

PSY 4310 W01: AUTHENTIC HAPPINESS*WEB-BASED COURSE SUMMER1 2020*

Professor:	Dr. Bibiana M. Gutierrez	Office Hours:	Request appointment via email bmg15th@sulross.edu
Office:	Telephone appointments ONLY No in-person office hours	Office Phone:	432.386.3223 (cell/text - must leave message, identify yourself, specify course, specific question/issue)
Email:	bmg15th@sulross.edu		

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, ebook, audiobook).

Chapters from the text will be uploaded to Black Board

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.

Course Policies:**1. Participation:**

This is a web-based course during a 6 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 (432-386-3223) you must leave a message for me to call you back; I do not answer unknown numbers.**

Marketable Skills:

1. Speaking Effectively: Students will demonstrate competency in public speaking (including virtual) and communicating scientific information to diverse audiences.
2. Describing Feelings: Students will demonstrate empathic or active listening and conversational skills, and/or write clearly about their affective stance, respectfully attuned to the needs of their audiences.
3. Identifying Resources: Students will demonstrate the aptitude to locate, organize and evaluate the credibility of information from multiple sources.

4. Analyzing: Students will demonstrate ability to examine the underlying issues of a scientific problem, attending to the pertinent details and creating a plan of action, recognizing ambiguity and complexity as essential components.

Online Blackboard Support Help Desk:

The Support Desk is where you can direct your more technical questions. For example, if you are having issues submitting a document, getting videos to play, or you are dealing with a technical error in the course. The support desk is open 24 hours a day, 7 days a week for your convenience. **You can reach the support desk:**

- By calling **888.837.6055**
- Via email blackboardsupport@sulross.edu
- Using resources from the **Technology Support** tab within blackboard
- Clicking the **Support Desk graphic** on the course homepage (*available starting 5/18/2020*)

****As always, academic questions about course assignments, due dates and general course questions should be directed to me (instructor).***

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.

1. 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 Schwartz, 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.**

2. 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.

3. 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).

4. 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.

5. 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 to 48 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: *It is your responsibility to make sure you have completed all assignments. You can track your progress on Black Board at any time under the My Grades link. There are a total of 40 Assignments and 1 participation grade which the professor will submit.*

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 (SQ = 25 points)** which includes the **SYLLABUS QUIZ**.
3. **ONLINE QUESTIONNAIRES** (It is your responsibility to make sure you have completed all assignments. You can track your progress on Black Board under the **My Grades** link.
4. **Q = 20 points/questionnaire; total of 18**) at University of PA website; proof of taking it uploaded to Black Board.
5. **DISCUSSION POSTS (DP = 20 points/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.
6. **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) + (SQ- 25pts) + (DP – 360pts) + (Q – 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

WEEK 1 (5/20- 5/24)

- R – 5/20 Access Blackboard for course and complete orientation activities
START HERE orientation to Black Board and **SYLLABUS QUIZ** (due Friday 5/22 *midnight*)
- F – 5/22 **POST INTRODUCTION** (due by Friday 5/22 *midnight*) (under **START HERE** module)
- F – 5/22 **READ** Preface (preface ix) (due by Friday 5/21)
WATCH Videos Success in this Course
- SN – 5/24 **DEADLINE** for this week’s Assignments (Read preface, BB Syllabus Quiz & 1 POST by *midnight*).

WEEK 2 (5/25 – 5/31)

- M- 5/25 **READ** Chapter 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
- T – 5/26 **POST1** (due by Tuesday 5/26 *midnight*)
READ Chapter 2 - How Psychology Lost Its Way and I Found Mine (pp. 17 – 29)
- W – 5/27 **READ** Chapter 3 - Why Bother to Be Happy? (pp. 30 – 44)

Q2 - Take PANAS (Positive Affectivity & Negative Affectivity Scale-Momentary) QuestionnaireR – 5/28 **POST2** (due by Thursday 5/28 *midnight*)**READ** Chapter 4 - Can You Make Yourself Lastingly Happier? (pp. 45 – 61)**Q3 - Take Subjective (General) Happiness Scale**F – 5/29 **POST3** (due by Friday 5/29 *midnight*)**DEADLINE** for this week's Assignments (Read Chapters 1-4, 3 QUESTIONNAIRES & 3 POSTS *by midnight*)**WEEK 3 (6/1 – 6/7)**M- 6/1 **READ** Chapter 5 - Satisfaction about the Past (pp. 62 – 82)**Q4 - Take Satisfaction with Life Scale**T – 6/2 **POST4** (due by Tuesday 6/2 *midnight*)**Q5 - Take Transgression Motivation Scale****POST5** (due by Tuesday 6/2 *midnight*)**READ** Chapter 6 - Optimism about the Future (pp. 83 – 101)**Q6 - Take Optimism Test**W – 6/3 **POST6** (due by Wednesday 6/3 *midnight*)**READ** Chapter 7 - Happiness is the Present (pp. 102 -124)**Q7 - Take the Gratitude Survey**R– 6/4 **POST7** (due by Thursday 6/4 *midnight*)**Q8 - Take Authentic Happiness Survey****POST8** (due by Thursday 6/4 *midnight*)**READ** Chapter 8 - Renewing Strength and Virtue (pp. 125 – 133)**Q9 - Take Brief Strengths Test**F -6/5 **POST9** (due by Friday 6/5 *midnight*)**DEADLINE** for this week's Assignments (Read Chapters 5-8, 6 QUESTIONNAIRES & 6 POSTS *by midnight*)**WEEK 4 (6/8 – 6/14)**6/8 - *Last day for instructor initiated drop for excessive absences. Must reach the EVP and Provost of Academic Affairs' office by 4pm*6/12 - *Last day to drop a course with a "W" must be submitted to Registrars by 4pm*M – 6/8 **READ** Chapter 9 - Your Signature Strengths (pp. 134 – 164)**Q10 - Take VIA Survey of Character Strengths**

- T – 6/9 (Midterm) **POST10** (due by Tuesday 6/9 *midnight*)
Q11 – Take Grit Survey (character strength of perseverance)
POST11 (due by Tuesday 6/9 *midnight*)
READ Chapter 10 - Work and Personal Satisfaction (pp. 165 – 184)
Q12 - Take Work-Life Questionnaire
POST12 (due by Wednesday 6/10 *midnight*)
- W – 6/10 **READ** Chapter 11- Love (pp. 185 – 207)
Q13 - Take Close Relationships Questionnaires
POST13 (due by Thursday 6/11 *midnight*)
- R – 6/11 **READ** Chapter 12 - Raising Children (pp. 208 – 246)
QVIA -Take VIA Strength Survey for Children (for each one, if you have any or can use a close relative's child, like niece/nephew/godchild; counts as Extra Credit)
- F – 6/12 **POST VIA** if you wish to share with others (due by Friday 8/2)
DEADLINE for this week's Assignments (Read Chapters 9-12, 4 QUESTIONNAIRES & 4 POSTS *by midnight*)

WEEK 5 (6/15 – 6/21)

- M – 6/15 **READ** Chapter 13 - Reprise and Summary (pp. 247 – 249)
Q14 - RETAKE Fordyce Emotions Questionnaire
- T – 6/16 **POST14** (due by Tuesday 6/16 *midnight*)
Q15 - Take Approaches to Happiness
POST15 (due by Tuesday 6/16 *midnight*)
READ Chapter 14 – Meaning and Purpose (pp. 250 – 260)
- W – 6/17 **READ:** Happiness is not enough: Well-being Theory – **PERMA**
<https://www.authentic happiness.sas.upenn.edu/node/2335>
Q16 -Take PERMA
- R – 6/18 **POST16** (due by Thursday 6/18 *midnight*)
ACTIVITY1 - Do something in the service of your happiness
Q17 – Take Meaning in Life Questionnaire
- F – 6/19 **POST17** (due by Friday 8/9 *midnight*)
DEADLINE for last week's assignments (Read Chapters 13-14 & PERMA, 4 QUESTIONNAIRES, 4 POSTS, & ACTIVITY1 *by midnight*)

WEEK 6 (6/22 – 6/28)

- M – 6/22 **Q18 – Take Compassionate Love Scale**

T – 6/23 **POST18** (due by Tuesday 6/23 *midnight*)

ACTIVITY2 - Take time to “Just BE” 😊

W – 6/24 **POST19** – Closing thoughts, comments, insights . . . (1 QUESTIONNAIRE, 2 POSTS, & ACTIVITY2 due by Wednesday 6/24 *midnight*)

***REFLECTION PAPER DUE (100 points) (by midnight)**

TOTAL of 40 Assignments in Black Board – Your responsibility to CHECK My Grades to make sure you have completed them all

Final Exam in this course is your Reflection Paper

Monday 6/29 - Final grades posted by noon (12pm)

It is the responsibility of the student to make sure all exams, posts, and summary paper are completed by Friday 6/26. You can check My Grades in blackboard to see all of your grades.

Please do not email asking what your grade is in the class and when it will be posted. Grades will be posted by due date listed in SRSU Academic Calendar.