

Positive Psychology
PSY3015(3): S1
Spring Semester 2022
M-W-F 8:30a-9:25a
Final Exam: May 6th, 10am
Location: Taylor 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.

Assessment and Grading

The following grades will be given based on the proportions below.

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 \leq 49.99%

- Proceduralizations 20%
- Application Exercises 20%
- Team Video Presentations 20%
- Gratitude Letter/Reaction 10%
- Peer Helpfulness Survey 10%
- Quizzes 10%
- Positive Philosophy of Life 10%

Oral Presentations

Students will be assigned to a team at the start of the semester. Each team will make 4 presentations; each team will make 2 Happiness Project Application presentations and 2 Flourishing presentations based on the requirements in the table below. For each presentation, disagreement is required on at least one of the application exercises to receive full credit for that rubric.

Class Presentation Day

Video Lecture (10 ± 2 minutes)? Video Lecture Due

Multiple Choice Quiz?

Number of Quiz items

Application Exercises?

Number of Application Exercises Content of Application

Exercises

No

No

Yes

2

2- Reading

4S Application Exercises

Happiness Project Flourishing

Mon

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

SYLLABUS: Part 2

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.

Foundational Explorations Mission ★

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

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 3 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 112.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

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](#) 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](#) 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 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 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 ☀

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 (virtual or face-to-face), the faculty member will issue a written warning of 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. 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](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

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](#)

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. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact student-tech-request@pointloma.edu.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.