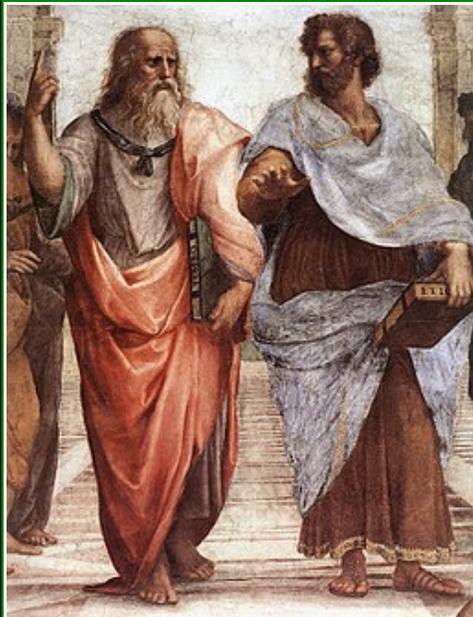


Course Syllabus

[Jump to Today](#)
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(https://commons.wikimedia.org/wiki/File:Sanzio_01_Plato_Aristotle.jpg)

Department of Psychology

**PSY4020-1 Pursuing
Goodness: The Science of
Moral Change**

4 Units

**Prerequisites: PSY1001 or
PSY1003 and BIB1001 or
BIB1002.**

**Senior Standing or consent of
instructor.**

Fall 2022

Instructor: Dr. Ross Oakes Mueller

Phone: 619.849.2905

Email: rossoakesmueller@pointloma.edu [↗ \(https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=rossoakesmueller@pointloma.edu\)](https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=rossoakesmueller@pointloma.edu)

Office Hours: [click here to schedule a Zoom/in-person meeting during my office hours](https://www.google.com/calendar/selfsched?sstoken=UUhnNHJkMkNwcEFUfGRIZmF1bHR8OTFiNjhkZDM0NzRINTRIMWE5M2E2NjVlYWM1ZjJjZWQ) [↗ \(https://www.google.com/calendar/selfsched?sstoken=UUhnNHJkMkNwcEFUfGRIZmF1bHR8OTFiNjhkZDM0NzRINTRIMWE5M2E2NjVlYWM1ZjJjZWQ\)](https://www.google.com/calendar/selfsched?sstoken=UUhnNHJkMkNwcEFUfGRIZmF1bHR8OTFiNjhkZDM0NzRINTRIMWE5M2E2NjVlYWM1ZjJjZWQ)

Class Meeting: Tuesday & Thursday

10:00-11:45am - Taylor 313

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
- Fromm, E. (1956/2006) *The Art of Loving*. New York: HarperCollins.
- Lewis, T. , Amini, F., & Lannon, R. (2007). *A General Theory of Love*. New York: Vintage

Required Supplemental Articles

- *Oakes Mueller, Ross. (2022). PSY4020 Pursuing Goodness: The Science of Moral Change. [Cognella Custom Prints](https://store.cognella.com/24665) (https://store.cognella.com/24665)*

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
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Category	Time Expectation in Hours
Class Meetings (in-person)	53
Reading Assignments	53
Good Life Papers	20
Other Assignments & Learning Activities	20
Surveys	4
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:

Pre-Class Questions: Before each class I will ask you questions, either about the reading or about your own thoughts and experiences. These are questions that we will discuss in class. To get full credit for answering the questions, by midnight on the night before each class, you should type your responses to my questions in the text box at the bottom of each "Questions Before Class" assignment. I also ask you to pose one "Good" question to me in a separate assignment. You will then get the chance to up-vote your favorite question(s) from other students, so that I can address them in class. This will help me to direct our class time together. **Pre-Class Questions will be 7.5% 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. **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 35% of your overall grade {15% for Part I; 20% for Part II}.**

Attendance and Participation: Attendance and participation in class sessions is required (see absence policy). **Attendance and Participation will be 7.5% 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 \(https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures\)](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

Part of good paper-writing is effective time-management strategies. We could all write better papers if we had unlimited time to do so. However, there are certainly life situations that may prevent you from turning in your paper on time. How to balance these two conflicting issues? In order to provide you with some flexibility, and nevertheless to ensure that all of your papers are evaluated on an "even playing field," I have created a tiered

grading system for late work. **If you miss a deadline to turn in a paper, for any reason, you can still turn it in with a 5% deduction per day late. For example, you will have 24 hours past the due date to turn in the paper for a 5% deduction. After that, you then have up to 24 additional hours to turn it in for a 10% deduction, etc. Canvas automatically enforces the deduction at the second it becomes due, so be sure to plan ahead to turn in your paper BEFORE the time it is due. No papers will be accepted after the date on which the professor sends grades/feedback to the class for that paper.**

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](#) [↗] (https://catalog.pointloma.edu/content.php?catoid=52&navoid=2919#Academic_Honesty) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the Title IX Office at pointloma.edu/Title-IX [↗] (<http://pointloma.edu/Title-IX>). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/title-ix [. \(http://pointloma.edu/title-ix\)](http://pointloma.edu/title-ix)

PLNU ATTENDANCE AND PARTICIPATION POLICY

Please come to class. When you are not present and participating, the class dynamic changes. More than that, this course is based on the research finding that much of who we are and what we do is habitual, ingrained by habit. Indeed, much of what we will do in class involves learning and practicing these habits. As such, the in-class exercises constitute a critical component of your learning in this class. That is why the PLNU attendance policy will be strictly followed. This attendance policy is specified in the University Catalog. Please note the following key points and elaborations of the attendance policy.

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](https://catalog.pointloma.edu/index.php?catoid=46) [. \(https://catalog.pointloma.edu/index.php?catoid=46\)](https://catalog.pointloma.edu/index.php?catoid=46) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.”

“There are no allowed or excused absences except when absences are necessitated by certain University-sponsored activities and are approved in writing by the Provost.”

University-sponsored activities that are approved in writing by the Provost usually are for NCAA events for student athletes and occasionally field trips for other PLNU courses

When you are absent in this class three times (for any cause), a **Notice of Deenrollment** will be sent to the Vice Provost for Academic Administration. Your **fourth absence will result in deenrollment.**

Save your absences for situations that are outside of your control. Do not consider your allowable absences as the number of times that you can miss class without being deenrolled. If you become ill after you used your allowable absences you will be deenrolled from the course.

If you need to miss a test for any reason, you will need to notify the professor prior to the examination for consideration to be administered a make-up test (if you fail to do so you may receive a 0% on the test). If a make-up test is administered there will be a 10% penalty (unless the absence is associated with a University-sponsored activity that is approved in writing by the Academic Provost)

Some of the best learning opportunities occur during in-class discussions. Participating in these discussions can be immensely valuable to your learning. To acknowledge this importance, I will give some weight in your final grade to your classroom participation. In the event a student’s final grade is within one percentage point of the next highest grade, classroom participation will be considered in assigning the final grade.

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 Student Life and Formation](https://www.pointloma.edu/offices/student-life-formation) [. \(https://www.pointloma.edu/offices/student-life-formation\)](https://www.pointloma.edu/offices/student-life-formation).

USE OF TECHNOLOGY

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349) [\(https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams require a computer with a camera (tablets are not compatible) to complete exams online.

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	Due
Wed Aug 31, 2022	 WK 1 Questions before Class 1 (https://canvas.pointloma.edu/courses/63092/assignments/794844)	due by 11:59pm
	 WK1 Watch Lectures/Videos for Class 1 - Welcome to a Course for the Rest of your Life (https://canvas.pointloma.edu/courses/63092/assignments/794903)	due by 11:59pm
	 WK1 Pose a Question to the Professor before Class 1 (https://canvas.pointloma.edu/courses/63092/assignments/799461)	due by 11:59pm
Thu Sep 1, 2022	 WK 1 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/63092/assignments/794843)	due by 9am
Sun Sep 4, 2022	 WK1 Take Good Life Survey #1 (https://canvas.pointloma.edu/courses/63092/assignments/794902)	due by 11:59pm
Mon Sep 5, 2022	 WK2 Required Reading for Tuesday Class Meeting (Class 2)	to do: 8pm

Date	Details	Due
	 WK2 Required Reading for Tuesday Class Meeting (Class 2) with Video Links	to do: 8pm
	 WK 2 Questions before Class 2 (https://canvas.pointloma.edu/courses/63092/assignments/794868)	due by 11:59pm
	 WK2 Watch "The Truman Show" and Write one-paragraph response (using Fraterolli reading) (https://canvas.pointloma.edu/courses/63092/assignments/794916)	due by 11:59pm
	 WK2 Watch Lectures/Videos for Class 2 - Life as Swimming Pool or Quest? (https://canvas.pointloma.edu/courses/63092/assignments/794917)	due by 11:59pm
	 WK2 Pose a Question to the Professor before Class 2 (https://canvas.pointloma.edu/courses/63092/assignments/799491)	due by 11:59pm
Tue Sep 6, 2022	 WK 2 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/63092/assignments/794867)	due by 10am
	 WK2 Required Reading for Thursday Class Meeting (Class 3)	to do: 8pm
	 WK2 Required Reading for Thursday Class Meeting (Class 3) with Video Links	to do: 8pm
Wed Sep 7, 2022	 WK 2 Questions before Class 3 (https://canvas.pointloma.edu/courses/63092/assignments/794869)	due by 11:59pm
	 WK2 Watch Lectures/Videos for Class 3 - Searching for the "End" of Existence (https://canvas.pointloma.edu/courses/63092/assignments/794918)	due by 11:59pm
	 WK2 Pose a Question to the Professor before Class 3 (https://canvas.pointloma.edu/courses/63092/assignments/799490)	due by 11:59pm
Thu Sep 8, 2022	 WK 2 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/63092/assignments/794866)	due by 10am

Date	Details	Due
	 WK3 Required Reading for Tuesday Class Meeting (Class 4)	to do: 8pm
	 WK3 Required Reading for Tuesday Class Meeting (Class 4) with Video Links	to do: 8pm
	 WK 3 Questions before Class 4 https://canvas.pointloma.edu/courses/63092/assignments/794872	due by 11:59pm
Mon Sep 12, 2022	 WK 3 Read "The Semplica Girl Diaries" and Write a Response using Haidt Ch. 5 (Class 4) https://canvas.pointloma.edu/courses/63092/assignments/794874	due by 11:59pm
	 WK3 Watch Lectures/Videos for Class 4 - Five "Goods" of a Good Life https://canvas.pointloma.edu/courses/63092/assignments/794919	due by 11:59pm
	 WK3 Pose a Question to the Professor before Class 4 https://canvas.pointloma.edu/courses/63092/assignments/799489	due by 11:59pm
Tue Sep 13, 2022	 WK 3 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/63092/assignments/794871	due by 10am
	 WK3 Required Reading for Thursday Class Meeting (Class 5)	to do: 8:55pm
	 WK3 Required Reading for Thursday Class Meeting (Class 5) with Video Links	to do: 8:55pm
Wed Sep 14, 2022	 WK 3 Questions before Class 5 https://canvas.pointloma.edu/courses/63092/assignments/794873	due by 11:59pm
	 WK3 Watch Lectures/Videos for Class 5 - Know thy Elephant (Happiness) https://canvas.pointloma.edu/courses/63092/assignments/794920	due by 11:59pm
	 WK3 Pose a Question to the Professor before Class 5 https://canvas.pointloma.edu/courses/63092/assignments/799488	due by 11:59pm

Date	Details	Due
Thu Sep 15, 2022	 WK 3 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/63092/assignments/794870)	due by 10am
	 WK4 Required Reading for Tuesday Class Meeting (Class 6)	to do: 8pm
	 WK4 Required Reading for Tuesday Class Meeting (Class 6) with Video Links	to do: 8pm
	 WK 4 Questions before Class 6 (https://canvas.pointloma.edu/courses/63092/assignments/794877)	due by 11:59pm
Mon Sep 19, 2022	 WK 4 Watch Lectures/Videos for Class 6 - "Good" Relationships (https://canvas.pointloma.edu/courses/63092/assignments/794879)	due by 11:59pm
	 WK4 Watch "Ralph Breaks the Internet" and respond using Haidt Ch. 6 (Class 6) (https://canvas.pointloma.edu/courses/63092/assignments/794922)	due by 11:59pm
	 WK4 Pose a Question to the Professor before Class 6 (https://canvas.pointloma.edu/courses/63092/assignments/799487)	due by 11:59pm
Tue Sep 20, 2022	 WK 4 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/63092/assignments/794876)	due by 10am
Wed Sep 21, 2022	 WK4 Required Reading for Thursday Class Meeting (Class 7)	to do: 8am
	 WK4 Required Reading for Thursday Class Meeting (Class 7) with Video Links	to do: 8am
	 WK 4 Questions before Class 7 (https://canvas.pointloma.edu/courses/63092/assignments/794878)	due by 11:59pm
	 WK4 Watch Lectures/Videos for Class 7 - Why We Can't Flourish Without Arete (https://canvas.pointloma.edu/courses/63092/assignments/794923)	due by 11:59pm

Date	Details	Due
	 WK4 Pose a Question to the Professor before Class 7 (https://canvas.pointloma.edu/courses/63092/assignments/799486)	due by 11:59pm
Thu Sep 22, 2022	 WK 4 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/63092/assignments/794875)	due by 10am
Sun Sep 25, 2022	 WK4 Vocational Paper (https://canvas.pointloma.edu/courses/63092/assignments/794921)	due by 11:59pm
	 WK5 Required Reading for Tuesday Class Meeting (Class 8)	to do: 8pm
	 WK5 Required Reading for Tuesday Class Meeting (Class 8) with Video Links	to do: 8pm
Mon Sep 26, 2022	 WK 5 Questions before Class 8 (https://canvas.pointloma.edu/courses/63092/assignments/794882)	due by 11:59pm
	 WK5 Watch Lectures/Videos for Class 8 - Vital Engagement (https://canvas.pointloma.edu/courses/63092/assignments/794925)	due by 11:59pm
	 WK5 Pose a Question to the Professor before Class 8 (https://canvas.pointloma.edu/courses/63092/assignments/799485)	due by 11:59pm
Tue Sep 27, 2022	 WK 5 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/63092/assignments/794881)	due by 10am
Wed Sep 28, 2022	 WK5 Required Reading for Thursday Class Meeting (Class 9)	to do: 8pm
	 WK5 Required Reading for Thursday Class Meeting (Class 9) with Video Links	to do: 8pm
	 WK 5 Questions before Class 9 (https://canvas.pointloma.edu/courses/63092/assignments/794883)	due by 11:59pm

Date	Details	Due
	 WK5 Watch Lectures/Videos for Class 9 - Spirituality for "Goodness Sake" (Part 1) https://canvas.pointloma.edu/courses/63092/assignments/794926	due by 11:59pm
	 WK5 Pose a Question to the Professor before Class 9 https://canvas.pointloma.edu/courses/63092/assignments/799484	due by 11:59pm
Thu Sep 29, 2022	 WK 5 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/63092/assignments/794880	due by 10am
Fri Sep 30, 2022	 WK5 Vital Engagement in a Vocation Video https://canvas.pointloma.edu/courses/63092/assignments/794924	due by 11:59pm
Sun Oct 2, 2022	 WK6 Take Good Life Survey #2 https://canvas.pointloma.edu/courses/63092/assignments/794929	due by 11:59pm
	 WK6 Required Reading for Tuesday Class Meeting (Class 10)	to do: 8pm
	 WK6 Required Reading for Tuesday Class Meeting (Class 10) with Video Links	to do: 8pm
	 WK 6 Questions before Class 10 https://canvas.pointloma.edu/courses/63092/assignments/794886	due by 11:59pm
Mon Oct 3, 2022	 WK 6 Watch Lectures/Videos for Class 10 - Spirituality for "Goodness Sake" (Part 2) https://canvas.pointloma.edu/courses/63092/assignments/794888	due by 11:59pm
	 WK6 Liturgical Examen https://canvas.pointloma.edu/courses/63092/assignments/794928	due by 11:59pm
	 WK6 Pose a Question to the Professor before Class 10 https://canvas.pointloma.edu/courses/63092/assignments/799483	due by 11:59pm
Tue Oct 4, 2022	 WK 6 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/63092/assignments/794885	due by 10am

Date	Details	Due
Wed Oct 5, 2022	 WK6 Required Reading for Thursday Class Meeting (Class 11).	to do: 8pm
	 WK6 Required Reading for Thursday Class Meeting (Class 11) with Video Links	to do: 8pm
	 WK 6 Questions before Class 11 (https://canvas.pointloma.edu/courses/63092/assignments/794887)	due by 11:59pm
	 WK6 Watch Lectures/Videos for Class 11 - Changing for Good - The Giving Tree (https://canvas.pointloma.edu/courses/63092/assignments/794930)	due by 11:59pm
	 WK6 Pose a Question to the Professor before Class 11 (https://canvas.pointloma.edu/courses/63092/assignments/799482)	due by 11:59pm
Thu Oct 6, 2022	 WK 6 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/63092/assignments/794884)	due by 10am
Sun Oct 9, 2022	 WK6 Good Life Essay #1 (https://canvas.pointloma.edu/courses/63092/assignments/794927)	due by 11:59pm
Mon Oct 10, 2022	 WK7 Required Reading for Tuesday Class Meeting (Class 12).	to do: 8pm
	 WK7 Required Reading for Tuesday Class Meeting (Class 12) with Video Links	to do: 8pm
	 WK 7 Questions before Class 12 (https://canvas.pointloma.edu/courses/63092/assignments/794891)	due by 11:59pm
	 WK7 Listen to: The True Hard Work of Love... (Class 12) (https://canvas.pointloma.edu/courses/63092/assignments/794932)	due by 11:59pm
	 WK7 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/63092/assignments/794933)	due by 11:59pm

Date	Details	Due
	 WK7 Pose a Question to the Professor before Class 12 (https://canvas.pointloma.edu/courses/63092/assignments/799481)	due by 11:59pm
Tue Oct 11, 2022	 WK 7 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/63092/assignments/794890)	due by 10am
	 WK7 Required Reading for Thursday Class Meeting (Class 13)	to do: 8pm
	 WK7 Required Reading for Thursday Class Meeting (Class 13) with Video Links	to do: 8pm
Wed Oct 12, 2022	 WK 7 Questions before Class 13 (https://canvas.pointloma.edu/courses/63092/assignments/794892)	due by 11:59pm
	 WK7 Watch Lectures/Videos for Class 13 - Virtues and the Michelangelo Project (https://canvas.pointloma.edu/courses/63092/assignments/794934)	due by 11:59pm
	 WK7 Pose a Question to the Professor before Class 13 (https://canvas.pointloma.edu/courses/63092/assignments/799480)	due by 11:59pm
Thu Oct 13, 2022	 WK 7 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/63092/assignments/794889)	due by 10am
Sun Oct 16, 2022	 WK7 Good Life Essay #2 (https://canvas.pointloma.edu/courses/63092/assignments/794931)	due by 11:59pm
Mon Oct 17, 2022	 WK8 Required Reading for Thursday Class Meeting (Class 14)	to do: 8pm
	 WK8 Required Reading for Thursday Class Meeting (Class 14) with Video Links	to do: 8pm
	 WK 8 Questions before Class 14 (https://canvas.pointloma.edu/courses/63092/assignments/794895)	due by 11:59pm

Date	Details	Due
	 WK8 Watch Lectures/Videos for Class 14 - Triune Ethics Theory and the Virtues of Generative Care (https://canvas.pointloma.edu/courses/63092/assignments/794935)	due by 11:59pm
	 WK8 Pose a Question to the Professor before Class 14 (https://canvas.pointloma.edu/courses/63092/assignments/794979)	due by 11:59pm
Tue Oct 18, 2022	 WK 8 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/63092/assignments/794893)	due by 10am
Thu Oct 20, 2022	 Senior ETS Exam (for Psychology Majors) (https://canvas.pointloma.edu/calendar?event_id=127357&include_contexts=course_63092)	12am
	 WK 8 ETS Examination on Tuesday (https://canvas.pointloma.edu/courses/63092/assignments/794894)	due by 10am
	 WK9 Required Reading for Tuesday Class Meeting (Class 15)	to do: 8pm
	 WK9 Required Reading for Tuesday Class Meeting (Class 15) with Video Links	to do: 8pm
	 WK 9 Questions before Class 15 (https://canvas.pointloma.edu/courses/63092/assignments/794898)	due by 11:59pm
Mon Oct 24, 2022	 WK 9 Self-Compassion Homework (Class 15) (https://canvas.pointloma.edu/courses/63092/assignments/794901)	due by 11:59pm
	 WK9 Watch Lectures/Videos for Class 15 - Self-Compassion (https://canvas.pointloma.edu/courses/63092/assignments/794936)	due by 11:59pm
	 WK9 Pose a Question to the Professor before Class 15 (https://canvas.pointloma.edu/courses/63092/assignments/799478)	due by 11:59pm
	 WK9 Pose a Question to the Professor before Class 16 (https://canvas.pointloma.edu/courses/63092/assignments/799477)	due by 11:59pm

Date	Details	Due
Tue Oct 25, 2022	 WK 9 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/63092/assignments/794897)	due by 10am
	 WK9 Required Reading for Thursday Class Meeting (Class 17)	to do: 8pm
	 WK9 Required Reading for Thursday Class Meeting (Class 17) with Video Links	to do: 8pm
Wed Oct 26, 2022	 WK 9 Questions before Class 17 (https://canvas.pointloma.edu/courses/63092/assignments/794900)	due by 11:59pm
	 WK9 Watch Lectures/Videos on Class 17 - Mindfulness (https://canvas.pointloma.edu/courses/63092/assignments/794939)	due by 11:59pm
	 WK9 Pose a Question to the Professor before Class 17 (https://canvas.pointloma.edu/courses/63092/assignments/794976)	due by 11:59pm
Thu Oct 27, 2022	 WK 9 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/63092/assignments/794896)	due by 10am
	 WK9 Required Reading for Tuesday Class Meeting (Class 16)	to do: 8pm
	 WK9 Required Reading for Tuesday Class Meeting (Class 16) with Video Links	to do: 8pm
Sat Oct 29, 2022	 WK 9 Questions before Class 16 (https://canvas.pointloma.edu/courses/63092/assignments/794899)	due by 11:59pm
	 WK9 Watch Lectures/Videos on Class 16 - The Shadow (https://canvas.pointloma.edu/courses/63092/assignments/794938)	due by 11:59pm
Sun Oct 30, 2022	 WK10 Required Reading for Tuesday Class Meeting (Class 18)	to do: 8pm
	 WK10 Required Reading for Tuesday Class Meeting (Class 18) with Video Links	to do: 8pm

Date	Details	Due
	 WK9 Listen to the Sermon "The Ruthless Elimination of Hurry" and Respond Using Siegel, Nouwen, and Smith (https://canvas.pointloma.edu/courses/63092/assignments/794937)	due by 11:59pm
	 WK 10 Questions before Class 18 (https://canvas.pointloma.edu/courses/63092/assignments/794847)	due by 11:59pm
Mon Oct 31, 2022	 WK10 Watch Lectures/Videos on Class 18 - Mindfulness, Empathy, and Compassion (https://canvas.pointloma.edu/courses/63092/assignments/794904)	due by 11:59pm
	 WK10 Pose a Question to the Professor before Class 18 (https://canvas.pointloma.edu/courses/63092/assignments/799475)	due by 11:59pm
Tue Nov 1, 2022	 WK 10 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/63092/assignments/794846)	due by 10am
Thu Nov 3, 2022	 In-Classroom: REQUIRED ACAT Psychology Senior Exam (Extra Credit if you do well!) (https://canvas.pointloma.edu/courses/63092/assignments/794840)	due by 10am
	 WK 10 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/63092/assignments/794845)	due by 10am
Sun Nov 6, 2022	 WK11 Take Good Life Survey #3 (https://canvas.pointloma.edu/courses/63092/assignments/794907)	due by 11:59pm
Mon Nov 7, 2022	 WK11 Required Reading for Tuesday Class Meeting (Class 19)	to do: 8pm
	 WK11 Required Reading for Tuesday Class Meeting (Class 19) with Video Links	to do: 8pm
	 WK 11 Questions before Class 19 (https://canvas.pointloma.edu/courses/63092/assignments/794850)	due by 11:59pm

Date	Details	Due
	 WK11 Pose a Question to the Professor before Class 19 (https://canvas.pointloma.edu/courses/63092/assignments/799474)	due by 11:59pm
	 WK11 Watch Lectures/Videos on Class 19 - Empathy (https://canvas.pointloma.edu/courses/63092/assignments/794905)	due by 11:59pm
Tue Nov 8, 2022	 WK 11 Attendance and Participation - Tuesday (https://canvas.pointloma.edu/courses/63092/assignments/794849)	due by 10am
	 WK11 Required Reading for Thursday Class Meeting (Class 20)	to do: 8pm
	 WK11 Required Reading for Thursday Class Meeting (Class 20) with Video Links	to do: 8pm
Wed Nov 9, 2022	 WK 11 Questions before Class 20 (https://canvas.pointloma.edu/courses/63092/assignments/794851)	due by 11:59pm
	 WK11 Watch Lectures/Videos on Class 20 - Compassion (https://canvas.pointloma.edu/courses/63092/assignments/794906)	due by 11:59pm
	 WK11 Pose a Question to the Professor before Class 20 (https://canvas.pointloma.edu/courses/63092/assignments/799473)	due by 11:59pm
Thu Nov 10, 2022	 WK 11 Attendance and Participation - Thursday (https://canvas.pointloma.edu/courses/63092/assignments/794848)	due by 10am
Mon Nov 14, 2022	 WK12 Required Reading for Tuesday Class Meeting (Class 21)	to do: 8pm
	 WK12 Required Reading for Tuesday Class Meeting (Class 21) with Video Links	to do: 8pm
	 WK 12 Questions before Class 21 (https://canvas.pointloma.edu/courses/63092/assignments/794854)	due by 11:59pm

Date	Details	Due
	 WK12 Pose a Question to the Professor before Class 21 https://canvas.pointloma.edu/courses/63092/assignments/799472	due by 11:59pm
	 WK12 Watch Lectures/Videos on Class 21 - Developing Trust https://canvas.pointloma.edu/courses/63092/assignments/794909	due by 11:59pm
Tue Nov 15, 2022	 WK 12 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/63092/assignments/794853	due by 10am
	 WK12 Required Reading for Thursday Class Meeting (Class 22)	to do: 8pm
	 WK12 Required Reading for Thursday Class Meeting (Class 22) with Video Links	to do: 8pm
	 WK 12 Questions before Class 22 https://canvas.pointloma.edu/courses/63092/assignments/794855	due by 11:59pm
Wed Nov 16, 2022	 WK12 Watch "Moana" and Write a Response (Class 22) https://canvas.pointloma.edu/courses/63092/assignments/794908	due by 11:59pm
	 WK12 Watch Lectures/Videos on Class 22 - How we Learn to Trust/Mistrust https://canvas.pointloma.edu/courses/63092/assignments/794910	due by 11:59pm
	 WK12 Pose a Question to the Professor before Class 22 https://canvas.pointloma.edu/courses/63092/assignments/799471	due by 11:59pm
Thu Nov 17, 2022	 WK 12 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/63092/assignments/794852	due by 10am
Mon Nov 21, 2022	 WK13 Required Reading for Tuesday Class Meeting (Class 23)	to do: 8pm
	 WK13 Required Reading for Tuesday Class Meeting (Class 23) with Video Links	to do: 8pm

Date	Details	Due
	 WK 13 Questions before Class 23 https://canvas.pointloma.edu/courses/63092/assignments/794857	due by 11:59pm
	 WK13 Pose a Question to the Professor before Class 23 https://canvas.pointloma.edu/courses/63092/assignments/799470	due by 11:59pm
	 WK13 Watch Lectures/Videos on Class 23 - Gratitude https://canvas.pointloma.edu/courses/63092/assignments/794911	due by 11:59pm
Tue Nov 22, 2022	 WK 13 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/63092/assignments/794856	due by 10am
	 WK14 Required Reading for Tuesday Class Meeting (Class 24)	to do: 8pm
	 WK14 Required Reading for Tuesday Class Meeting (Class 24) with Video Links	to do: 8pm
Mon Nov 28, 2022	 WK 14 Questions before Class 24 https://canvas.pointloma.edu/courses/63092/assignments/794860	due by 11:59pm
	 WK14 Pose a Question to the Professor before Class 24 https://canvas.pointloma.edu/courses/63092/assignments/799469	due by 11:59pm
	 WK14 Watch Lectures/Videos on Class 24 - Cultivating Gratitude https://canvas.pointloma.edu/courses/63092/assignments/794912	due by 11:59pm
Tue Nov 29, 2022	 WK 14 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/63092/assignments/794859	due by 10am
Wed Nov 30, 2022	 WK14 Required Reading for Thursday Class Meeting (Class 25)	to do: 8pm
	 WK14 Required Reading for Thursday Class Meeting (Class 25) with Video Links	to do: 8pm

Date	Details	Due
	 WK 14 Questions before Class 25 https://canvas.pointloma.edu/courses/63092/assignments/794861	due by 11:59pm
	 WK14 Watch Lectures/Videos on Class 25 - Forgiveness https://canvas.pointloma.edu/courses/63092/assignments/794913	due by 11:59pm
	 WK14 Pose a Question to the Professor before Class 25 https://canvas.pointloma.edu/courses/63092/assignments/799468	due by 11:59pm
Thu Dec 1, 2022	 WK 14 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/63092/assignments/794858	due by 10am
Sun Dec 4, 2022	 Take Good Life Survey #4 https://canvas.pointloma.edu/courses/63092/assignments/794842	due by 11:59pm
	 WK15 Required Reading for Tuesday Class Meeting (Class 26)	to do: 8pm
	 WK15 Required Reading for Tuesday Class Meeting (Class 26) with Video Links	to do: 8pm
Mon Dec 5, 2022	 WK 15 Questions before Class 26 https://canvas.pointloma.edu/courses/63092/assignments/794864	due by 11:59pm
	 WK15 Pose a Question to the Professor before Class 26 https://canvas.pointloma.edu/courses/63092/assignments/799467	due by 11:59pm
	 WK15 Watch Lectures/Videos on Class 26 - The Three Neural Faces of Love https://canvas.pointloma.edu/courses/63092/assignments/794914	due by 11:59pm
Tue Dec 6, 2022	 WK 15 Attendance and Participation - Tuesday https://canvas.pointloma.edu/courses/63092/assignments/794863	due by 10am
Wed Dec 7, 2022	 WK15 Required Reading for Thursday Class Meeting (Class 27)	to do: 8pm

Date	Details	Due
	 WK15 Required Reading for Thursday Class Meeting (Class 27) with Video Links	to do: 8pm
	 WK 15 Questions before Class 27 https://canvas.pointloma.edu/courses/63092/assignments/794865	due by 11:59pm
	 WK15 Pose a Question to the Professor before Class 27 https://canvas.pointloma.edu/courses/63092/assignments/799466	due by 11:59pm
	 WK15 Watch Lectures/Videos on Class 27 - Course Conclusion https://canvas.pointloma.edu/courses/63092/assignments/794915	due by 11:59pm
Thu Dec 8, 2022	 WK 15 Attendance and Participation - Thursday https://canvas.pointloma.edu/courses/63092/assignments/794862	due by 10am
Thu Dec 15, 2022	 WK15 Final Exam Description	to do: 10:30am
	 Extra Credit - Fuller Integration Symposium https://canvas.pointloma.edu/courses/63092/assignments/794839	
	 Final Exam - 10:00am-12:30pm Wednesday (power outage reschedule #1) https://canvas.pointloma.edu/courses/63092/assignments/794834	
	 Final Exam - 10:30am https://canvas.pointloma.edu/courses/63092/assignments/794836	
	 Final Exam - 1:30pm Thursday (power outage reschedule #2) https://canvas.pointloma.edu/courses/63092/assignments/794838	
	 Lecture and Reading Responses https://canvas.pointloma.edu/courses/63092/assignments/794841	
	 Psychology Major Comprehensive Examination (for Minors & those without Windows PCs) https://canvas.pointloma.edu/courses/63092/assignments/794835	

Date	Details	Due
	 Ryan or Rohr? (Dungeon or Cave?) (https://canvas.pointloma.edu/courses/63092/assignments/794837)	