

**Positive Psychology**  
**PSY315(3): S1**  
**Spring Semester 2019**  
M-W-F 8:30a-9:25a  
Final Exam: W 7:30a-10:00a  
Location: T 312

**Instructor: Kim W. Schaeffer, Ph.D.**

Office Location: Culbertson 212 (between The Greek and Colt)

Office Hours: M: 2:30–3:00; TU: 3:00–3:30; W: 7-10:30; TH: 9:30-10:30

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**Course Description**

A study of the expanding field of Positive Psychology. Emphasis is placed on ways to lead meaningful and fulfilling lives. Small group activities are included.

**Course Learning Outcomes in PSY 315:** Upon completion of this course you will be able to:

- Identify your personal character strengths and flow activities in areas of vocation, avocation, and service to others.
- Identify your top 5 maladaptive pessimistic thoughts that have led to pointless and unproductive negative affect. Further, you will be able to find more realistically positive thoughts that will lead to constructive positive affect.
- Read the account of an individual's attempt to live a life based on positive psychology and select strategies that they might implement into their own journey of positivity.
- Practice the privilege of daily gratitude.
- Expresses gratitude to an important person in your life according to Seligman's prescription.
- Plan a "beautiful day" within a school (or "work") day and carry it out. You will also be able to identify character strengths and flow activities within the beautiful day.
- Espouse a philosophy of life based on positivity psychology principles.

**Required Textbooks**

Rubin, G. (2015). *The happiness project*. New York: Harper.

Rubin, G. (2011). *The happiness project one-sentence journal: A five-year record*. New York: Harper.

Seligman, M. E. P. (2011). *Flourish: A visionary new understanding of happiness and well-being*. New York: Free Press.

**Grades**

To earn an A accomplish all of the following:

- a) Read, in class, a gratitude letter to a significant person in your life
- b) Write a 6-page term paper and achieve at least 75% on the rubric
- c) Complete at least 75% of the Happiness exercises (on Canvas)
- d) Score at least 70% on the in-class quizzes (lowest 5 will be dropped)
- e) Make 4 group presentations and achieve at least 75% on the rubric

To earn a B accomplish all of the following:

- a. Read, in class, a gratitude letter to a significant person in your life
- b. Complete at least 75% of the Happiness exercises (on Canvas)
- c. Score at least 70% on the in-class quizzes (lowest 5 will be dropped)
- d. Make 4 group presentations and achieve at least 75% on the rubric

To earn a C accomplish four of the following:

- a. Read, in class, a gratitude letter to a significant person in your life
- b. Complete at least 75% of the Happiness exercises (on Canvas)
- c. Score at least 70% on the in-class quizzes (lowest 5 will be dropped)
- d. Make 4 group presentations and achieve at least 75% on the rubric

To earn a D accomplish three of the following:

- a. Read, in class, a gratitude letter to a significant person in your life
- b. Complete a self-monitoring change project and achieve at least 75% on the rubric
- c. Complete at least 75% of the Happiness exercises (on Canvas)
- d. Score at least 70% on the in-class quizzes (lowest 5 will be dropped)
- e. Make 4 group presentations and achieve at least 75% on the rubric

### **Oral Presentations**

Students will be assigned to a team at the start of the semester. Each team will make 4 presentations. Each presenter will construct a 4 question multiple choice quiz that will be administered before the presentation. Each presentation team will have at least three 4S application exercises (see below) following the presentation. On at least one of the application exercises groups must disagree with one another for the presenting team to receive full credit on that rubric.

### **4S Application Exercises**

4S application exercises are significant problems that teams solve. Each team is given specific choices for the purpose of advancing to higher levels of analysis. All teams work on the same problem also for the purpose of advancing to higher levels of analysis. Finally, teams report their answer to the problem simultaneously. This ensures that teams are not initially influenced by the other groups.

### **Incompletes and Late Assignments**

Incomplete and late assignments will not be accepted for credit.

## **POSITIVITY OATH**

**“I PLEDGE TO TRY AS MUCH AS POSSIBLE TO BE REALISTICALLY POSITIVE AND GRATEFUL THIS SEMESTER. FURTHER, I WILL BE GRATEFUL NOT ONLY FOR THE BIG THINGS BUT FOR THE SIMPLE THINGS AS WELL. WHEN CRITICIZING OR TEMPTING TO CRITICIZE SOMEONE ELSE OR A SITUATION, I WILL TRY MY BEST TO LOOK AT THE SITUATION OR PERSON IN A REALISTICALLY POSITIVE WAY. IF I FAIL TO DO THIS AND ONE OF MY CLASSMATES OR PROFESSOR POINTS IT OUT, I WILL BE GRATEFUL AS THIS FEEDBACK WILL HELP ME GROW AND BECOME A MORE POSITIVE AND EFFECTIVE WORLD CITIZEN.”**

### **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.

# Schedule Spring 2019

MONDAY	WEDNESDAY	FRIDAY
<b>8-Jan</b> <b>Welcome!</b> Let us be serious about Positivity Let us check our ego and defensiveness at the door Let us take the Positivity Oath	<b>9-Jan</b> Positivity Oath Group Formation Presentations Explained	<b>11-Jan</b> Exercise: VIA Survey of Character Strengths authentichappiness.org <i>bring hard copy to class</i>
<b>14-Jan</b> <b>Gratitude Monday</b> Rubin: January	<b>16-Jan</b>	<b>18-Jan</b> <b>Fabulous Friday Proceduralizations</b>
<b>21-Jan</b> Martin Luther King Jr. Day (No Classes)	<b>23-Jan</b> <b>Wonderful Wednesday Presentations</b>	<b>25-Jan</b> <b>Fabulous Friday Proceduralizations</b> Recite Character Strengths (CSs) Canvas Assignment CSs Lifetime
<b>28-Jan</b> <b>Gratitude Monday</b> Rubin: February (+ Canvas mini)	<b>30-Jan</b> <b>Wonderful Wednesday Presentations</b>	<b>1-Feb</b> <b>Fabulous Friday Proceduralizations</b> Recite Character Strengths (CSs) Canvas Assignment CSs Past Week
<b>4-Feb</b> <b>Gratitude Monday</b> Lecture: Flow Activities Rubin: March (+ Canvas mini)	<b>6-Feb</b> <b>Wonderful Wednesday Presentations</b> Seligman: preface, ch 1	<b>8-Feb</b> <b>Fabulous Friday Proceduralizations</b> Recite CSs Canvas Assignment: Flow Activities <i>bring hard copy to class</i>
<b>11-Feb</b> <b>Gratitude Monday</b> Rubin: April (+ Canvis mini)	<b>13-Feb</b> <b>Wonderful Wednesday Presentations</b> Seligman: ch 2	<b>15-Feb</b> <b>Fabulous Friday Proceduralizations</b> <b>Excs: *Recite CSs and FAs</b>
<b>18-Feb</b> <b>Gratitude Monday</b> Rubin: May (+ Canvis mini)	<b>20-Feb</b> <b>Wonderful Wednesday Presentations</b> Seligman: ch 3	<b>22-Feb</b> <b>Fabulous Friday Proceduralizations</b> <b>Excs: *Recite CSs and FAs</b>
<b>25-Feb</b> <b>Gratitude Monday</b> *Gratitude for course so far Rubin: June (+ Canvis mini)	<b>27-Feb</b> <b>Wonderful Wednesday Presentations</b> Seligman: ch 4	<b>1-Mar</b> <b>Fabulous Friday Proceduralizations</b> <b>Take Home Assignemnt</b>
<b>4-Mar</b> Spring Break (No Class)	<b>6-Mar</b> Spring Break (No Class)	<b>8-Mar</b> Spring Break (No Class)

MONDAY	WEDNESDAY	FRIDAY
11-Mar <b>Gratitude Monday</b> Rubin: July (+ Canvis mini) Lecture: ABCs	13-Mar <b>Wonderful Wednesday Presentations</b> Seligman: ch 5	15-Mar <b>Fabulous Friday Proceduralizations</b> Excs: *Recite CSs and FAs
18-Mar <b>Gratitude Monday</b> Rubin: August (+ Canvis mini)	20-Mar <b>Wonderful Wednesday Presentations</b> Seligman: ch 6 TBA	22-Mar <b>Fabulous Friday Proceduralizations</b>
25-Mar <b>Gratitude Monday</b> Rubin: September (+ Canvis mini)	27-Mar <b>Wonderful Wednesday Presentations</b> Seligman: ch 7	29-Mar <b>Fabulous Friday Proceduralizations</b>
1-Apr <b>Gratitude Monday</b> Rubin: October (+ Canvis mini)	3-Apr <b>Wonderful Wednesday Presentations</b> Seligman: ch 8	5-Apr <b>Fabulous Friday Proceduralizations</b> Excs: *Recite CSs and FAs
8-Apr <b>Gratitude Monday</b> Rubin: November (+ Canvis mini)	10-Apr <b>Wonderful Wednesday Presentations</b> Seligman: ch 9	12-Apr <b>Fabulous Friday Proceduralizations</b> SMCP Presentations
15-Apr <b>Gratitude Monday</b> SMCP Presentations Rubin: December (+ Canvis mini)	17-Apr <b>Wonderful Wednesday Presentations</b> Seligman: ch 10	19-Apr <b>Easter Recess (No Class)</b>
22-Apr <b>Easter Recess (No Class)</b>	24-Apr <b>Wonderful Wednesday</b> Final Class Day	26-Apr <b>Fabulous Friday Proceduralizations</b> Take Home Assignment
29-Apr <b>Final Examinations (No Class)</b>	1-May <b>Final Examinations (No Class)</b>	3-May <b>730 - 1000 AM: Final Examination (Take Home)</b>

## **FINAL EXAMINATION POLICY**

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Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

NOTE: The following policies are to be used without changes:

### **PLNU COPYRIGHT POLICY**

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

### **PLNU ACADEMIC HONESTY POLICY**

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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](#) for definitions of kinds of academic dishonesty and for further policy information.

### **PLNU ACADEMIC ACCOMMODATIONS POLICY**

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If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at [DRC@pointloma.edu](mailto:DRC@pointloma.edu). See [Disability Resource Center](#) for additional information.

### **PLNU ATTENDANCE AND PARTICIPATION POLICY**

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Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.