

Course Outline of Record

1. Course Code: PSY-007
2.
  - a. Long Course Title: Positive Psychology
  - b. Short Course Title: POSITIVE PSYCHOLOGY
3.
  - a. Catalog Course Description:
 

The course will provide 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 well-being. 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.
  - b. Class Schedule Course 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.
  - c. Semester Cycle (if applicable): N/A
  - d. Name of Approved Program(s):
    - PSYCHOLOGY Associate in Arts for Transfer Degree (AA-T)
    - PSYCHOLOGY AA Degree and Transfer Preparation
4. Total Units: 3.00      Total Semester Hrs: 54.00  
 Lecture Units: 3      Semester Lecture Hrs: 54.00  
 Lab Units: 0      Semester Lab Hrs: 0  
 Class Size Maximum: 50      Allow Audit: Yes  
 Repeatability No Repeats Allowed  
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
 

Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)

 Advisory: ENG 061
6. Textbooks, Required Reading or Software: (List in APA or MLA format.)
  - a. Seligman, Martin (2002). *Authentic Happiness: Using the New Positive Psychology to Realize your Potential for Lasting Fulfillment* New York Free Press.  
 College Level: Yes  
 Flesch-Kincaid reading level: 13.8
  - b. Clifton, Donald (2006). *Strengths Quest* (2nd /e). Omaha Gallup.  
 College Level: Yes  
 Flesch-Kincaid reading level: 13.8
  - c. Snyder, C.R. & Lopez, Shane J. (2011). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths* Thousand Oaks, CA Sage Publications, Inc..  
 College Level: Yes  
 Flesch-Kincaid reading level: 13.8
7. Entrance Skills: *Before entering the course students must be able:*

**Advisory Skills:**

  - a.
 

Synthesize ideas and information from multiple sources.

- 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.

b.

Form a controlling idea in writing

- 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.

c.

Evaluate and use specific data to support general ideas.

- 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.

8. Course Content and Scope:

Lecture:

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

Lab: (if the "Lab Hours" is greater than zero this is required)

9. Course Student Learning Outcomes:

1.

Identify and discuss the research and ideas in the scientific study of positive psychology.

2.

Demonstrate applications of Positive Psychology exercises and interventions.

3.

Evaluate critically about ideas and findings of Positive Psychology.

4.

Recognize and appreciate the impact of positive psychology on the individual, interpersonal relationships and a diverse global society.

10. Course Objectives: *Upon completion of this course, students will be able to:*

a. Identify and evaluate research that supports the principles, the strategies, and the skills of positive psychology.

b. Compare and contrast Eastern and Western Perspectives on Positive Psychology.

c. Distinguish between various classifications of human strengths and select and interpret the appropriate measures of each.

d. Evaluate the human strength components associated with positive outcomes in childhood, adulthood and old age.

e. Appraise the influence of culture on the theory, research and application of positive psychology.

f. Compare and contrast positive affect, positive emotion, happiness, and well-being.

g. Select and use correct measures to evaluate dimensions of subjective well-being and be able to interpret results of these measures.

h. Identify characteristics associated with emotional intelligence and identify a process through which these characteristics could be strengthened further.

i. Identify, compare and contrast the human strengths of self-efficacy, optimism and hope.

j. Differentiate between the human strengths of wisdom and courage and identify how these strengths contribute to subjective well-being.

k. Compare and contrast the processes and effects of mindfulness and flow.

l. Develop a strategy to apply a mindful approach to daily living, including academic study.

m. 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.

n. Compare and contrast multiple theories of love.

o. Identify and evaluate components that add to or detract from a positive environment in personal lives, school, work, and the community.

p. Become more aware of their own strengths and virtues and learn strategies to increase their well-being and overall quality of life.

q. Acquire techniques to increase satisfaction with families and personal relationships

11. Methods of Instruction: (*Integration: Elements should validate parallel course outline elements*)

a. Activity

b. Collaborative/Team

c. Discussion

d. Lecture

e. Self-exploration

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 54.00

Outside Class Hours: 108.00

a. In-class Assignments

1. View video/DVD materials, including taking notes.
2. Presentations by students, in groups or singly.
3. Participate in class reasearch 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.

b. 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.

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
- Written homework
- Critiques
- Guided/unguided journals
- Presentations/student demonstration observations
- Group activity participation/observation
- True/false/multiple choice examinations
- Student participation/contribution

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

IGETC Area 4: Social and Behavioral Sciences

G: Interdisciplinary, Social & Behavioral Sciences

I: Psychology

CSU GE Area D: Social, Political, and Economic Institutions and Behavior, Historical

D9 - Psychology

CSU GE Area E: Lifelong Understanding and Self-Development

E - Lifelong Understanding and Self-Development

PO-GE C2 - Social and Behavioral Sciences

Identify and analyze key concepts and theories about human and/or societal development.

IO - Personal and Professional Development

Self-evaluate knowledge, skills, and abilities.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
UC	UC Riverside	Psy 049		
UC	UC San Diego	157-Happiness		

17. Special Materials and/or Equipment Required of Students:

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18. Materials Fees:  Required Material?

<b>Material or Item</b>	<b>Cost Per Unit</b>	<b>Total Cost</b>
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19. Provide Reasons for the Substantial Modifications or New Course:

Eng 71 to Eng 61

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*  
 b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000507547
- b. T.O.P. Code [CB03]: 200100.00 - Psychology, General
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: A = Transfer to UC, CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: *N/A*
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): PSYCHOLOGY,PSYCHOLOGY

*Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)*

23. Enrollment - Estimate Enrollment

First Year: 100  
 Third Year: 0

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes
- b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

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28. Originator Linda Emerson Origination Date 11/10/17