

# PSY 007: POSITIVE PSYCHOLOGY

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**Originator**

Linda Emerson

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

elvelazquez

**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

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**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.

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**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 discussed 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

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**University System**

UC

**Campus**

UC San Diego

**Course Number**

157-Happiness

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**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>)