

PSY 4310 W01: POSITIVE PSYCHOLOGY

WEB-BASED COURSE SUMMER1 2016

Professor:	Dr. Bibiana M. Gutierrez	Office Hours:	T & R 3-4pm, or by appt.
Office:	Lawrence Hall 210	Office Phone:	432.837.8163
Email:	bmg15th@sulross.edu	Course Website:	http://sulross.blackboard.com

Required Textbook: Seligman, Martin E. P., *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*, ISBN-10: 0743222989; ISBN-13: 978-0743222983. (available in paperback).

Course Purpose: By the end of this course Students will be able to demonstrate:

1. A basic knowledge of the history of positive psychology as lived by Marty Seligman, credited as being the father of positive psychology. In this text, according to Seligman:
2. Happiness is not the result of good genes or luck.
3. Real, lasting happiness comes from focusing on one's personal strengths rather than weaknesses—and working with them to improve all aspects of one's life.
4. Use practical exercises, brief tests, and a dynamic website program to identify your highest virtues and use them in ways you have not yet considered.

Psychology Learning Objectives: The graduating psychology student will attain a level of competency in the areas of . . .

- a. Biological psychology indicating that value has been added over the course of their psychology education.
- b. Clinical-personality psychology indicating that value has been added of the course of their psychology education.
- c. Social psychology indicating that value has been added over the course of their psychology education.
- d. Experimental methods indicating that value has been added over the course of their psychology education.

Course Policies:**1. Participation:**

This is a web-based course during a 4 week summer session, so there are no regular classroom meetings. ***However your active, daily participation in this course is essential and required in order to be successful.***

The speed of a summer course condenses the 15 weeks of a normal semester into 4 very short weeks.

There is absolutely no time to procrastinate; once you get behind it is extremely difficult to catch up.

Check email and Black Board daily for any announcements and communications regarding this course.

2. Assignments:

Assignments must be turned in on time, sent to me via email as an attached file (do not use blackboard) to ensure that you are working on the course requirements and assignments.

3. Regular communications with the professor:

It is essential that you keep me current on your progress and any difficulties you may be having so that I can respond in real time to support your success.

In-person office hours are available during which you can come by and/or call with any issues.

4. Students with Special Needs:

Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the Student's responsibility to initiate a request. **Please contact Ms. Mary Schwartze, Counselor, Accessibility Services Coordinator, Ferguson Hall (Room 112) at 432.837.8363; mailing address is P.O. Box C-171 Sul Ross State University, Alpine, Texas 79832. Students should then contact the instructor as soon as possible to initiate the recommended accommodations.**

5. Religious Observance:

Any student who is absent from classes for the observance of a religious holy day will be allowed to take an exam or complete an assignment scheduled for that day. Arrangements for missing class due to a religious observance must be made with the instructor prior to that absence.

6. Course Behaviors - Respect and Disruptions:

You are encouraged and expected to openly engage in discussions, ask questions, share ideas, and express your thoughts. Please treat each other with dignity and respect and avoid disruptive behaviors. You are responsible for knowing what behaviors are acceptable versus unacceptable as referred to in the Student Conduct and Discipline section of the SRSU Student Handbook

(http://www.sulross.edu/sites/default/files//sites/default/files/users/docs/stulife/student_conduct_discipline.pdf).

7. Academic Integrity:

Any instance of academic misconduct such as turning in an identical written assignment for another course without approval, cheating and plagiarizing written assignments, collusion, or misrepresenting facts will be punished to the full extent of the university's disciplinary policy and/or through legal action if indicated. You are responsible for reading the statement on *Academic Honesty* in the SRSU Student Handbook (http://www.sulross.edu/sites/default/files//sites/default/files/users/docs/stulife/student_conduct_discipline.pdf). The faculty considers academic dishonesty to be a serious matter and will act accordingly. Students caught engaging in any form of academic dishonesty will receive no credit for assignments/exams and more severe penalties may be pursued, including but not limited to failing the course.

8. Communicating with the Professor:

The best way to contact me is through email at bibiana.gutierrez@sulross.edu. I will try to respond as soon as possible. If you do not receive a reply within 24 hours, please resend your email or call my office at 432.837.8163 and leave a message if I am unavailable. During weekends there may be a longer delay in my responding.

COURSE REQUIREMENTS:

- 1. Regular and active Black Board Participation (BP = 50 points).** Your individual activity on black board will be monitored via logs maintained by Black Board. It is your responsibility to check your email daily and for any announcements relevant to this course. (This is a subjective judgment on my part of the quality of your participation).
- 2. Fifteen Online Assessments related to the chapter readings each worth 20 points (OA = 300 points).** Ten points for taking the online assessment(s) and correctly uploading verification of having taken it to Black Board. And ten points for a ***brief reflection summary*** (paragraph in the range of 3 – 4 sentences or more if you wish) of your experience taking the assessment(s). ***These summaries will be posted publicly for all students in the course to view.*** This is for the purpose of creating a sense of universality of your experience and enhancing shared learning. It can also be a spring-board to encourage conversations among students if you wish, but not required. ***These posting will be monitored and moderated by the professor.***

- 3. Summary Reflection Paper (RP = 50 points).** A summary of your experience in this course, what you learned, how you may have changed, future aspirations, etc. **Does not need to be in APA format.** 😊 **Your work will be graded on organization, grammar, spelling, and quality of effort.** Paper must be 3-5 pages double-spaced.

GRADE SCALE:

90–100 = A; 80–89 = B; 70–79 = C; 60–69 = D; 0–59 = F

Example:

(50 pts – BP) + (12 completed assessments – 240 pts) + (50 pts – RP) + (10 pts EC) / 400 = 87.5% - “B”

Extra Credit points may be received for participating in up to two of the following activities (5pts/activity; 10pt maximum):

1. Keep a Reflection Journal. For 30 days write down at the end of each day what you have experienced/reflected upon/learned that relates to psychology. Submit a summary to me via email of what you learned upon completing; do not turn in the journal.
2. Keep a Dream Journal. For 30 days write down upon awakening what you dreamt. Submit a summary to me via email of what you learned upon completing; do not turn in the journal.
3. Participate as a research subject in a psychological experiment or other SRSU study.
4. If you have children completing the **VIA Strength Survey for Children**; five (5) points per child for up to ten (10) points maximum.
5. Suggest something that we can discuss/negotiate.

PLEASE READ: During the course of this class, Students may have strong emotional/psychological reactions to the course material and/or discussions. If you feel that you are having difficulty with the learning environment, please discuss this with me immediately before continuing the course. Counseling and Accessibility Services (<http://www.sulross.edu/section/2408/counseling-accessibility-services>) can provide brief, short-term individual and group counseling or refer you to off-campus providers. You have already paid for these services through your Student Service Fee, whether you use them or not.

If you have any issue or concern, I would appreciate you speaking with me first. If you feel we cannot come to a reasonable resolution, know that you can speak with the BASS Department Chair, Dr. Mark Saka (432.837.8157) regarding your concerns.

I endeavor to maintain a safe as possible learning environment for all and expect the highest standard of conduct from each one of us and the collective. I welcome constructive feedback in the service of this goal.

This syllabus is accurate to the best of my ability, but I reserve the right to modify it at any time and will inform you as soon as possible. If I do make any changes, I aspire to do so for the reasons of student fairness and/or circumstances beyond my control.

COURSE SCHEDULE

DATE	CHAPTER	CHAPTER	READ/ASSIGNMENTS
W – 6/1		*Access Black Board for course and complete orientation activities	
R – 6/2		Read Preface	Preface ix
F – 6/3		<i>Absolutely need to have Textbook by this date!!!!</i>	
M- 6/6	1	Positive Feeling and Positive Character	pp. 3 – 16
		Get user login for University of Penn Authentic Happiness	
		Log onto https://www.authentic happiness.sas.upenn.edu/user/login?destination=node/625	
		*(1) Take Fordyce Emotions Questionnaire	
[M – 6/6		LAST DAY TO DROP A COURSE WITHOUT CREATING AN ACADEMIC RECORD]	
T – 6/7	2	How Psychology Lost Its Way and I Found Mine	pp. 17 – 29
W – 6/8	3	Why Bother to Be Happy?	pp. 30 – 44
		*(2) Take PANAS (Positive Affectivity & Negative Affectivity Scale-Momentary) Questionnaire	
R – 6/9	4	Can You Make Yourself Lastingly Happier?	pp. 45 – 61
		*(3) Take Subjective (General) Happiness Scale	
F – 6/10		Dead line for this week's Assignments (3) <i>(by midnight)</i>	SUBMIT VIA BLACK BOARD
M- 6/13	5	Satisfaction about the Past	pp. 62 – 82
		*(4) Take Satisfaction With Life Scale	
		*(5) Take Transgression Motivation Scale	
T – 6/14	6	Optimism about the Future	pp. 83 – 101
		*(6) Take Optimism Test	
W – 6/15	7	Happiness is the Present	pp. 102 -124
		*(7) Take the Gratitude Survey	
		*(8) Take Authentic Happiness Survey	
R– 6/16	8	Renewing Strength and Virtue	pp. 125 – 133
		*(9) Take Brief Strengths Test	
F -6/17		Deadline for this week's Assignments (6) <i>(by midnight)</i>	SUBMIT VIA BLACK BOARD

COURSE SCHEDULE

DATE	CHAPTER	CHAPTER	READ/ASSIGNMENTS
M – 6/20	9	Your Signature Strengths *(10) Take VIA Survey of Character Strengths	pp. 134 – 164
T – 6/21	10	Work and Personal Satisfaction *(11) Take Work-Life Questionnaire	pp. 165 – 184
W – 6/22	11	Love *(12) Take Close Relationships Questionnaires	pp. 185 - 207
R – 6/23	12	Raising Children *Take VIA Strength Survey for Children (for each one, if you have any; counts as Extra Credit)	pp. 208 – 246
[F – 6/23 LAST DAY TO WITHDRAW FROM UNIVERISTY OR TO DROP COURSES WITH A GRADE OF “W”]			
F – 6/24		Deadline for this week’s Assignments (4) <i>(by midnight)</i>	SUBMIT VIA BLACK BOARD
M – 6/27	13	Reprise and Summary *(13) <u>Retake</u> Fordyce Emotions Questionnaire *(14) Take Approaches to Happiness	pp. 247 – 249
T – 6/28	14	Meaning and Purpose	pp. 250 – 260
W – 6/29		Happiness is not enough: Well-being Theory – PERMA Read: https://www.authentic happiness.sas.upenn.edu/node/2335 *(15) Take PERMA	
R – 6/30		*REFLECTION PAPER DUE (by midnight)	SUBMIT VIA BLACK BOARD
F – 7/1		Deadline for last week’s assignments (3) <i>(by midnight)</i>	SUBMIT VIA BLACK BOARD
M – 7/4		HOLIDAY ~~~ NO CLASSES	
T – 7/5		NO FINAL	
[W – 7/6		FINAL GRADES DUE FOR STUDENTS DUE BY NOON]	