

Course Syllabus

[Jump to Today](#)
 Edit

We will be using Canvas a great deal this semester, so feel free to look around the website. I have made this "syllabus" page our home page, so that you can always see what assignments are next (see below). On this page, you will find a list of all of your assignments and exams for the semester. Assignments (for all of your classes) can also be viewed and accessed by clicking on the Calendar tab at the top of the page. In this course, all quizzes and assignments will be submitted online, through Canvas. If you have any questions about how to do so, please contact me by sending a Canvas Message (much better than email).

Also to sign up for a meeting time during my office hours, click on the link below:

In-Person Office Hours: calendar.app.google/DbPUGBnia3nsZwTp7 

(<https://calendar.app.google/DbPUGBnia3nsZwTp7>)

Zoom-Only Office Hours: calendar.app.google/FHuv4MfWtkQGAV76A 

(<https://calendar.app.google/FHuv4MfWtkQGAV76A>)

All Office Hours: calendar.app.google/4saMfYvTsj8keMAg9 

(<https://calendar.app.google/4saMfYvTsj8keMAg9>)



 [Sanzio 01 Plato Aristotle](#)

(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.**



Fall, 2026

Instructor: Dr. Ross Oakes Mueller

Phone: 619.849.2905

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

**Office Location/Hours: Culbertson Hall,
Room 213**

**[click here to schedule a Zoom/in-person
meeting during my office hours](https://calendar.app.google/4saMfYvTsj8keMAg9) ➞
(<https://calendar.app.google/4saMfYvTsj8keMAg9>)**

Section 1

Class Meeting: Tuesday & Thursday

**10:00-11:45am - Ryan Learning Center
103**

**Final Exam: Thursday, December 17th, 2026
@ 10:30am-1:00pm (Section 1) in Wasson
Computer Lab**

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.
5. 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.
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.

Primary Texts

- Haidt, J. (2006) *The Happiness Hypothesis*. New York: Basic Books
- Fromm, E. (1956/2006) *The Art of Loving*. New York: HarperCollins.
- Empty Journal (preferably dot-grid, ideally a [Bullet Journal](#) )

[\[\\(https://www.amazon.com/LEUCHTTURM1917-368952-Journal-Hardcover-Numbered/dp/B08ZDNBX2P/ref=sr_1_1_sspa?dib=eyJ2IjoiMSJ9.Q3hqowo2EVS2lOcOoTBZ1y5GxwPub-zP14p576GR7YUc3LnBKJxPQXkXvvgwAtemq3_3LY0GqrUI91nVS2joFJJCPJTCzn7djlqqZq9rB31C7lBg5YJAmD4YJ_LIMyoNvV3iCc1JzX7d-b-2nY65sh4oqLn0JvvKOtJXGSGXsxXZVastyt0TppP4vn1knqNBZO2gMan9o1enpqPKSTLQG-AWCOFp0oP3W-klqYsgrgAC5QSVSEtrq7e2vh6Evzs5WzW8lFDZUuq9kloHhveW1pot8E.asMAAoKFRNr7ziu9zdWkuozMDZ-&hvqmt=e&hvrnd=2575421846622821942&hvtargid=kwd-365468313599&hydadcr=7472_13183978&keywords=bullet%2Bjournal%2Bamazon&mcid=eb6db009aff031-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1\\)_\]\(https://www.amazon.com/LEUCHTTURM1917-368952-Journal-Hardcover-Numbered/dp/B08ZDNBX2P/ref=sr_1_1_sspa?dib=eyJ2IjoiMSJ9.Q3hqowo2EVS2lOcOoTBZ1y5GxwPub-zP14p576GR7YUc3LnBKJxPQXkXvvgwAtemq3_3LY0GqrUI91nVS2joFJJCPJTCzn7djlqqZq9rB31C7lBg5YJAmD4YJ_LIMyoNvV3iCc1JzX7d-b-2nY65sh4oqLn0JvvKOtJXGSGXsxXZVastyt0TppP4vn1knqNBZO2gMan9o1enpqPKSTLQG-AWCOFp0oP3W-klqYsgrgAC5QSVSEtrq7e2vh6Evzs5WzW8lFDZUuq9kloHhveW1pot8E.asMAAoKFRNr7ziu9zdWkuozMDZ-&hvqmt=e&hvrnd=2575421846622821942&hvtargid=kwd-365468313599&hydadcr=7472_13183978&keywords=bullet%2Bjournal%2Bamazon&mcid=eb6db009aff031-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1\)_\)](https://www.amazon.com/LEUCHTTURM1917-368952-Journal-Hardcover-Numbered/dp/B08ZDNBX2P/ref=sr_1_1_sspa?dib=eyJ2IjoiMSJ9.Q3hqowo2EVS2lOcOoTBZ1y5GxwPub-zP14p576GR7YUc3LnBKJxPQXkXvvgwAtemq3_3LY0GqrUI91nVS2joFJJCPJTCzn7djlqqZq9rB31C7lBg5YJAmD4YJ_LIMyoNvV3iCc1JzX7d-b-2nY65sh4oqLn0JvvKOtJXGSGXsxXZVastyt0TppP4vn1knqNBZO2gMan9o1enpqPKSTLQG-AWCOFp0oP3W-klqYsgrgAC5QSVSEtrq7e2vh6Evzs5WzW8lFDZUuq9kloHhveW1pot8E.asMAAoKFRNr7ziu9zdWkuozMDZ-&hvqmt=e&hvrnd=2575421846622821942&hvtargid=kwd-365468313599&hydadcr=7472_13183978&keywords=bullet%2Bjournal%2Bamazon&mcid=eb6db009aff031-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1)_)

Required Supplemental Articles

- Oakes Mueller, Ross. (2025). *PSY4020 Pursuing Goodness: The Science of Moral Change*. [Cognella Custom Prints](#)  [\(https://store.cognella.com/27427\)](https://store.cognella.com/27427)

Lomabooks Instructions for Students:

For both digital and print materials, please add these student instructions to your syllabus and Canvas Course. Prior to the start of class, the PLNU Bookstore will also be sharing student instructions in a standalone email on how to access their content.

This course is part of our course material delivery program, [LomaBooks](#) [\(https://www.pointloma.edu/lomabooks\)](https://www.pointloma.edu/lomabooks) . The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.

You should have received an email from the bookstore confirming the list of materials that will be 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



fulfillment preference so the bookstore can prepare your [LomaBooks](https://www.pointloma.edu/lomabooks)

(<https://www.pointloma.edu/lomabooks>) materials.

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 15 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 150 total hours meeting the course learning outcomes.

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:

A	B	C	D	F
A 93-100	B+ 87-89.99	C+ 77-79.99	D+ 67-69.99	F Less than 60
A- 90-92.99	B 83-86.99	C 73-76.99	D 63-66.99	
	B- 80-82.99	C- 70-72.99	D- 60-62.99	

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 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.**

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 [Traditional Undergraduate Records: Final Exam Schedules](http://www.pointloma.edu/experience/academics/class-schedules) (<http://www.pointloma.edu/experience/academics/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.

GENERAL COURSE CONCERNS

If you have a concern related to the content or structure of this course, please bring your concern(s) to me (the instructor) in a timely manner, so that we have the opportunity to discuss your thoughts and work together toward a solution.

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 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.

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, 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 distance education outside 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. For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. See [Academic Policies](https://pointloma-public.courseleaf.com/tug-)  <https://pointloma-public.courseleaf.com/tug->



[catalog/academic-general-policies/](#) 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, Gemini Pro 1.5, GrammarlyGo, Perplexity, etc) 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.

You are **allowed** to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro, GrammarlyGo, Perplexity, etc.) to **generate ideas**, as a **learning tool**, or **(when expressly indicated) generate portions of work** you will submit. I will specify in individual assignments what constitutes appropriate use of AI for that assignment. Please use this **Purdue resource** [↗\(https://guides.lib.purdue.edu/c.php?g=1371380&p=10135074\)](https://guides.lib.purdue.edu/c.php?g=1371380&p=10135074) to guide your citations when using AI.

1. **All non-journal, 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) **"** [↗\(https://chromewebstore.google.com/detail/origin-by-gptzero-chatgpt/kgobeoibakoahbfnlficpmibdbkdchap\)](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)



(<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 BEHAVIOR POLICY

Both faculty and students at Point Loma Nazarene University have the right to expect a safe and ordered environment for learning. Students are expected to take the initiative to learn and conduct themselves in a mature and civil manner in the classroom environment. Any student behavior that is disruptive or threatening is a serious affront to Point Loma Nazarene University as a learning community. Students who fail to adhere to these behavioral standards may be subject to disciplinary action, including removal from class or further university sanctions. For a full definition of disruptive behavior, response procedures, and the appeal process, please consult the [Academic Behavior Policy](#)  (<https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/#academicbehavior>) in the [University Catalog](#)  (<https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/>).

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, [by email \(mailto:EAC@pointloma.edu\)](mailto:EAC@pointloma.edu) or phone at 619-849-2533. 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 approved accommodations. Professors are able to view a student's approved accommodations through Accommodate.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their approved accommodations in that particular course. Accommodations are not retroactive; as such, 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-related need should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. In accordance with ADA, accommodations cannot constitute a fundamental alteration to course outcomes; therefore, planning ahead is vital in establishing appropriate accommodations for equal access to this course. 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 eligibility process. This



protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any 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) has experienced other forms of discrimination, you can find more information on reporting and resources via the [Nondiscrimination and Anti-harassment Policy](http://www.pointloma.edu/nondiscrimination) (<http://www.pointloma.edu/nondiscrimination>).

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](https://www.pointloma.edu/title-ix) (<https://www.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](https://www.pointloma.edu/title-ix) (<https://www.pointloma.edu/title-ix>).

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact [Counseling Services \(mailto:counselingservices@pointloma.edu\)](mailto:counselingservices@pointloma.edu) or [consult the list of campus pastors \(https://www.pointloma.edu/title-ix/get-help-now\)](https://www.pointloma.edu/title-ix/get-help-now).

If you (or someone you know) has experienced other forms of discrimination or bias, you can find more information on reporting and resources via the [Nondiscrimination and Anti-harassment Policy](http://www.pointloma.edu/nondiscrimination) (<http://www.pointloma.edu/nondiscrimination>).



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://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/#text)  (<https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/#text>) in the Undergraduate Academic Catalog.”
- “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>).

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 ***Technology and System Requirements*** (<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?cluster=6161417847107796986&hl=en&as_sdt=2005&scioldt=0,5, the class will be almost exclusively "screen free", 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. Unless an accommodation is requested through the EAC, all **notes should be taken in writing**, using a single journal or notebook.

LOMA WRITING CENTER

The Loma Writing Center exists to help all members of the PLNU community cultivate transferable writing skills to engage their academic, professional, personal, and spiritual communities. We work toward this goal by conducting one-on-one consultation sessions, supporting writing education across the PLNU community, and participating in ongoing writing center research.

Getting feedback from the Loma Writing Center while you're in the process of working on an assignment is a great way to improve the quality of your writing and develop as a writer. You are encouraged to talk with a trained writing consultant about getting started on an assignment, organizing your ideas, finding and citing sources, revising, editing for grammar, and polishing final drafts, and more.



Walk-ins are welcome, but we recommend making an appointment in advance. For information about how to make in-person or online appointments, see [Loma Writing Center webpage](https://www.pointloma.edu/centers-institutes/loma-writing-center) (<https://www.pointloma.edu/centers-institutes/loma-writing-center>) or visit the Loma Writer Center on the first floor of the Ryan Library, room 221.

- [Appointment Calendar](https://plnu.mywconline.com/)  (<https://plnu.mywconline.com/>)
- [Website](https://www.pointloma.edu/centers-institutes/loma-writing-center) (<https://www.pointloma.edu/centers-institutes/loma-writing-center>)
- [Email](mailto:writingcenter@pointloma.edu) (<mailto:writingcenter@pointloma.edu>)

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
Sun Aug 30, 2026	 First Day Get to Know You Questions (< 1 minute) (https://canvas.pointloma.edu/courses/87226/assignments/1360354) 	due by 11:59pm
Mon Aug 31, 2026	 WK1 Pose a Question to the Professor before Class 1 (https://canvas.pointloma.edu/courses/87226/assignments/1360346) 	due by 11:59pm
Tue Sep 1, 2026	 WK1 Watch Lectures/Videos for Class 1 - Welcome to a Course for the Rest of your Life (https://canvas.pointloma.edu/courses/87226/assignments/1360433) 	due by 11:59pm
Wed Sep 2, 2026	 WK 1 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/87226/assignments/1360361) 	due by 9am
Wed Sep 2, 2026	 WK1 Required Reading for Next Class Meeting (Class 2) 	to do: 8pm

Date	Details	Due
Thu Sep 3, 2026	 WK1 Pose a Question to the Professor before Class 2 (https://canvas.pointloma.edu/courses/87226/assignments/1360320)	due by 11:59pm
		
	 WK1 Watch Lectures/Videos for Class 2 - Searching for the "End" of Existence (https://canvas.pointloma.edu/courses/87226/assignments/1360431)	due by 11:59pm
		
	 WK 1 Questions before Class 1 (https://canvas.pointloma.edu/courses/87226/assignments/1360382)	due by 9:45am
		
	 WK 1 Questions before Class 2 (https://canvas.pointloma.edu/courses/87226/assignments/1360383)	due by 9:45am
		
	 WK 1 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/87226/assignments/1360360)	due by 10am
		
	 WK2 Required Reading for Next Class Meeting (Class 3)	to do: 8pm
	 WK2 Required Reading for Next Class Meeting (Class 3) with Video Links	to do: 8pm
Sun Sep 6, 2026	 WK2 Required Reading for Next Class Meeting (Class 3) with Video Links	to do: 8pm
	 WK1 Take Good Life Survey #1 (https://canvas.pointloma.edu/courses/87226/assignments/1360452)	due by 11:59pm
		



Date	Details	Due
Mon Sep 7, 2026	 WK2 Pose a Question to the Professor before Class 3 (https://canvas.pointloma.edu/courses/87226/assignments/1360321) 	due by 11:59pm
	 WK2 Watch "The Truman Show" and Write one-paragraph response (using Fraterolli reading) (https://canvas.pointloma.edu/courses/87226/assignments/1360441) 	due by 11:59pm
	 WK2 Watch Lectures/Videos for Class 3 - Life as Swimming Pool or Quest? (https://canvas.pointloma.edu/courses/87226/assignments/1360442) 	due by 11:59pm
Tue Sep 8, 2026	 WK 2 Questions before Class 3 (https://canvas.pointloma.edu/courses/87226/assignments/1360391) 	due by 9:45am
	 WK 2 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/87226/assignments/1360390) 	due by 10am
Wed Sep 9, 2026	 WK2 Required Reading for Next Class Meeting (Class 4)	to do: 8pm
	 WK2 Required Reading for Next Class Meeting (Class 4) with Video Links	to do: 8pm
	 WK 2 Read "The Semplica Girl Diaries" and Write a Response using Haidt Ch. 5 (Class 4) (https://canvas.pointloma.edu/courses/87226/assignments/1360393) 	due by 11:59pm
	 WK2 Pose a Question to the Professor before Class 4	due by 11:59pm



Date	Details	Due
Thu Sep 10, 2026	. (https://canvas.pointloma.edu/courses/87226/assignments/1360322)	
		
	 WK2 Watch Lectures/Videos for Class 4 - Five “Goods” of a Good Life	due by 11:59pm
	. (https://canvas.pointloma.edu/courses/87226/assignments/1360443)	
		
Mon Sep 14, 2026	 WK 2 Questions before Class 4	due by 9:45am
	. (https://canvas.pointloma.edu/courses/87226/assignments/1360392)	
		
	 WK 2 Attendance and Participation - Thursday	due by 10am
	. (https://canvas.pointloma.edu/courses/87226/assignments/1360389)	
Tue Sep 15, 2026	 WK3 Required Reading for Next Class Meeting (Class 5)	to do: 8:55pm
	 WK3 Required Reading for Next Class Meeting (Class 5) with Video Links	to do: 8:55pm
	 WK3 Pose a Question to the Professor before Class 5	due by 11:59pm
	. (https://canvas.pointloma.edu/courses/87226/assignments/1360323)	
		
	 WK3 Watch Lectures/Videos for Class 5 - Know thy Elephant (Happiness)	due by 11:59pm
	. (https://canvas.pointloma.edu/courses/87226/assignments/1360445)	
		
	 WK 3 Questions before Class 5	due by 9:45am
	. (https://canvas.pointloma.edu/courses/87226/assignments/1360396)	
		



Date	Details	Due
Thu Sep 17, 2026	 WK 3 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/87226/assignments/1360395)	due by 10am
		
	 In-Classroom: REQUIRED ACAT Psychology Senior Exam (Extra Credit if you do well!) (https://canvas.pointloma.edu/courses/87226/assignments/1360356)	due by 10am
		
Thu Sep 17, 2026	 WK 3 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/87226/assignments/1360394)	due by 10am
		
	 Psychology Comprehensive Examination (for Minors) (https://canvas.pointloma.edu/courses/87226/assignments/1360296)	due by 11:30am
Mon Sep 21, 2026	 WK4 Required Reading for Next Class Meeting (Class 6)	to do: 8pm
	 WK4 Required Reading for Next Class Meeting (Class 6) with Video Links	to do: 8pm
	 WK 4 Watch Lectures/Videos for Class 6 - “Good” Relationships (https://canvas.pointloma.edu/courses/87226/assignments/1360398)	due by 11:59pm
		
	 WK4 Pose a Question to the Professor before Class 6 (https://canvas.pointloma.edu/courses/87226/assignments/1360324)	due by 11:59pm
		



Date	Details	Due
Tue Sep 22, 2026	 WK4 Watch "Ralph Breaks the Internet" and respond using Haidt Ch. 6 (Class 6) (https://canvas.pointloma.edu/courses/87226/assignments/1360444) 	due by 11:59pm
	 WK 4 Questions before Class 6 (https://canvas.pointloma.edu/courses/87226/assignments/1360397) 	due by 9:45am
	 WK 4 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/87226/assignments/1360400) 	due by 10am
Wed Sep 23, 2026	 WK 4 Required Reading for Next Class Meeting (Class 7) with Video Links	to do: 8am
	 WK4 Required Reading for Next Class Meeting (Class 7)	to do: 8am
	 IGNORE. THIS IS NOT REQUIRED - WK4 Watch Lectures/Videos for Class 7 - Why We Can't Flourish Without Arete (https://canvas.pointloma.edu/courses/87226/assignments/1360355) 	due by 11:59pm
Thu Sep 24, 2026	 WK4 Pose a Question to the Professor before Class 7 (https://canvas.pointloma.edu/courses/87226/assignments/1360329) 	due by 11:59pm
	 WK 4 Questions before Class 7 (https://canvas.pointloma.edu/courses/87226/assignments/1360401) 	due by 9:45am
	 WK 4 Attendance and Participation - Thursday	due by 10am



Date	Details	Due
	https://canvas.pointloma.edu/courses/87226/assignments/1360399 	
Sun Sep 27, 2026	 WK4 Vocational Paper https://canvas.pointloma.edu/courses/87226/assignments/1360446 	due by 11:59pm
	 WK 5 Required Reading for Next Class Meeting (Class 8) with Video Links	to do: 8pm
	 WK5 Required Reading for Next Class Meeting (Class 8)	to do: 8pm
Mon Sep 28, 2026	 WK 5 Pose a Question to the Professor before Class 8 https://canvas.pointloma.edu/courses/87226/assignments/1360326 	due by 11:59pm
	 WK5 Watch Lectures/Videos for Class 8 - Vital Engagement https://canvas.pointloma.edu/courses/87226/assignments/1360447 	due by 11:59pm
	 WK 5 Questions before Class 8 https://canvas.pointloma.edu/courses/87226/assignments/1360402 	due by 9:45am
Tue Sep 29, 2026	 WK 5 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/87226/assignments/1360404 	due by 10am
Wed Sep 30, 2026	 WK5 Required Reading for Next Class Meeting (Class 9)	to do: 8pm
	 WK5 Required Reading for Next Class Meeting (Class 9) with Video Links	to do: 8pm
	 WK5 Pose a Question to the Professor before Class 9	due by 

Date	Details	Due
	https://canvas.pointloma.edu/courses/87226/assignments/1360327 	
	 WK5 Watch Lectures/Videos for Class 9 - Spirituality for "Goodness Sake" (Part 1) https://canvas.pointloma.edu/courses/87226/assignments/1360450 	due by 11:59pm
	 WK 5 Questions before Class 9 https://canvas.pointloma.edu/courses/87226/assignments/1360407 	due by 9:45am
Thu Oct 1, 2026	 WK 5 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/87226/assignments/1360403 	due by 10am
Sun Oct 4, 2026	 WK5 Vital Engagement in a Vocation Video https://canvas.pointloma.edu/courses/87226/assignments/1360449 	due by 11:59pm
Mon Oct 5, 2026	 WK 6 Required Reading for Next Class Meeting (Class 10)	to do: 8pm
	 WK6 Required Reading for Next Class Meeting (Class 10) with Video Links	to do: 8pm
	 WK 6 Liturgical Examen https://canvas.pointloma.edu/courses/87226/assignments/1360405 	due by 11:59pm
	 WK 6 Pose a Question to the Professor before Class 10 https://canvas.pointloma.edu/courses/87226/assignments/1360328 	due by 11:59pm
	 WK 6 Watch Lectures/Videos for Class 10 - Spirituality for "Goodness Sake" (Part 2)	due by 11:59pm



Date	Details	Due
Tue Oct 6, 2026	. (https://canvas.pointloma.edu/courses/87226/assignments/1360408)	
		
	 WK 5 Questions before Class	
	10 (https://canvas.pointloma.edu/courses/87226/assignments/1360406)	due by 9:45am
		
Wed Oct 7, 2026	 WK 6 Attendance and Participation - Tuesday	
	(https://canvas.pointloma.edu/courses/87226/assignments/1360410)	due by 10am
		
	 WK6 Required Reading for Next Class Meeting (Class 11)	to do: 8pm
	 WK6 Required Reading for Next Class Meeting (Class 11) with Video Links	to do: 8pm
Thu Oct 8, 2026	 WK6 Pose a Question to the Professor before Class 11	
	(https://canvas.pointloma.edu/courses/87226/assignments/1360329)	due by 11:59pm
		
	 WK6 Watch Lectures/Videos for Class 11 - Changing for Good - The Giving Tree	
	(https://canvas.pointloma.edu/courses/87226/assignments/1360452)	due by 11:59pm
Fri Oct 9, 2026		
	 WK 6 MY GIFT TO YOU ... SKIP THIS ONE! SEE YOU IN CLASS!	
	(https://canvas.pointloma.edu/courses/87226/assignments/1360411)	due by 9:45am
		
	 WK 6 Attendance and Participation - Thursday	
	(https://canvas.pointloma.edu/courses/87226/assignments/1360409)	due by 10am
		



Date	Details	Due
Sat Oct 10, 2026	 WK 7 Questions before Class 11.5 (https://canvas.pointloma.edu/courses/87226/assignments/1360415) 	due by 9:45am
	 WK7 Required Reading for Next Class Meeting (Class 11.5)	to do: 8pm
	 WK7 Watch Lectures/Videos for Class 11.5 - Love as a Capacity for Mature Giving - Fromm's Virtue Model of Generative Care (https://canvas.pointloma.edu/courses/87226/assignments/1360454) 	due by 11:59pm
Sun Oct 11, 2026	 WK5 Take Good Life Survey #2 (https://canvas.pointloma.edu/courses/87226/assignments/1360448) 	due by 11:59pm
	 WK6 Good Life Essay #1 (https://canvas.pointloma.edu/courses/87226/assignments/1360451) 	due by 11:59pm
	 WK7 Listen to: The True Hard Work of Love... (Class 12) (https://canvas.pointloma.edu/courses/87226/assignments/1360453) 	due by 11:59pm
Mon Oct 12, 2026	 #### WK7 Required Reading for Next Class Meeting (Class 12) - Virtue Practices	to do: 8pm
	 WK7 Required Reading for Next Class Meeting (Class 12)	to do: 8pm
	 WK7 Required Reading for Next Class Meeting (Class 12) with Video Links	to do: 8pm
	 Class 12 - Welcome to Virtue Practice Challenge; Virtues of Generative Care	due by 11:59pm



Date	Details	Due
	https://canvas.pointloma.edu/courses/87226/assignments/1360308 	
	 WK7 Pose a Question to the Professor before Class 12 https://canvas.pointloma.edu/courses/87226/assignments/1360330 	due by 11:59pm
	 WK7 Watch Lectures/Videos for Class 12 - Virtues and the Michelangelo Project https://canvas.pointloma.edu/courses/87226/assignments/1360455 	due by 11:59pm
	 WK 7 Questions before Class 12 https://canvas.pointloma.edu/courses/87226/assignments/1360416 	due by 9:45am
Tue Oct 13, 2026	 WK 7 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/87226/assignments/1360413 	due by 10am
Wed Oct 14, 2026	 WK 7 Required Reading for Next Class Meeting (Class 13)	to do: 8pm
	 WK7 Required Reading for Next Class Meeting (Class 13) with Video Links	to do: 8pm
	 "Just Breathe" - Day 1 https://canvas.pointloma.edu/courses/87226/assignments/1360282 	due by 11:59pm
	 WK 7 Watch Lectures/Videos for Class 13 - Triune Ethics Theory and the Virtues of Generative Care https://canvas.pointloma.edu/courses/87226/assignments/1360418 	due by 11:59pm
	 WK7 Pose a Question to the Professor before Class 13	due by 

Date	Details	Due
Thu Oct 15, 2026	https://canvas.pointloma.edu/courses/87226/assignments/1360331	
		
	 WK 7 Questions before Class 13 https://canvas.pointloma.edu/courses/87226/assignments/1360417	due by 9:45am
		
Sun Oct 18, 2026	 WK 7 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/87226/assignments/1360412	due by 10am
		
	 "Just Breathe" - Day 2 https://canvas.pointloma.edu/courses/87226/assignments/1360317	due by 11:59pm
		
	 WK 7 Good Life Essay https://canvas.pointloma.edu/courses/87226/assignments/1360414	due by 11:59pm
		
Mon Oct 19, 2026	 WK 8 Required Reading for Next Class Meeting (Class 14)	to do: 8pm
	 WK8 Required Reading for Next Class Meeting (Class 14) with Video Links	to do: 8pm
	 Class 14a - Mindfulness Practice - Day 1 https://canvas.pointloma.edu/courses/87226/assignments/1360309	due by 11:59pm
		
	 WK 8 Pose a Question to the Professor before Class 14 https://canvas.pointloma.edu/courses/87226/assignments/1360332	due by 11:59pm
Tue Oct 20, 2026		
	 WK 8 Questions before Class 14 https://canvas.pointloma.edu/courses/87226/assignments/1360422	due by 9:45am
		



Date	Details	Due
	 WK 8 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/87226/assignments/1360420)	due by 10am
		
	 Class 14b - Mindfulness Practice - Day 2 (https://canvas.pointloma.edu/courses/87226/assignments/1360297)	due by 11:59pm
		
Thu Oct 22, 2026	 WK 8 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/87226/assignments/1360419)	due by 10am
		
	 Class 14c - Mindfulness Practice - Day 3 (https://canvas.pointloma.edu/courses/87226/assignments/1360313)	due by 11:59pm
		
Sun Oct 25, 2026	 WK 8 Listen to the Sermon "The Ruthless Elimination of Hurry" and Respond Using Siegel, Nouwen, and Smith (https://canvas.pointloma.edu/courses/87226/assignments/1360421)	due by 11:59pm
		
	 WK 9 Required Reading for Next Class Meeting (Class 14.5) with Video Links	to do: 8pm
Mon Oct 26, 2026	 WK 9 Watch Lectures/Videos on Class 14 - Mindfulness (https://canvas.pointloma.edu/courses/87226/assignments/1360423)	due by 11:59pm
		
Tue Oct 27, 2026	 WK 9 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/87226/assignments/1360425)	due by 10am
		
	 Class 14d - Mindfulness Practice - Day 4	due by 

Date	Details	Due
Wed Oct 28, 2026	https://canvas.pointloma.edu/courses/87226/assignments/1360306 	
	 WK 9 Required Reading for Next Class Meeting (Class 15)	to do: 8pm
	 WK 9 Required Reading for Next Class Meeting (Class 15) with Video Links	to do: 8pm
	 Class 15 - Self-Compassion Practice https://canvas.pointloma.edu/courses/87226/assignments/1360304 	due by 11:59pm
	 WK 9 Pose a Question to the Professor before Class 15 https://canvas.pointloma.edu/courses/87226/assignments/1360333 	due by 11:59pm
	 WK 9 Self-Compassion Homework (Class 15) https://canvas.pointloma.edu/courses/87226/assignments/1360428 	due by 11:59pm
Thu Oct 29, 2026	 WK 9 Watch Lectures/Videos for Class 15 - Self-Compassion https://canvas.pointloma.edu/courses/87226/assignments/1360429 	due by 11:59pm
	 WK 9 Questions before Class 15 https://canvas.pointloma.edu/courses/87226/assignments/1360426 	due by 9:45am
	 WK 9 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/87226/assignments/1360424 	due by 10am
Fri Oct 30, 2026	 Class 16 - Self-Compassion (Part II)	due by 10am 

Date	Details	Due
Mon Nov 2, 2026	https://canvas.pointloma.edu/courses/87226/assignments/1360314 	
	 WK 10 Required Reading for Next Class Meeting (Class 17)	to do: 8pm
	 WK10 Required Reading for Next Class Meeting (Class 17) with Video Links	to do: 8pm
	 WK 10 Pose a Question to the Professor before Class 17 https://canvas.pointloma.edu/courses/87226/assignments/1360336 	due by 11:30pm
	 Class 17 - Empathy Practice - Day 1 https://canvas.pointloma.edu/courses/87226/assignments/1360298 	due by 11:59pm
	 WK 10 Pose a Question to the Professor before Class 17 https://canvas.pointloma.edu/courses/87226/assignments/1360355 	due by 11:59pm
Tue Nov 3, 2026	 WK10 Watch Lectures/Videos on Class 17 - Mindfulness, Empathy, and Compassion https://canvas.pointloma.edu/courses/87226/assignments/1360434 	due by 11:59pm
	 WK 10 Questions before Class 17 https://canvas.pointloma.edu/courses/87226/assignments/1360365 	due by 9:45am
	 WK 10 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/87226/assignments/1360365 	due by 10am



Date	Details	Due
Wed Nov 4, 2026	WK 10 Required Reading for Next Class Meeting (Class 18)	to do: 8pm
	WK10 Required Reading for Next Class Meeting (Class 19) with Video Links	to do: 8pm
	Class 18 - Empathy Practice - Day 2 (https://canvas.pointloma.edu/courses/87226/assignments/1360312)	due by 11:59pm
	WK 10 Pose a Question to the Professor before Class 18 (https://canvas.pointloma.edu/courses/87226/assignments/1360337)	due by 11:59pm
Thu Nov 5, 2026	WK 10 Watch Lectures/Videos on Class 18 - Empathy (https://canvas.pointloma.edu/courses/87226/assignments/1360368)	due by 11:59pm
	WK 10 Questions before Class 18 (https://canvas.pointloma.edu/courses/87226/assignments/1360367)	due by 9:45am
Sat Nov 7, 2026	WK 10 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/87226/assignments/1360364)	due by 10am
	***WK 9 Questions before Class 16 (https://canvas.pointloma.edu/courses/87226/assignments/1360427)	due by 9:45am
	***WK 9 Required Reading for Next Class Meeting (Class 16)	to do: 8pm
	***WK9 Required Reading for Next Class Meeting (Class 16) with	to 

Date	Details	Due
Sun Nov 8, 2026	Video Links	
	 ***WK 9 Pose a Question to the Professor before Class 16 (https://canvas.pointloma.edu/courses/87226/assignments/1360334)	due by 11:30pm
		
	 ***WK 9 Watch Lectures/Videos on Class 16 - The Shadow (https://canvas.pointloma.edu/courses/87226/assignments/1360430)	due by 11:30pm
		
	 Class 18b - Empathy Practice - Day 3 (https://canvas.pointloma.edu/courses/87226/assignments/1360307)	due by 11:59pm
		
	 WK 10 Take Good Life Survey #3 (https://canvas.pointloma.edu/courses/87226/assignments/1360369)	due by 11:59pm
		
Mon Nov 9, 2026	 WK11 Required Reading for Next Class Meeting (Class 19)	to do: 8pm
	 Class 19 - Compassion Practice - Day 1 - Learning About Compassion & Noticing the Other's Need and Pain (https://canvas.pointloma.edu/courses/87226/assignments/1360318)	due by 11:59pm
		
	 WK11 Pose a Question to the Professor before Class 19 (https://canvas.pointloma.edu/courses/87226/assignments/1360338)	due by 11:59pm
		
Tue Nov 10, 2026	 WK 11 Questions before Class 19 (https://canvas.pointloma.edu/courses/87226/assignments/1360372)	due by 9:45am
		



Date	Details	Due
	 WK 11 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/87226/assignments/1360371	due by 10am
		
	 WK11 Watch Lectures/Videos on Class 19 - Compassion https://canvas.pointloma.edu/courses/87226/assignments/1360435	due by 11:30pm
		
	 WK11 Required Reading for Next Class Meeting (Class 20) with Video Links	to do: 8pm
Wed Nov 11, 2026	 Class 20 - Compassion Practice - Day 2 - Acting on Your Desire to Help the Other https://canvas.pointloma.edu/courses/87226/assignments/1360302	due by 11:59pm
		
Thu Nov 12, 2026	 WK 11 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/87226/assignments/1360370	due by 10am
		
Sun Nov 15, 2026	 Class 21a - Trust - Day 1 - Learning about Trust https://canvas.pointloma.edu/courses/87226/assignments/1360294	due by 11:59pm
		
Mon Nov 16, 2026	 WK 12 Required Reading for Next Class Meeting (Class 21)	to do: 8pm
	 WK 12 Required Reading for Next Class Meeting (Class 21) with Video Links	to do: 8pm
	 WK 12 Watch Lectures/Videos on Class 21 - Developing Trust https://canvas.pointloma.edu/courses/87226/assignments/1360377	due by 11:30pm
		



Date	Details	Due
Tue Nov 17, 2026	 Class 21b - Trust - Day 2 - Tapping the Foundation of “Secure Connection” (https://canvas.pointloma.edu/courses/87226/assignments/1360310)	due by 11:59pm
		
	 WK 12 Pose a Question to the Professor before Class 21 (https://canvas.pointloma.edu/courses/87226/assignments/1360339)	due by 11:59pm
		
	 WK 12 Questions before Class 21 (https://canvas.pointloma.edu/courses/87226/assignments/1360375)	due by 9:45am
		
	 WK 12 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/87226/assignments/1360374)	due by 10am
		
	 Class 22a - Trust - Day 3 - “Comfortably Uncomfortable” Conversations (https://canvas.pointloma.edu/courses/87226/assignments/1360300)	due by 11:59pm
		
Wed Nov 18, 2026	 WK 12 Recommended Reading for Next Class Meeting (Class 22) (see extra credit assignment)	to do: 8pm
	 WK12 Required Reading for Next Class Meeting (Class 22) with Video Links	to do: 8pm
	 Class 22b - Trust - Day 4 - In the “Shadow” of Trust (https://canvas.pointloma.edu/courses/87226/assignments/1360319)	due by 11:59pm
		
	 EXTRA CREDIT! Watch “Moana” and Write a Response	due by 

Date	Details	Due
	(Class 22) https://canvas.pointloma.edu/courses/87226/assignments/1360349 	
	 WK12 Pose a Question to the Professor before Class 22 https://canvas.pointloma.edu/courses/87226/assignments/1360340 	due by 11:59pm
	 WK 12 Questions before Class 22 https://canvas.pointloma.edu/courses/87226/assignments/1360376 	due by 9:45am
Thu Nov 19, 2026	 WK 12 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/87226/assignments/1360373 	due by 11:59pm
	 Class 23a - Day 1 - Gratitude - Learning about gratitude https://canvas.pointloma.edu/courses/87226/assignments/1360299 	due by 11:59pm
Sun Nov 22, 2026	 Extra Credit: WK12 Watch two clips from "Ralph Breaks the Internet" and respond using Levine's book "Attached" (Chs. 11-12) https://canvas.pointloma.edu/courses/87226/assignments/1360352 	due by 11:59pm
Mon Nov 23, 2026	 WK 13 Questions before Class 23 https://canvas.pointloma.edu/courses/87226/assignments/1360380 	due by 9:45am
	 WK 13 Recommended Reading for Next Class Meeting (Class 23)	to do: 8pm



Date	Details	Due
	 WK13 Required Reading for Next Class Meeting (Class 23) with Video Links	to do: 8pm
	 WK 13 Pose a Question to the Professor before Class 23 (https://canvas.pointloma.edu/courses/87226/assignments/1360341) 	due by 11:30pm
	 Class 23b - Gratitude - Day 2 - Noticing the Goods and Gifts of the Other (https://canvas.pointloma.edu/courses/87226/assignments/1360303) 	due by 11:59pm
	 WK 13 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/87226/assignments/1360379) 	due by 10am
Tue Nov 24, 2026	 Class 24a - Gratitude - Day 3 - In the “Shadow” of Gratitude (https://canvas.pointloma.edu/courses/87226/assignments/1360311) 	due by 11:59pm
Thu Nov 26, 2026	 WK 13 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/87226/assignments/1360378) 	due by 10am
Mon Nov 30, 2026	 WK 14 Recommended Reading for Next Class Meeting (Class 24)	to do: 8pm
	 WK 14 Required Reading for Next Class Meeting (Class 24) with Video Links	to do: 8pm



Date	Details	Due
Tue Dec 1, 2026	 Class 24b - Gratitude - Day 4 - Becoming a Grateful “Growth Advocate” (https://canvas.pointloma.edu/courses/87226/assignments/1360305)	due by 11:59pm
		
	 WK 14 Pose a Question to the Professor before Class 24 (https://canvas.pointloma.edu/courses/87226/assignments/1360342)	due by 11:59pm
		
	 WK14 Watch Lectures/Videos on Class 24 - Cultivating Gratitude (https://canvas.pointloma.edu/courses/87226/assignments/1360457)	due by 11:59pm
		
	 WK 14 Questions before Class 24 (https://canvas.pointloma.edu/courses/87226/assignments/1360381)	due by 9:45am
		
	 WK 14 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/87226/assignments/1360383)	due by 10am
		
	 Class 25a - Forgiveness - Day 1 - Learning About Forgiveness (https://canvas.pointloma.edu/courses/87226/assignments/1360316)	due by 11:59pm
		
Wed Dec 2, 2026	 WK 14 Recommended Reading for Next Class Meeting (Class 25)	to do: 8pm
	 WK14 Required Reading for Next Class Meeting (Class 25) Copy	to do: 8pm
	 WK14 Required Reading for Next Class Meeting (Class 25) with Video Links	to do: 8pm



Date	Details	Due
	 Class 25b - Forgiveness - Day 2 - Identifying and Owning "the Hurt" (https://canvas.pointloma.edu/courses/87226/assignments/1360293)	due by 11:59pm
		
	 WK14 Pose a Question to the Professor before Class 25 (https://canvas.pointloma.edu/courses/87226/assignments/1360343)	due by 11:59pm
		
	 WK14 Watch Lectures/Videos on Class 25 - Forgiveness (https://canvas.pointloma.edu/courses/87226/assignments/1360438)	due by 11:59pm
		
Thu Dec 3, 2026	 WK 14 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/87226/assignments/1360382)	due by 10am
		
Sun Dec 6, 2026	 Class 26a - Forgiveness - Day 3 - Setting the "Intention" to Forgive and Shifting toward Empathy (https://canvas.pointloma.edu/courses/87226/assignments/1360295)	due by 11:59pm
		
Mon Dec 7, 2026	 Class 26b - Forgiveness - Day 4 - Releasing Anger and Sorrow (https://canvas.pointloma.edu/courses/87226/assignments/1360301)	due by 11:59pm
		
Tue Dec 8, 2026	 WK 15 Questions before Class 25 (https://canvas.pointloma.edu/courses/87226/assignments/1360384)	due by 9:45am
		
	 WK 15 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/87226/assignments/1360386)	due by 10am
		

Date	Details	Due
Wed Dec 9, 2026	 WK 15 Required Reading for Next Class Meeting (Class 26)	to do: 8pm
	 WK15 Required Reading for Next Class Meeting (Class 26) with Video Links	to do: 8pm
	 WK15 Pose a Question to the Professor before Class 26 (https://canvas.pointloma.edu/courses/87226/assignments/1360344)	due by 11:59pm
	 WK15 Watch Lectures/Videos on Class 26 - The Three Neural Faces of Love (https://canvas.pointloma.edu/courses/87226/assignments/1360439)	due by 11:59pm
Thu Dec 10, 2026	 WK 15 Questions before Class 26 (https://canvas.pointloma.edu/courses/87226/assignments/1360387)	due by 9:45am
	 WK 15 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/87226/assignments/1360385)	due by 10am
Sat Dec 12, 2026	 WK 15 Questions before Class 27 (https://canvas.pointloma.edu/courses/87226/assignments/1360388)	due by 9:45am
	 WK15 Required Reading for Next Class Meeting (Class 27)	to do: 8pm
	 WK15 Required Reading for Next Class Meeting (Class 27) with Video Links	to do: 8pm
	 WK15 Pose a Question to the Professor before Class 27	due by 11:59pm

Date	Details	Due
	. (https://canvas.pointloma.edu/courses/87226/assignments/1360345)	
		
	 WK15 Watch Lectures/Videos on Class 27 - Course Conclusion . (https://canvas.pointloma.edu/courses/87226/assignments/1360440)	due by 11:59pm
		
	 Take Good Life Survey #4 . (https://canvas.pointloma.edu/courses/87226/assignments/1360358)	due by 11:30pm
		
Sun Dec 13, 2026	 Take Good Life Survey #4 Copy . (https://canvas.pointloma.edu/courses/87226/assignments/1360359)	due by 11:30pm
		
	 Final Exam - 10:30am (Section 1) . (https://canvas.pointloma.edu/courses/87226/assignments/1360291)	due by 1pm
		
Thu Dec 17, 2026	 EXTRA CREDIT: Calculating Lifetime Earnings with Different Degrees . (https://canvas.pointloma.edu/courses/87226/assignments/1360350)	due by 11:59pm
		
Wed Jan 6, 2027	 DO NOT COMPLETE - WK 13 Watch Lectures/Videos on Class 23 - Gratitude . (https://canvas.pointloma.edu/courses/87226/assignments/1360348)	due by 11:59pm
		
	 Calculator for Quantitative Question . (https://canvas.pointloma.edu/courses/87226/assignments/1360347)	
		



Date	Details	Due
	 Extra Credit - Fuller Integration Symposium (https://canvas.pointloma.edu/courses/87226/assignments/1360351) 	
	 Final Exam - 1:30pm (Section 2) (https://canvas.pointloma.edu/courses/87226/assignments/1360315) 	
	 Final Exam Instructions (on the day of the exam) (https://canvas.pointloma.edu/courses/87226/assignments/1360353) 	
	 Lecture and Reading Responses (https://canvas.pointloma.edu/courses/87226/assignments/1360357) 	
	 WK12 Watch Lectures/Videos on Class 22 - How we Learn to Trust/Mistrust (https://canvas.pointloma.edu/courses/87226/assignments/1360436) 	

