

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.**

Fall 2020

Instructor: Dr. Ross Oakes Mueller

Phone: 619.849.2905

Email: rossoakesmueller@pointloma.edu (<https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=rossoakesmueller@pointloma.edu>)

Office Hours: [click here to schedule a Zoom meeting during my office hours](#) (<https://www.google.com/calendar/selfsched?sstoken=UUhnNHJkMkNwcEFUfGRIZmF1bHR8OTFiNjhkZDM0NzRINTRIMWE5M2E2NjVIYWM1ZjJjZWQ>)

Class Meeting via Zoom: Tuesday & Thursday

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

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

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

Required Supplemental Articles

- Oakes Mueller, Ross. (2020). *PSY4020 Pursuing Goodness: The Science of Moral Change*. [Cognella Custom Prints](https://store.cognella.com/22625) [_\(https://store.cognella.com/22625\)](https://store.cognella.com/22625)

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	27
Reading Assignments	53
Written Assignments	12
Other Assignments & Learning Activities	50
Quizzes, Surveys	8
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 "Good" 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 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. Your lowest homework score will be dropped. **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?
- **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 30% of your overall grade {15% for each part}.**

Attendance and Participation: There will be weekly Zoom class sessions with mandatory attendance and required participation. **Attendance and Participation will be 10% 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.**

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>) to view which states allow online (distance education) outside of California.

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. Incompletes will only be assigned in extremely unusual circumstances.

PLNU COPYRIGHT POLICY

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

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications

or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center.

(DRC@pointloma.edu [_ \(https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=DRC@pointloma.edu\)](https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=DRC@pointloma.edu) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

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 Spiritual Development](https://www.pointloma.edu/offices/spiritual-development) [_ \(https://www.pointloma.edu/offices/spiritual-development\)](https://www.pointloma.edu/offices/spiritual-development)

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](#) 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 (once it is "unlocked").











Course Summary:











Date	Details	
Tue Aug 18, 2020	 WK1 Watch Lectures/Videos for Class 1 - Welcome to a Course for the Rest of your Life (https://canvas.pointloma.edu/courses/52374/assignments/510549)	due by 8am
	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change (https://canvas.pointloma.edu/calendar?event_id=41556&include_contexts=course_52374)	10am to 11:45am
	 WK 1 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom (https://canvas.pointloma.edu/courses/52374/assignments/510542)	due by 10am
Wed Aug 19, 2020	 WK1 Required Reading for Thursday Class Meeting.(Class 2)	to do: 8pm
	 WK1 Watch "The Truman Show" and Write one-paragraph response (using Fraterolli reading) (https://canvas.pointloma.edu/courses/52374/assignments/510552)	due by 11:59pm
	 WK1 Take Good Life Survey #1 (https://canvas.pointloma.edu/courses/52374/assignments/510545)	due by 11:59pm
Thu Aug 20, 2020	 WK1 Watch Lectures/Videos for Class 2 - Life as Swimming Pool or Quest? (https://canvas.pointloma.edu/courses/52374/assignments/510546)	due by 8:58am
	 WK 1 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom (https://canvas.pointloma.edu/courses/52374/assignments/510543)	due by 9am










Date	Details	
Mon Aug 24, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change (https://canvas.pointloma.edu/calendar?event_id=41557&include_contexts=course_52374)	10am to 11:45am
	 WK2 Required Reading for Tuesday Class Meeting (Class 3)	to do: 8pm
	 WK2 Watch Lectures/Videos for Class 3 - Searching for the "End" of Existence (https://canvas.pointloma.edu/courses/52374/assignments/510550)	due by 9am
Tue Aug 25, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change (https://canvas.pointloma.edu/calendar?event_id=41558&include_contexts=course_52374)	10am to 11:45am
	 WK 2 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom (https://canvas.pointloma.edu/courses/52374/assignments/532790)	due by 10am
Wed Aug 26, 2020	 WK2 Required Reading for Thursday Class Meeting (Class 4)	to do: 8:55am
	 WK 2 Read "The Semplica Girl Diaries" and Write a Response using Haidt Ch. 5 (Class 4) (https://canvas.pointloma.edu/courses/52374/assignments/510544)	due by 11:59pm
Thu Aug 27, 2020	 WK2 Watch Lectures/Videos for Class 4 - Five "Goods" of a Good Life (https://canvas.pointloma.edu/courses/52374/assignments/510547)	due by 8:58am
	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change (https://canvas.pointloma.edu/calendar?event_id=41559&include_contexts=course_52374)	10am to 11:45am











Date	Details	
Mon Aug 31, 2020	 WK 2 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532802	due by 10am
Mon Aug 31, 2020	 WK3 Required Reading for Tuesday Class Meeting (Class 5)	to do: 8:55pm
Tue Sep 1, 2020	 WK3 Watch Lectures/Videos for Class 5 - Know thy Elephant (Happiness) https://canvas.pointloma.edu/courses/52374/assignments/510548	due by 8:59am
Tue Sep 1, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41560&include_contexts=course_52374	10am to 11:45am
Wed Sep 2, 2020	 WK 3 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532789	due by 10am
Wed Sep 2, 2020	 WK3 Required Reading for Thursday Class Meeting (Class 6)	to do: 8am
Wed Sep 2, 2020	 WK3 Watch "Ralph Breaks the Internet" and respond using Haidt Ch. 6 (Class 6) https://canvas.pointloma.edu/courses/52374/assignments/510551	due by 11:59pm
Thu Sep 3, 2020	 WK 3 Watch Lectures/Videos for Class 6 - "Good" Relationships https://canvas.pointloma.edu/courses/52374/assignments/510561	due by 8:58am
Thu Sep 3, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41561&include_contexts=course_52374	10am to 11:45am










Date	Details	
Mon Sep 7, 2020	 WK 3 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532801	due by 10am
Mon Sep 7, 2020	 WK4 Required Reading for Tuesday Class Meeting (Class 7)	to do: 8am
Tue Sep 8, 2020	 WK4 Watch Lectures/Videos for Class 7 - Why We Can't Flourish Without Arete https://canvas.pointloma.edu/courses/52374/assignments/510562	due by 9am
Tue Sep 8, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41562&include_contexts=course_52374	10am to 11:45am
Wed Sep 9, 2020	 WK 4 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532788	due by 10am
Wed Sep 9, 2020	 WK4 Required Reading for Thursday Class Meeting (Class 8)	to do: 8:58am
Wed Sep 9, 2020	 WK4 Vocational Paper https://canvas.pointloma.edu/courses/52374/assignments/510560	due by 11:59pm
Thu Sep 10, 2020	 WK4 Watch Lectures/Videos for Class 8 - Vital Engagement https://canvas.pointloma.edu/courses/52374/assignments/510563	due by 8:58am
Thu Sep 10, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41563&include_contexts=course_52374	10am to 11:45am
Thu Sep 10, 2020	 WK 4 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532800	due by 10am











Date	Details	
Mon Sep 14, 2020	 WK5 Required Reading for Tuesday Class Meeting (Class 9)	to do: 8pm
	 WK5 Vital Engagement in a Vocation Video https://canvas.pointloma.edu/courses/52374/assignments/510559	due by 11:59pm
Tue Sep 15, 2020	 WK5 Watch Lectures/Videos for Class 9 - Spirituality for "Goodness Sake" (Part 1) https://canvas.pointloma.edu/courses/52374/assignments/510564	due by 9am
	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41564&include_contexts=course_52374	10am to 11:45am
	 WK 5 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532787	due by 10am
Wed Sep 16, 2020	 WK5 Required Reading for Thursday Class Meeting (Class 10)	to do: 8:55am
	 WK 5 Watch Lectures/Videos for Class 10 - Spirituality for "Goodness Sake" (Part 2) https://canvas.pointloma.edu/courses/52374/assignments/510565	due by 8:58am
	 WK5 Liturgical Examen https://canvas.pointloma.edu/courses/52374/assignments/510557	due by 9am
Thu Sep 17, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41565&include_contexts=course_52374	10am to 11:45am
	 WK 5 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532799	due by 10am











Date	Details	
Sun Sep 20, 2020	 WK 5 Good Life Essay #1 https://canvas.pointloma.edu/courses/52374/assignments/510556	due by 11:59pm
Mon Sep 21, 2020	 WK6 Required Reading for Tuesday Class Meeting (Class 11)	to do: 8pm
	 WK6 Take Good Life Survey #2 https://canvas.pointloma.edu/courses/52374/assignments/510558	due by 11:59pm
	 WK6 Watch Lectures/Videos for Class 11 - Changing for Good - The Giving Tree https://canvas.pointloma.edu/courses/52374/assignments/510566	due by 9am
Tue Sep 22, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event id=41566&include contexts=course 52374	10am to 11:45am
	 WK 6 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532786	due by 10am
Wed Sep 23, 2020	 WK6 Required Reading for Thursday Class Meeting (Class 12)	to do: 8:58am
	 WK6 Listen to: The True Hard Work of Love... (Class 12) https://canvas.pointloma.edu/courses/52374/assignments/510567	due by 11:59pm
Thu Sep 24, 2020	 WK6 Watch Lectures/Videos for Class 12 - Love as a Capacity for Mature Giving - Fromm's Virtue Model of Generative Care https://canvas.pointloma.edu/courses/52374/assignments/510573	due by 8:58am
	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event id=41567&include contexts=course 52374	10am to 11:45am








Date	Details	
Sun Sep 27, 2020	 WK 6 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532798	due by 10am
Mon Sep 28, 2020	 WK6 Good Life Essay #2 https://canvas.pointloma.edu/courses/52374/assignments/510570	due by 11:59pm
Tue Sep 29, 2020	 WK7 Required Reading for Tuesday Class Meeting (Class 13)  WK7 Watch Lectures/Videos for Class 13 - Virtues and the Michelangelo Project https://canvas.pointloma.edu/courses/52374/assignments/510574	to do: 8pm
Tue Sep 29, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41568&include_contexts=course_52374	10am to 11:45am
Wed Sep 30, 2020	 WK 7 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532785	due by 10am
Thu Oct 1, 2020	 WK7 Required Reading for Thursday Class Meeting (Class 14)  WK7 Watch Lectures/Videos for Class 14 - Triune Ethics Theory and the Virtues of Generative Care https://canvas.pointloma.edu/courses/52374/assignments/510575	to do: 8:58am
Thu Oct 1, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41569&include_contexts=course_52374	due by 8:58am
		10am to 11:45am











Date	Details	
Mon Oct 5, 2020	 WK 7 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532797	due by 10am
Mon Oct 5, 2020	 WK8 Required Reading for Tuesday Class Meeting (Class 15)	to do: 8pm
Tue Oct 6, 2020	 WK8 Watch Lectures/Videos for Class 15 - Self-Compassion https://canvas.pointloma.edu/courses/52374/assignments/510576	due by 9am
Tue Oct 6, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41570&include_contexts=course_52374	10am to 11:45am
Tue Oct 6, 2020	 WK 8 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532784	due by 10am
Tue Oct 6, 2020	 WK8 Self-Compassion Homework (Class 15) https://canvas.pointloma.edu/courses/52374/assignments/510571	due by 11:59pm
Wed Oct 7, 2020	 WK8 Required Reading for Thursday Class Meeting (Class 16)	to do: 8:45am
Wed Oct 7, 2020	 WK8 Watch Lectures/Videos on Class 16 - The Shadow https://canvas.pointloma.edu/courses/52374/assignments/510585	due by 8:58am
Thu Oct 8, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41571&include_contexts=course_52374	10am to 11:45am
Thu Oct 8, 2020	 WK 8 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532796	due by 10am




Date	Details	
Mon Oct 12, 2020	 WK9 Required Reading for Tuesday Class Meeting (Class 17).	to do: 8pm
	 WK9 Watch Lectures/Videos on Class 17 - Mindfulness https://canvas.pointloma.edu/courses/52374/assignments/510586	due by 9am
Tue Oct 13, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41572&include_contexts=course_52374	10am to 11:45am
	 WK 9 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532783	due by 10am
	 WK9 Required Reading for Thursday Class Meeting (Class 18).	to do: 8:58am
Wed Oct 14, 2020	 WK9 Listen to the Sermon "The Ruthless Elimination of Hurry" and Respond Using Siegel, Nouwen, and Smith https://canvas.pointloma.edu/courses/52374/assignments/510580	due by 11:59pm
	 WK9 Watch Lectures/Videos on Class 18 - Mindfulness, Empathy, and Compassion https://canvas.pointloma.edu/courses/52374/assignments/510581	due by 8:58am
Thu Oct 15, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41573&include_contexts=course_52374	10am to 11:45am
	 WK 9 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532795	due by 10am

Date	Details	
Sun Oct 18, 2020	 WK9 Take Good Life Survey #3 https://canvas.pointloma.edu/courses/52374/assignments/510572	due by 11:59pm
Mon Oct 19, 2020	 WK10 Required Reading for Tuesday Class Meeting (Class 19)	to do: 8pm
	 WK10 Watch Lectures/Videos on Class 19 - Empathy https://canvas.pointloma.edu/courses/52374/assignments/510582	due by 9am
Tue Oct 20, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41574&include_contexts=course_52374	10am to 11:45am
	 WK 10 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532782	due by 10am
Wed Oct 21, 2020	 WK10 Required Reading for Thursday Class Meeting (Class 20)	to do: 8:58am
	 WK10 Watch Lectures/Videos on Class 20 - Compassion https://canvas.pointloma.edu/courses/52374/assignments/510583	due by 8:58am
Thu Oct 22, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41575&include_contexts=course_52374	10am to 11:45am
	 WK 10 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532794	due by 10am
Mon Oct 26, 2020	 WK11 Required Reading for Tuesday Class Meeting (Class 21)	to do: 8pm

Date	Details	
Tue Oct 27, 2020	 WK11 Watch Lectures/Videos on Class 21 - Developing Trust https://canvas.pointloma.edu/courses/52374/assignments/510584	due by 9am
Tue Oct 27, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41576&include_contexts=course_52374	10am to 11:45am
Tue Oct 27, 2020	 WK 11 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532781	due by 10am
Wed Oct 28, 2020	 WK11 Required Reading for Thursday Class Meeting (Class 22)	to do: 8:58am
Wed Oct 28, 2020	 WK11 Watch "Moana" and Write a Response (Class 22) https://canvas.pointloma.edu/courses/52374/assignments/510587	due by 11:59pm
Thu Oct 29, 2020	 WK11 Watch Lectures/Videos on Class 22 - How we Learn to Trust/Mistrust https://canvas.pointloma.edu/courses/52374/assignments/510591	due by 8:58am
Thu Oct 29, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change https://canvas.pointloma.edu/calendar?event_id=41577&include_contexts=course_52374	10am to 11:45am
Thu Oct 29, 2020	 WK 11 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom https://canvas.pointloma.edu/courses/52374/assignments/532793	due by 10am
Mon Nov 2, 2020	 WK12 Required Reading for Tuesday Class Meeting (Class 23)	to do: 8pm
Tue Nov 3, 2020	 WK12 Watch Lectures/Videos on Class 23 - Gratitude https://canvas.pointloma.edu/courses/52374/assignments/510592	due by 9am

Date	Details	
	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change (https://canvas.pointloma.edu/calendar?event_id=41578&include_contexts=course_52374)	10am to 11:45am
	 WK 12 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom (https://canvas.pointloma.edu/courses/52374/assignments/532780)	due by 10am
Wed Nov 4, 2020	 WK12 Required Reading for Thursday Class Meeting (Class 24)	to do: 8pm
	 WK12 Watch Lectures/Videos on Class 24 - Cultivating Gratitude (https://canvas.pointloma.edu/courses/52374/assignments/510593)	due by 8:58am
Thu Nov 5, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change (https://canvas.pointloma.edu/calendar?event_id=41579&include_contexts=course_52374)	10am to 11:45am
	 WK 12 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom (https://canvas.pointloma.edu/courses/52374/assignments/532792)	due by 10am
Fri Nov 6, 2020	 ETS Proficiency Assessment (https://canvas.pointloma.edu/courses/52374/assignments/510537)	due by 11:59pm
Mon Nov 9, 2020	 WK13 Required Reading for Tuesday Class Meeting (Class 25)	to do: 8pm
Tue Nov 10, 2020	 WK13 Watch Lectures/Videos on Class 25 - Forgiveness (https://canvas.pointloma.edu/courses/52374/assignments/510594)	due by 8:58am
	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change (https://canvas.pointloma.edu/calendar?event_id=41580&include_contexts=course_52374)	10am to 11:45am

Date	Details	
	 WK 13 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom (https://canvas.pointloma.edu/courses/52374/assignments/532779)	due by 10am
Wed Nov 11, 2020	 WK13 Required Reading for Thursday Class Meeting (Class 26)	to do: 8:58am
	 WK 13 Attendance and Participation - Thursday 10:00 a.m. - 11:45 a.m. PST - In-Class/Zoom (https://canvas.pointloma.edu/courses/52374/assignments/532791)	due by 9am
Thu Nov 12, 2020	 WK13 Watch Lectures/Videos on Class 26 - The Three Neural Faces of Love (https://canvas.pointloma.edu/courses/52374/assignments/510595)	due by 9am
	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change (https://canvas.pointloma.edu/calendar?event_id=41581&include_contexts=course_52374)	10am to 11:45am
Mon Nov 16, 2020	 WK14 Required Reading for Tuesday Class Meeting (Class 27)	to do: 8pm
	 Take Good Life Survey #4 (https://canvas.pointloma.edu/courses/52374/assignments/510539)	due by 11:59pm
	 WK14 Watch Lectures/Videos on Class 27 - Course Conclusion (https://canvas.pointloma.edu/courses/52374/assignments/512770)	due by 9am
Tue Nov 17, 2020	 PSY4020-1 FA20 - Pursuing Goodness: The Science Of Moral Change (https://canvas.pointloma.edu/calendar?event_id=41582&include_contexts=course_52374)	10am to 11:45am
	 WK 1 4 Attendance and Participation - Tuesday 10:00-11:45 a.m. PST - In-Class/Zoom (https://canvas.pointloma.edu/courses/52374/assignments/532778)	due by 10am

Date	Details	
Thu Dec 3, 2020	 Final Exam (https://canvas.pointloma.edu/courses/52374/assignments/510536)	due by 10:30am
	 WK15 Final Exam Description	to do: 10:30am
	 Extra Credit - Fuller Integration Symposium (https://canvas.pointloma.edu/courses/52374/assignments/510538)	