

**PSYCHOLOGY 228: Positive Psychology (CRN: 13278/4 credits)
MW 1:00-2:40 (OCH129)
Winter 2016**

***Recommended prerequisite: reading placement into WR65**

PROFESSOR: Dr. Andria Woodell

OFFICE: Modoc 217

OFFICE HOURS: Monday/Tuesday 3:00-4:30; Tuesday/Thursday 9:00-10:00

PHONE: 383-7786

EMAIL: awoodell@cocc.edu

TEXT AND MATERIALS:

- **Required:**
 - Snyder, Pedrotti, & Synder (2015). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. Third Edition. Sage: Belmont, CA. [ISBN:978-1-4522-7643-4]
 - Articles for quizzes and assessment days (See Blackboard)

COURSE DESCRIPTION: This course explores the components necessary to help a person flourish in their environment by addressing the bio-psycho-social aspects that contribute to positive behaviors and human strengths. Material will overview of the theories of happiness, importance of self-care and positive social cognitions, utilizing strengths in personal and professional venues, and means of achieving healthy relationships personally and with ones' community.

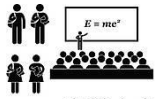
This course satisfies the AAOT Social Science and Cultural Literacy requirements.

1. Apply analytical skills to social phenomena in order to understand human behavior; and
2. Apply knowledge and experience to foster personal growth and better appreciate the diverse social world in which we live.
3. Identify and analyze complex practices, values, and beliefs and the cultural and historically meanings of difference.

Course Outcomes

1. Describe the historical development of the field of positive psychology.
2. Describe how of happiness and other positive psychology concepts are interpreted and expressed cross-culturally.
3. Explain the current research regarding the effects stress has on the body and the necessity of self-care.
4. Explain the different concepts of happiness and factors that increase or decrease one's levels of positive emotion and life satisfaction.
5. Describe qualities of positive social cognition and explain why it is important to maintain a balanced perspective when addressing raising self-esteem and optimism.
6. Demonstrate an understanding of Flow and Signature Strengths and apply them to personal interests, academics and employment situations.

7. Explain the dynamics of healthy relationships and how one can maintain positive social interactions.
8. Describe the impact of helping on personal well-being and the factors that increase or impede helping behaviors and heroism.
9. Demonstrate through discussion, article analysis, and written assignments their ability to critique controversial issues concerning positive psychology and apply this knowledge to everyday human behavior.



Conduct Policy:

Being adult learners, you are expected to be respectful of your professor and other students by avoiding behaviors that are disruptive to the learning experience, such as:

- Talking, texting or surfing the web
- Wearing heavy perfumes (some people are allergic)
- Eating noisy or aromatic foods (it makes people hungry)

Set phones to silent and if you must take a call or leave class, sit near a door so you can leave exit with minor disturbance. If a student's behavior becomes excessively distracting and interferes with the learning environment, you will be asked to leave.



Email Policy:

I do not check email or respond to email after I leave campus. This is typically around 5 p.m. during the weekdays. I do not check email during the weekend.

- Plan accordingly. I will answer emails as promptly as possible when at school.
- Grades or bigger concerns will not be discussed over email to avoid miscommunication.
- I will not discuss a grade until you have read your feedback from an assignment and have specific questions.
- I have a zero tolerance policy for aggressive or threatening emails.
- Feel free to send me interesting or entertaining links related to class!
- **EMAIL ETIQUETTE:** when sending an email, type **PSY228** in the subject line and make sure you have included your first and last name (particularly if you are texting). It will help me stay organized and reduce the chance of losing your email.
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Attendance Policy: You are not required to attend class, but my students find it difficult to be successful in my courses with poor attendance. If you miss a lecture class day:

- When you miss, it is your responsibility to use the class resources (Blackboard/book) or work with another student to learn the material you missed.

- If you miss a full lecture day, you can outline a book chapter for 3 points. If you miss one point for leaving early or arriving late, you can submit a weekly goal sheet (see Bb) for that point. You have two class periods to submit the assignments either in class or via email or they will not count.



Make-up Policy: The makeup policy only applies to exams. All other major assignments are due by set deadlines. Students should complete extra credit to recover point loss.

You may makeup an exam, if you notify me BEFORE the test is taken that day via voicemail, email, in person, etc.

- **First missed exam:**
 - Text will be sent to Testing and Tutoring in the basement of the library. You will have until the next class period to complete the exam before the grade converts to a 0. If you are unable to complete the exam in the designated time frame, contact me to arrange an extension.
- **Missing more than one exam:**
 - All exams will be sent to Testing and Tutoring the morning of the last Friday before finals week. You must complete all exams by the end of the day or the exams will be scored as a 0. These exams will be generated by a test bank. The study guides may or may not be beneficial since a majority of the information will be strictly from the textbook.
- **Rescheduling finals:** Finals dates and times are set by campus standards. If you need to reschedule a final, you are required to submit a petition (available online). This form will need approval from the department chair, dean of instruction and myself. Petitions are accepted up to a week before the designated final.
- **Failure to notify me before the test:**
 - You must provide documentation for your absence before the next class period or the exam is recorded as a 0. If approved for a makeup, you will receive an automatic 15% late reduction. Exams must be completed by arranged date.

Campus Policies

- COCC maintains a “Student Rights & Responsibilities” statement which guides students as to their responsibilities (e.g., academic honesty, adherence to campus policies), but also ensures them of their rights (e.g, protection of private information, right to participate in student government). The full document can be found on the COCC website.
- **Americans with Disabilities Statement:** Students with documented disabilities who may need special instructional accommodations or who may need special arrangements in the event of an evacuation should notify the instructor as soon as possible, no later than the second week of the term. Students may contact COCC Disability Office in Boyle Education Center to discuss special needs, 383-7583.
- **COCC Non-Discrimination Policy:** Central Oregon Community College is an affirmative action, equal opportunity institution. It is the policy of the Central Oregon Community College Board of Directors that there will be no discrimination or harassment on the basis of age, disability, gender, marital status, national origin, race, religion, sexual

orientation, or veteran status in any educational programs, activities or employment. Persons having questions about equal opportunity and non-discrimination, please contact Human Resources for referral to the appropriate personnel, 383-7236.

- **Student Insurance:** Students are not covered by medical insurance while on campus or involved in college classes and activities. Students are responsible for their own medical and dental insurance coverage.
- **Academic Honesty:** Cheating will not be tolerated in this course. If students have cheated on an exam or project, the assignment will be scored a 0. In addition, plagiarized papers will not be graded. If cheating is suspected but definitive proof is not available, I reserve the right to re-administer any examination or assignment in question.
<http://studentlife.cocc.edu/Resources/Policies/Right/default.aspx>
- **Children:** Students are not allowed to bring children to class or leave children outside the classroom in accordance with COCC policies. Material is not always age-appropriate and some students find them distracting. If you are interested in COCC becoming a more family-friendly campus, please contact your ASCOCC representative and let your voice be heard!
- **Counseling: I am not a clinical psychology and am in no means trained in therapy!** I am happy to help students on advising issues, methods of insuring success in the classroom, and other class-related topics. However, it would be unethical for me to counsel students in more social realms of their lives. COCC, in partnership with a partnership with St. Charles Medical Center, provides free limited counseling to any credit or ABE student. Counselors are available in the CAP Center 20 hours a week to provide brief counseling, which is a solutions-based approach (we do not provide long term therapy but can provide students with referrals). All counseling sessions are confidential between the counselor and the student. Students can make an appointment through the CAP Center (7200). More information is located on the web at cap.cocc.edu under Personal Counseling



Required Technology

COCC email account: This is my primary means of contact with my students, particularly in emergencies. Check regularly—I would suggest at least once a day. “I do not check my email” is not considered a valid excuse for you not knowing about class updates.

Blackboard (Bb): To be successful, it is VITAL that you are familiar with Blackboard. If you have never used Blackboard, please speak with me after class so I can give you a quick tutorial.

- Login: Student 820#
- Initial Password: First and last initials capped + birth date. (e.g., John Smith = JS111295)

If you are unable gain access, contact me or email the CyberAdvisor at cyberadvisor@cocc.edu. Students are expected to access to a reliable computer. Please complete your assignments in the computer lab if you are unable to do so at home.

Grading Policy

In Blackboard read the following documents for more information on how to complete each activity: Assignment Overview and Blog Project Instructions

Quizzes: (CO #9)

Exams: (All outcomes)

Positive Experience Blog : (SSO #1,2 and CO # 9)

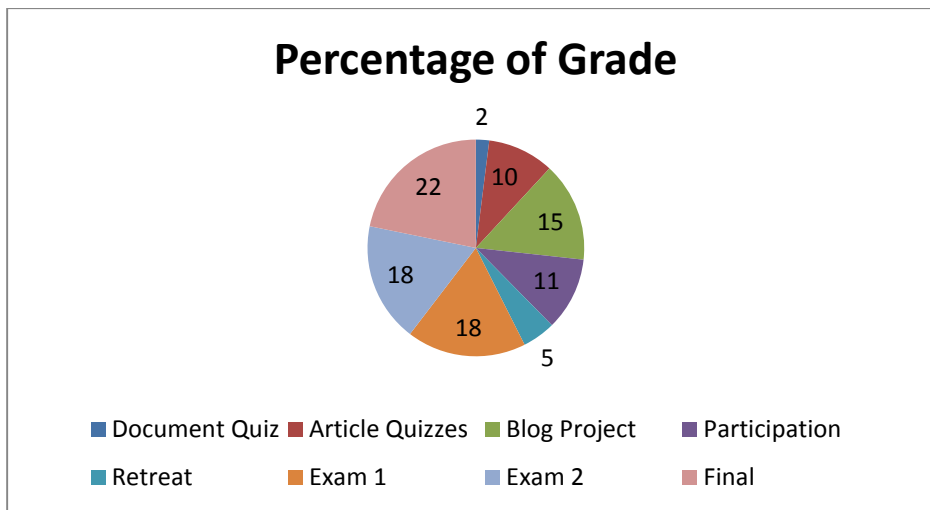
Participation: (CO #9)

Positive Psychology Retreat (CO# 9, SS#2)

Extra Credit (CO #9)

Grading: See table below. Grades are posted on blackboard. Students are responsible for knowing their performance and seeking help when needed.

Assignment	Points		Percentages	Letter Grade
Document Quiz	10			
Quizzes	40		90%-100%	A
Exam 1	70		80%-89%	B
Exam 2	70		70%-79%	C
Final	85		60%-69%	D
Blog Project	55		<59%	F
Participation	45			
Retreat	20			



TENTATIVE LECTURE SCHEDULE

- Follow the blog handout for deadlines for postings!!! Blogs are due by 11:59 pm on Sunday of that week unless otherwise specified in the instructions.
- We will be bouncing around in the textbook. Use your study guides and book index to focus your reading for the exams. If you are making up points, look at Table of Content and select a chapter that covers the material.

Date	Topic	Due Dates
1-4	Syllabus/Introduction	Available Quizzes: <ul style="list-style-type: none"> • Course Documents Quiz • Quiz 1: How to Read a Journal Article
1-6	What is Positive Psychology?	
1-11	Changing Your Behaviors	Documents Quiz Due Quiz 1 Due Quiz 2 available: Understanding the Have-Knots: The Role of Stress in Just about Everything.
1-13	Stress and the body	
1-18	MLK holiday	
1-20	Self-Care and Resiliency	
1-25	Assessment Day! ☺ Bring article and pencil. BE ON TIME! See Study Guide for material <u>Required Articles:</u> “Live your best life ever” v. “An intellectual movement for the Masses”	Quiz 2 Due Quiz 3 available: The Peculiar Longevity of Things Not So Bad
1-27	Defining happiness	
2-1	Social Cognition: power of attitude	
2-3	Social Cognition: power of attitude	Quiz 3 Due Quiz 4: In Control and Glad of It!
2-8	Self-efficacy and Mindset	
2-10	Wrap Up	
2-15	Assessment Day! ☺ Bring article and pencil. BE ON TIME!! See study guide for material <u>Articles:</u> “Positivity Affect and Human Flourishing” vs. “The British Amateur Who Debunked Mathematics of Happiness”	Quiz 4: Due Quiz 5: Beyond Boredom and Anxiety
2-17	Flow, play and seeking meaning	
2-22	Rewarding Careers	
2-24	Social Connections	
2-29	Beyond ourselves: helping and heroism	Quiz 5: Due Quiz 6: Jigsaw Groups and the Desegregated Classroom

3-2	Changing the world with Fun	
3-7	Putting it all together: Cork Boats and Happiness	
3-9	Positive Psychology Retreat	Quiz 6 Due Deadline for makeup work/extra credit
Wednesday, March 16 @ 1:00-3:00	<p>Final Assessment Day!! ☺ Bring Pencil and Articles. BE ON TIME!</p> <p>See Study Guide for material</p> <p><u>Articles:</u> “Healthy Marriage Initiatives” v. “Bad Marriages”</p>	