 4-1 - "Good" Relationships (https://canvas.pointloma.edu/courses/85958/assignments/1318809)	due by 11:59pm
	WK2 Watch Lectures/Videos for 4-2 - Why We Can't Flourish Without Arete (https://canvas.pointloma.edu/courses/85958/assignments/1318810)	due by 11:59pm
Mon May 18, 2026	WK 2 Attendance and Participation - Monday 10:00 a.m. - 11:30 a.m. PST - Zoom (https://canvas.pointloma.edu/courses/85958/assignments/1318790)	due by 10am
Tue May 19, 2026	WK2 Required Reading for Wednesday - But NO MEETING WEDNESDAY!	to do: 8:58am
	WK2 Watch Lectures/Videos for 5-1 - Vital Engagement (https://canvas.pointloma.edu/courses/85958/assignments/1318811)	due by 11:58pm
	WK2 Watch Lectures/Videos for 5-2 - Spirituality for "Goodness Sake" (Part 1)	due by 11:59pm



Date	Details	Due
Thu May 21, 2026	https://canvas.pointloma.edu/courses/85958/assignments/1318812	
		
	 WK2 Required Reading for Friday Class Meeting	to do: 8:55am
	 WK 2 Watch Lectures/Videos for 6-1 - Spirituality for "Goodness Sake" (Part 2) https://canvas.pointloma.edu/courses/85958/assignments/1318792	due by 11:59pm
Fri May 22, 2026		
	 WK2 Watch Lectures/Videos for 6-2 - Changing for Good - The Giving Tree https://canvas.pointloma.edu/courses/85958/assignments/1318813	due by 11:59pm
		
	 WK 2 Attendance and Participation - Friday 10:00 a.m. - 11:30 a.m. PST - Zoom https://canvas.pointloma.edu/courses/85958/assignments/1318789	due by 10am
Sun May 24, 2026		
	 WK2 Liturgical Examen https://canvas.pointloma.edu/courses/85958/assignments/1318806	due by 11:59pm
		
	 WK3 7-1 Listen to: The True Hard Work of Love... https://canvas.pointloma.edu/courses/85958/assignments/1318814	due by 11:58pm
		
	 WK2 Vital Engagement in a Vocation Video https://canvas.pointloma.edu/courses/85958/assignments/1318807	due by 11:59pm
		
	 WK3 Watch Lectures/Videos for 7-1 - Love as a Capacity for Mature Giving - Fromm's Virtue Model of Generative Care	due by 11:59pm



Date	Details	Due
	. (https://canvas.pointloma.edu/courses/85958/assignments/1318816) 	
	 WK3 Watch Lectures/Videos for 7-2 - Virtues and the Michelangelo Project . (https://canvas.pointloma.edu/courses/85958/assignments/1318817) 	due by 11:59pm
	 WK3 Required Reading for Monday (but NO class meeting today!)	to do: 8:58am
Mon May 25, 2026	 WK2 Vital Engagement in a Vocation Video . (https://canvas.pointloma.edu/courses/85958/assignments/1318807) (1 student) 	due by 11:59pm
	 WK 3 Required Reading for Wednesday	to do: 8:58am
	 WK3 Self-Compassion Homework . (https://canvas.pointloma.edu/courses/85958/assignments/1318819) 	due by 8:59pm
Tue May 26, 2026	 WK3 Watch Lectures/Videos for 8-1 - Triune Ethics Theory and the Virtues of Generative Care . (https://canvas.pointloma.edu/courses/85958/assignments/1318818) 	due by 11:59pm
	 WK3 Watch Lectures/Videos for 8-2 - Self-Compassion . (https://canvas.pointloma.edu/courses/85958/assignments/1318819) 	due by 11:59pm
Wed May 27, 2026	 WK 3 Attendance and Participation - Wednesday 10:00 a.m. - 11:30 a.m. PST - Zoom . (https://canvas.pointloma.edu/courses/85958/assignments/1318791) 	due by 10am



Date	Details	Due
Thu May 28, 2026	 WK3 Required Reading for Friday Class Meeting	to do: 8:45am
	 WK3 Watch Lectures/Videos on 9-1 - The Shadow (https://canvas.pointloma.edu/courses/85958/assignments/1318820)	due by 11:58pm
	 WK3 Watch Lectures/Videos on 9-2 - Mindfulness (https://canvas.pointloma.edu/courses/85958/assignments/1318821)	due by 11:59pm
Fri May 29, 2026	 WK 3 Attendance and Participation - Friday 10:00 a.m. - 11:30 a.m. PST - Zoom (https://canvas.pointloma.edu/courses/85958/assignments/1318793)	due by 10am
Sat May 30, 2026	 WK 2 Good Life Essay #1 (https://canvas.pointloma.edu/courses/85958/assignments/1318788)	due by 11:59pm
Sun May 31, 2026	 WK4 Required Reading for Monday	to do: 8:58am
	 WK4 Listen to the Sermon "The Ruthless Elimination of Hurry" and Respond Using Siegel, Nouwen, and Smith (https://canvas.pointloma.edu/courses/85958/assignments/1318823)	due by 11:59pm
	 WK4 Watch Lectures/Videos on 10-2 - Empathy (https://canvas.pointloma.edu/courses/85958/assignments/1318829)	due by 11:59pm



Date	Details	Due
	 WK4 Watch Lectures/Videos on 10-1 - Mindfulness, Empathy, and Compassion https://canvas.pointloma.edu/courses/85958/assignments/1318830	due by 11:59pm
		
Mon Jun 1, 2026	 WK 4 Attendance and Participation - Monday 10:00 a.m. - 11:30 a.m. PST - Zoom Copy https://canvas.pointloma.edu/courses/85958/assignments/1318796	due by 10am
		
	 WK4 Required Reading for Wednesday Class Meeting	to do: 8:58am
	 WK4 Watch Lectures/Videos on 11-1 - Compassion https://canvas.pointloma.edu/courses/85958/assignments/1318826	due by 11:59pm
Tue Jun 2, 2026		
	 WK4 Watch Lectures/Videos on 11-2 - Developing Trust https://canvas.pointloma.edu/courses/85958/assignments/1318827	due by 11:59pm
		
Wed Jun 3, 2026	 WK 4 Attendance and Participation - Wednesday 10:00 a.m. - 11:30 a.m. PST - Zoom https://canvas.pointloma.edu/courses/85958/assignments/1318797	due by 10am
		
Thu Jun 4, 2026	 WK4 Required Reading for Friday Class Meeting	to do: 8:58am
	 WK4 Watch Lectures/Videos on 12-1- How we Learn to Trust/Mistrust https://canvas.pointloma.edu/courses/85958/assignments/1318828	due by 11:59pm
		
	 WK4 Watch Lectures/Videos on 12-2 - Gratitude	due by 11:59pm



Date	Details	Due
	https://canvas.pointloma.edu/courses/85958/assignments/1318829	
		
Fri Jun 5, 2026	 WK 4 Attendance and Participation - Friday 10:00 a.m. - 11:30 a.m. PST - Zoom https://canvas.pointloma.edu/courses/85958/assignments/1318795	due by 10am
		
	 WK5 Required Reading for Monday Class Meeting	to do: 8:58am
	 WK4 Good Life Essay https://canvas.pointloma.edu/courses/85958/assignments/1318822	due by 11:59pm
		
Sun Jun 7, 2026	 WK4 Watch "Moana" and Write a Response https://canvas.pointloma.edu/courses/85958/assignments/1318824	due by 11:59pm
		
	 WK5 Watch Lectures/Videos on 13-1 - Cultivating Gratitude https://canvas.pointloma.edu/courses/85958/assignments/1318831	due by 11:59pm
		
	 WK5 Watch Lectures/Videos on 13-2 - Forgiveness https://canvas.pointloma.edu/courses/85958/assignments/1318832	due by 11:59pm
		
Mon Jun 8, 2026	 WK 5 Attendance and Participation - Monday 10:00 a.m. - 11:30 a.m. PST - Zoom Copy https://canvas.pointloma.edu/courses/85958/assignments/1318798	due by 10am
		
Tue Jun 9, 2026	 WK5 Required Reading for Wednesday Class Meeting	to do: 8:58am
	 WK5 Watch Lectures/Videos on 14-1 - The Three Neural Faces of Love & Course Conclusion	due by 11:59pm



Date	Details	Due
	. (https://canvas.pointloma.edu/courses/85958/assignments/1318833) 	
Wed Jun 10, 2026	 WK 5 Attendance and Participation - Wednesday 10:00 a.m. - 11:30 a.m. PST - Zoom Copy 2 . (https://canvas.pointloma.edu/courses/85958/assignments/1330620) 	due by 10am
	 Final Exam Instructions (on the day of the exam) . (https://canvas.pointloma.edu/courses/85958/assignments/1318783) 	due by 8am
	 WK5 Final Exam Description	to do: 9am
	 WK5 Final Exam Description- 2	to do: 9am
Fri Jun 12, 2026	 Final Exam . (https://canvas.pointloma.edu/courses/85958/assignments/1318778) (1 student)	due by 12:30pm
	 Final Exam . (https://canvas.pointloma.edu/courses/85958/assignments/1318778) 	due by 12:30pm
	 ETS Proficiency Assessment . (https://canvas.pointloma.edu/courses/85958/assignments/1318782) 	due by 11:59pm
Fri Jun 19, 2026	 Final Evaluation Completed . (https://canvas.pointloma.edu/courses/85958/assignments/1318782) 	due by 11:59pm
	 Extra Credit - Fuller Integration Symposium . (https://canvas.pointloma.edu/courses/85958/assignments/1318780) 	



Date	Details	Due
	 Extra Credit - Fuller Integration Symposium (https://canvas.pointloma.edu/courses/85958/assignments/1318781) 	
	 Final Exam Grade (https://canvas.pointloma.edu/courses/85958/assignments/1331853) 	

