

**Positive Psychology**  
**PSY3015(3): S1**  
**Fall Semester 2022**  
W 3:00-5:30  
Final Exam: W 3:00 (take home)  
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 3015:** 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 ≤ 49.99%

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|-------------------------------|-----|
| ● Proceduralizations          | 20% |
| ● Application Exercises       | 20% |
| ● Team 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 8 presentations; each team will make 4 Happiness Project Application presentations and 4 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.

### *Happiness Project*

### *Flourishing*

	<i>Happiness Project</i>	<i>Flourishing</i>
<i>Class Presentation Day</i>	After Flourishing Video	Start of class
<i>Multiple Choice Quiz?</i>	No	Yes
<i>Number of Quiz items</i>		5 (plus one bonus question)
<i>4S Application Exercises?</i>	Yes	Yes
<i>Number of 4S Application Exercises</i>	4	4
<i>Content of Application Exercises</i>	1- Reading; 1 – Positive Potpourri	1- Reading; 1- Positive Potpourri

#### **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.

Each group will present 1 4S Application Exercise from the reading and one Positive Potpourri exercise. The Positive Potpourri exercise is unrelated to the reading but related to an issue that a college student or one of your friends might be dealing with.

#### **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.”

