

PSY 4310 W01: POSITIVE PSYCHOLOGY

WEB-BASED COURSE SUMMER2 2017

Professor:	Dr. Bibiana M. Gutierrez	Phone:	432.386.3223 (leave message as I do not answer unknown phone numbers)
Office:	Lawrence Hall 310		
Email:	bmg15th@sulross.edu	Course Website:	http://sulross.blackboard.com
Office Hours:	By appointment scheduled via email		

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.

Student 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.

Distance Education Statement: Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

Course Policies:**1. Participation:**

This is a web-based course during a 5 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 5 very short weeks.

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

2. 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. The most efficient way of contacting me is the **VIRTUAL OFFICE** on Black Board which gives you instructions depending on the nature of your question. **If you call my phone you must leave a message for me to call you back; I do not answer unknown numbers.**

3. 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.**

4. Religious Observance:

Any student who is unable to participate in the course for the observance of a religious holy day will be allowed to make-up an exam or complete an assignment scheduled for that day. Arrangements for missing an exam or assignment due to a religious observance must be made with the instructor prior to that absence.

5. Course Behaviors - Respect and Disruptions:

Watch the **VIDEO on NETTIQUETTE** on Black Board. You are encouraged and expected to openly engage in discussions, ask questions, share ideas, and express your thoughts in this web-based course in the same manner as in a face-to-face course. 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).

6. 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.

7. Communicating with the Professor:

The best way to contact me is through the **VIRTUAL OFFICE** on Black Board. **GENERAL QUESTIONS** are to be posted to a discussion board for all. For **PERSONAL or PRIVATE ISSUES** email the professor directly at bmg15th@sulross.edu. I strive to respond as soon as possible. If you do not receive a reply within 24 hours during the work week, please resend your email or call me at 432.386.3223 and leave a message so that I will return your call; I do not answer unknown phone numbers. During weekends there may be a longer delay in my responding.

COURSE REQUIREMENTS:

1. Regular and active **BLACK BOARD PARTICIPATION (BP = 50 points; 10 points/week)**. 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 regarding the quality of your participation, taking exams when scheduled, and posting as required).
2. Complete **ORIENTATION TO BLACK BOARD (OB = 25 points)** which includes the **SYLLABUS QUIZ**.
3. **ONLINE QUESTIONNAIRES (OQ = 20/questionnaire; total of 18)** at University of PA website; proof of taking it uploaded to Black Board.
4. **DISCUSSION POSTS (DP = 20/post; total of 19)** (paragraph in the range of 3 – 4 sentences or more if you wish) of your thoughts, feelings, ideas, reactions, and/or connections to other things you have learned as related to your chapter readings and/or online Questionnaires. **These posts will be posted publicly for all students in the course to view, cannot be revised once posted, and will be monitored by the professor.** These posts are 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 (threads) among students if you wish.
5. **REFLECTION PAPER (RP = 100 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 2-4 pages double-spaced.

EXAMPLE:

$$(BP - 40pts) + (OB - 25pts) + (DP - 360pts) + (OQ - 340pts) + (RP - 95pts) = 860/915 = 94.0 = "A"$$

GRADE SCALE:

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

***EXTRA CREDIT:** There is NO extra credit offered in this course; unless you choose to take the VIA Strength Survey for Children, if you have any (10 pts).

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 as 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	ASSIGNMENTS/READING (pages)
<u>WEEK 1</u>		
R – 7/6		Access Blackboard for course and complete orientation activities START HERE orientation to Black Board and SYLLABUS QUIZ POST INTRODUCTION (due by Sunday 7/9 <i>midnight</i> under START HERE module)
F – 7/7		Read Preface (preface ix) Dead line for this week’s Assignments (1 POST & SYLLABUS QUIZ by <i>midnight</i>) <i>Absolutely need to have Textbook by this date!!!!</i>
<u>WEEK 2</u>		
M- 7/10	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 Q1 - Take Fordyce Emotions Questionnaire POST1 (due by Tuesday 7/11 <i>midnight</i>)
T – 7/11	2	How Psychology Lost Its Way and I Found Mine (pp. 17 – 29)
W – 7/12	3	Why Bother to Be Happy? (pp. 30 – 44) Q2 - Take PANAS (Positive Affectivity & Negative Affectivity Scale-Momentary) Questionnaire POST2 (due by Thursday 7/13 <i>midnight</i>)
R – 7/13	4	Can You Make Yourself Lastingly Happier? (pp. 45 – 61) Q3 - Take Subjective (General) Happiness Scale POST3 (due by Friday 7/14 <i>midnight</i>)
F – 7/14		Dead line for this week’s Assignments (3 QUESTIONNAIRES & 3 POSTS by <i>midnight</i>)
<u>WEEK 3</u>		
M- 7/17	5	Satisfaction about the Past (pp. 62 – 82) Q4 - Take Satisfaction with Life Scale POST4 (due by Tuesday 7/18 <i>midnight</i>) Q5 - Take Transgression Motivation Scale POST5 (due by Tuesday 7/18 <i>midnight</i>)

COURSE SCHEDULE (cont)

DATE	CHAPTER	READ/ASSIGNMENTS
T – 7/18	6	Optimism about the Future (pp. 83 – 101) Q6 - Take Optimism Test POST6 (due by Wednesday 7/19 <i>midnight</i>)
W – 7/19	7	Happiness is the Present (pp. 102 -124) Q7 - Take the Gratitude Survey POST7 (due by Thursday 7/20 <i>midnight</i>) Q8 - Take Authentic Happiness Survey POST8 (due by Thursday 7/20 <i>midnight</i>)
R – 7/20	8	Renewing Strength and Virtue (pp. 125 – 133) Q9 - Take Brief Strengths Test POST9 (due by Friday 7/21 <i>midnight</i>)
F -7/21		Deadline for this week's Assignments (6 QUESTIONNAIRES & 6 POSTS <i>by midnight</i>)
<u>WEEK 4</u>		
M – 7/24	9	Your Signature Strengths (pp. 134 – 164) Q10 - Take VIA Survey of Character Strengths POST10 (due by Tuesday 7/25 <i>midnight</i>) Q11 – Take Grit Survey (character strength of perseverance) POST11 (due by Tuesday 7/25 <i>midnight</i>)
T – 7/25		<i>[LAST DAY FOR INSTRUCTOR INITIATED DROP FOR EXCESSIVE ABSENCES; PROVOST'S OFFICE BY 4 P.M.]</i>
T – 7/25	10	Work and Personal Satisfaction (pp. 165 – 184) Q12 - Take Work-Life Questionnaire POST12 (due by Wednesday 7/26 <i>midnight</i>)
W – 7/26	11	Love (pp. 185 – 207) Q13 - Take Close Relationships Questionnaires POST13 (due by Thursday 7/27 <i>midnight</i>)

COURSE SCHEDULE (cont)

DATE	CHAPTER	READ/ASSIGNMENTS
R – 7/27	12	Raising Children (pp. 208 – 246) QVIA -Take VIA Strength Survey for Children (for each one, if you have any; counts as Extra Credit) POST VIA if you wish to share with others (due by Friday 7/28)
F – 7/28		Deadline for this week's Assignments (4 QUESTIONNAIRES & 4 POSTS <i>by midnight</i>)
WEEK 5		
M – 8/31		[LAST DAY TO WITHDRAW FROM UNIVERISTY OR TO DROP COURSES WITH A GRADE OF "W"]
M – 7/31	13	Reprise and Summary (pp. 247 – 249) Q14 - <u>Retake</u> Fordyce Emotions Questionnaire POST14 (due by Tuesday 8/1 <i>midnight</i>) Q15 - Take Approaches to Happiness POST15 (due by Tuesday 8/1 <i>midnight</i>)
T – 8/1	14	Meaning and Purpose (pp. 250 – 260)
W – 8/2		Happiness is not enough: Well-being Theory – PERMA Read: https://www.authentichappiness.sas.upenn.edu/node/2335 Q16 -Take PERMA POST16 (due by Thursday 8/3 <i>midnight</i>)
R – 8/3		ACTIVITY - Do something in the service of your happiness Q17 – Take Meaning In Life Questionnaire POST17 (due by Friday 8/4 <i>midnight</i>)
F – 8/4		Deadline for last week's assignments (4 QUESTIONNAIRES, 4 POSTS, 1 ACTIVITY <i>by midnight</i>)
WEEK 6		
M – 8/7		Q18 – Take Compassionate Love Scale POST18 (due by Tuesday 8/8 <i>midnight</i>)
T – 8/8		ACTIVITY - Take time to just "BE" POST19 – Closing thoughts, comments, insights . . . (1 QUESTIONNAIRE, 2 POSTS, & 1 ACTIVITY due by Wednesday 8/9 <i>midnight</i>)
W – 8/9		*REFLECTION PAPER DUE (by midnight)

R – 8/10

NO FINAL

M – 8/14

[FINAL GRADES DUE FOR STUDENTS DUE BY NOON]