

Positive Psychology
PSY315(3): S1
Spring Semester 2020
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

Email: kimschaeffer@pointloma.edu

Phone: (619) 849-2466 (prefer email)

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.

Assessment and Grading

The following grades will be given based on the categories in Canvas.

A = 93-100; A- = 90-92.99; B+ = 88-89.99; B = 84-87.99; B- = 80-83.99; C+ = 77-79.99; C = 70-76.99; C- = 65-69.99;
D+ = 62-64.99; D = 55-61.99; D- = 50-54.99; F ≤ 49.99%

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

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Same day lateness 10% deduction. Additional 10% for each day late.

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.”

Second Half of Syllabus Posted on Canvas

I am required to include additional material to the syllabus. This is posted in Canvas under Syllabus (Part II).

Quote

“The pessimist looks down and hits his head. The optimist looks up and loses his footing. The realist looks forward and adjusts his path accordingly.”

— Robert Kirkman

Schedule Spring 2020

MONDAY	WEDNESDAY	FRIDAY
14-Jan Welcome! Let us be serious about Positivity Let us check our ego and defensiveness at the door Let us take the Positivity Oath	15-Jan Positivity Oath Group Formation Presentations Explained	17-Jan Exercise: VIA Survey of Character Strengths <i>authentichappiness.org</i> <i>bring hard copy to class</i>
20-Jan Martin Luther King Jr. Day (No Classes)	22-Jan Rubin: January	24-Jan Fabulous Friday Proceduralizations
27-Jan Gratitude Monday Rubin: February	29-Jan Wonderful Wednesday Presentations	31-Jan Fabulous Friday Proceduralizations Canvas Assignment CS Lifetime
3-Feb Gratitude Monday Rubin: March Lecture: Flow Activities	5-Feb Wonderful Wednesday Presentations	7-Feb Fabulous Friday Proceduralizations Canvas Assignment CS Past Week
10-Feb Gratitude Monday Rubin: April	12-Feb Wonderful Wednesday Presentations Seligman: preface, ch 1	14-Feb Fabulous Friday Proceduralizations Canvas Assignment: Flow Activities <i>bring hard copy to class</i>
17-Feb Gratitude Monday Rubin: May	19-Feb Wonderful Wednesday Presentations Seligman: ch 2	21-Feb Fabulous Friday Proceduralizations
24-Feb Gratitude Monday Rubin: June	26-Feb Wonderful Wednesday Presentations Seligman: ch 3	28-Feb Fabulous Friday Proceduralizations
2-Mar Gratitude Monday Rubin: July *Gratitude for course so far	4-Mar Wonderful Wednesday Presentations Seligman: ch 4	6-Mar Fabulous Friday Proceduralizations
9-Mar Spring Break (No Class)	11-Mar Spring Break (No Class)	13-Mar Spring Break (No Class)

MONDAY	WEDNESDAY	FRIDAY
16-Mar Gratitude Monday Rubin: August Lecture: ABCs	18-Mar Wonderful Wednesday Presentations Seligman: ch 5	20-Mar Fabulous Friday Proceduralizations
23-Mar Gratitude Monday Rubin: September	25-Mar Wonderful Wednesday Presentations Seligman: ch 6 TBA	27-Mar Fabulous Friday Proceduralizations
30-Mar Gratitude Monday Rubin: October	1-Apr Wonderful Wednesday Presentations Seligman: ch 7	3-Apr Fabulous Friday Proceduralizations
6-Apr Gratitude Monday Rubin: November	8-Apr Wonderful Wednesday Presentations Seligman: ch 8	10-Apr Easter Recess (No Class)
13-Apr Easter Recess (No Class)	15-Apr Wonderful Wednesday Presentations Seligman: ch 9	17-Apr Fabulous Friday Proceduralizations
20-Apr Gratitude Monday Rubin: December	22-Apr Wonderful Wednesday Presentations Seligman: ch 10	24-Apr Fabulous Friday Proceduralizations
27-Apr Gratitude for Class	29-Apr Wonderful Wednesday Take Home Assignment	1-May Fabulous Friday Proceduralizations Take Home Assignment
4-May 730 - 1000 AM: Final Examination (Take Home)	6-May Final Examinations (No Class)	8-May Final Examinations (No Class)