

PSY 007: POSITIVE PSYCHOLOGY

Originator

Linda Emerson

Co-Contributor(s)**Name(s)**

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Justification / Rationale

The course is being modified to include distance education.

Effective Term

Fall 2021

Credit Status

Credit - Degree Applicable

Subject

PSY - Psychology

Course Number

007

Full Course Title

Positive Psychology

Short Title

POSITIVE PSYCHOLOGY

Discipline**Disciplines List**

Psychology

Modality

Face-to-Face

100% Online

Hybrid

Catalog Description

The course provides an introduction to positive psychology. Positive psychology uses the tools of rigorous science to examine the sources and nature of positive human strengths, characteristics, resources, and aspirations. This course is designed to explore the concepts, research behind the concepts, techniques, resiliency factors and exercises to enhance optimism, decrease stressors, and significantly increase wellbeing. Topics include happiness, self-esteem, self-knowledge, empathy, compassion, friendship, hope, goal setting, love, parenting, achievement, positive education, positive organizations, resilience, creativity and flow, mindfulness, spirituality, and humor. This course is offered in the Spring semester of even-numbered years.

Schedule Description

This introductory positive psychology course uses the tools of rigorous science to examine the sources and nature of well being and will address topics such as happiness, strengths, self-knowledge, empathy, compassion, friendship, hope, goal setting, love, parenting, achievement, positive education, positive organizations, resilience, mindfulness, spirituality, and humor. Advisory: ENG 061

Lecture Units

3

Lecture Semester Hours

54

Lab Units

0

In-class Hours

54

Out-of-class Hours

108

Total Course Units

3

Total Semester Hours

162

Prerequisite Course(s)

Advisory: ENG 061

Required Text and Other Instructional Materials**Resource Type**

Book

Author

Lopez, S.J., Teramoto Pedrotti, J., Snyder, C.R.

Title

Positive Psychology: The Scientific and Practical Explorations of Human Strengths

Edition

4

City

Thousand Oaks, CA

Publisher

Sage Publications, Inc.

Year

2018

College Level

Yes

Flesch-Kincaid Level

13.8

ISBN #

9781506357355

For Text greater than five years old, list rationale:

We are using the latest edition of the text.

Class Size Maximum

50

Entrance Skills

Advisory Skills:

Synthesize ideas and information from multiple sources.

Requisite Course Objectives

ENG 061-Demonstrate the ability to think critically and express ideas using various patterns of development.

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

Entrance Skills

Form a controlling idea in writing

Requisite Course Objectives

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

Entrance Skills

Evaluate and use specific data to support general ideas.

Requisite Course Objectives

ENG 061-Demonstrate the ability to think critically and express ideas using various patterns of development.

ENG 061-Demonstrate the ability to use research skills including library resources such as books, periodicals, electronic databases and online resources such as the internet.

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

Course Content
I: LOOKING AT PSYCHOLOGY FROM A POSITIVE PERSPECTIVE

1. Welcome to Positive Psychology
2. Eastern and Western Perspectives on Positive Psychology
3. Classifications and Measures of Strengths and Positive Outcomes

II: POSITIVE PSYCHOLOGY IN CONTEXT

4. Developing Strengths and Living Well in a Cultural Context
5. Living Well at Every Stage of Life

III: POSITIVE EMOTIONAL STATES AND PROCESSES

6. The Principles of Pleasure: Understanding Positive Affect, Positive Emotions, Happiness, and Well-Being
7. Making the Most of Emotional Experiences: Emotion-Focused Coping, Emotional Intelligence, Socioemotional Selectivity, and Emotional Storytelling

IV: POSITIVE COGNITIVE STATES AND PROCESSES

8. Seeing Our Futures Through Self-Efficacy, Optimism, and Hope
9. Wisdom and Courage: Two Universal Virtues
10. Mindfulness, Flow, and Spirituality: In Search of Optimal Experiences

V: PROSOCIAL BEHAVIOR

11. Empathy and Egotism: Portals to Altruism, Gratitude, and Forgiveness
12. Attachment, Love, and Flourishing Relationships

VI: UNDERSTANDING AND CHANGING HUMAN BEHAVIOR

13. Balanced Conceptualizations of Mental Health and Behavior
14. Interceding to Prevent the Bad and Enhance the Good

VII: POSITIVE ENVIRONMENTS

15. Positive Schooling
16. Good Work: The Psychology of Gainful Employment
17. The Me/We Balance: Building Better Communities

VIII: A POSITIVE LOOK AT THE FUTURE OF PSYCHOLOGY

18. Going Positive

Course Objectives

	Objectives
Objective 1	Identify and evaluate research that supports the principles, the strategies, and the skills of positive psychology.
Objective 2	Compare and contrast Eastern and Western Perspectives on Positive Psychology.
Objective 3	Distinguish between various classifications of human strengths and select and interpret the appropriate measures of each.

Objective 4	Evaluate the human strength components associated with positive outcomes in childhood, adulthood and old age.
Objective 5	Appraise the influence of culture on the theory, research and application of positive psychology.
Objective 6	Compare and contrast positive affect, positive emotion, happiness, and well-being.
Objective 7	Select and use correct measures to evaluate dimensions of subjective well-being and be able to interpret results of these measures.
Objective 8	Identify characteristics associated with emotional intelligence and identify a process through which these characteristics could be strengthened further.
Objective 9	Identify, compare and contrast the human strengths of self-efficacy, optimism and hope.
Objective 10	Differentiate between the human strengths of wisdom and courage and identify how these strengths contribute to subjective well-being.
Objective 11	Compare and contrast the processes and effects of mindfulness and flow.
Objective 12	Develop a strategy to apply a mindful approach to daily living, including academic study.
Objective 13	Compare and contrast the processes and effects of altruism, gratitude and forgiveness, select correct measure to evaluate each, interpret results of each measure and develop activities to increase each of these.
Objective 14	Compare and contrast multiple theories of love.
Objective 15	Identify and evaluate components that add to or detract from a positive environment in personal lives, school, work, and the community.
Objective 16	Become more aware of their own strengths and virtues and learn strategies to increase their well-being and overall quality of life.
Objective 17	Acquire techniques to increase satisfaction with families and personal relationships

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

Outcome 1	Identify the impact of positive psychology on the individual, interpersonal relationships and a diverse global society.
Outcome 2	Demonstrate applications of Positive Psychology exercises and interventions.
Outcome 3	Evaluate critically about ideas and findings of Positive Psychology.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Discussion	Discussion questions will be utilized and threaded throughout the lecture to engage students and encourage them to articulate the sources and nature of positive human strengths, characteristics, resources, and aspirations.
Collaborative/Team	Students will work collaboratively in a group to study the impact of positive psychology on the individual, interpersonal relationships, and diverse global society (i.e. resiliency factors, exercises to enhance optimism, decrease stressors, and significantly increase wellbeing.). As a collaborative team, they will research to compare, contrast, identify, and discuss the research and ideas in the scientific study of positive psychology.
Activity	Various activities from analyzing ideas and findings of positive psychology to exercises and interventions related to positive psychology.
Participation	Participation will be part of the required part of the course grade, including asking and answering questions in class, participating in both in-class and group discussions, completing in-class activities and worksheets, and sharing perspectives to reinforce learning.
Technology-based instruction	Documentaries, films, and short clips will be utilized to reinforce course concepts.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Mid-term and final evaluations	There will be a midterm and a final exam using true/false multiple-choice and short-answer questions.	In and Out of Class

Student participation/contribution	Students will discuss individually and in small groups, various topics covered in the class.	In and Out of Class
Tests/Quizzes/Examinations	Quizzes taken via canvas covering the various issues discussed in class and the reading assigned that week.	In and Out of Class
Group activity participation/observation	Students will discuss in small groups various topics covered in the class.	In and Out of Class
Presentations/student demonstration observations	Groups of students will present a final project related to a topic covered in positive psychology. Students will be required to discuss the cultural and social relevance and articulate major applicable positive psychology theories.	In and Out of Class
College level or pre-collegiate essays	Choose a positive psychology relevant issue with regard to happiness, self-esteem, self-knowledge, empathy, compassion, friendship, hope, goal setting, love, parenting, achievement, positive education, positive organizations, resilience, creativity and flow, mindfulness, spirituality, or humor. Students will write a detailed research paper on the issue chosen.	In and Out of Class

Assignments

Other In-class Assignments

1. View video/DVD materials, including taking notes.
2. Presentations by students, in groups or singly.
3. Participate in class research projects, involving collection, compilation and interpretation of data, including composition of written or oral reports.
4. Examinations of various types.
5. Small and large group discussion.

Other Out-of-class Assignments

1. Readings in the textbook and in recommended supplementary literature
2. Prepare special reports or presentations by students, in panel or singly.
3. Class research projects involving the collection, compilation and interpretation of data, including the composition of written or oral reports.
4. Complete and analyze various on-line measures of subjective well-being and write papers as such.

Grade Methods

Letter Grade Only

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

N/A

If used, explain how specific materials and resources outside the LMS will be used to enhance student learning.

N/A

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Discussion forums with substantive instructor participation
 Online quizzes and examinations
 Regular virtual office hours

Timely feedback and return of student work as specified in the syllabus
Video or audio feedback
Weekly announcements

External to Course Management System:

Direct e-mail
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)
Teleconferencing
Telephone contact/voicemail

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

We believe the strategies discuss above are the best and most common way to maintain regular effective contact with students. There will be discussions in which the students will interact with each other and the instructor. Moreover, students will be encouraged to interact with each other. Additionally, watching and commenting on videos, creating group projects, weekly announcements, quizzes, and timely feedback ensures students get the optimal level of interaction with the instructor and class.

If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.

N/A

Other Information**Comparable Transfer Course Information****University System**

UC

Campus

UC Riverside

Course Number

Psy 049

Rationale

The two community colleges with UC/CSU transferability for Positive Psychology are: 1) College of the Canyons PSYCH 1802) Santa Barbara City College PSY 106

University System

UC

Campus

UC San Diego

Course Number

157-Happiness

COD GE

C2 - Social and Behavioral Science

CSU GE

E - Lifelong Understanding and Self-Development

MIS Course Data**CIP Code**

42.0101 - Psychology, General.

TOP Code

200100 - Psychology, General

SAM Code

E - Non-Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transferable to both UC and CSU

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals**Curriculum Committee Approval Date**

11/18/2021

Academic Senate Approval Date

12/09/2021

Board of Trustees Approval Date

01/21/2022

Chancellor's Office Approval Date

03/11/2010

Course Control Number

CCC000507547

Programs referencing this course

Psychology AA-T Degree (<http://catalog.collegeofthedesert.eduundefined/?key=19>)

Psychology AA Degree (<http://catalog.collegeofthedesert.eduundefined/?key=21>)

Liberal Arts: Social and Behavioral Sciences AA Degree (<http://catalog.collegeofthedesert.eduundefined/?key=30>)

Alcohol and Drug Studies AS Degree (<http://catalog.collegeofthedesert.eduundefined/?key=66>)