



University of International Business and Economics International Summer School

PSY 210 Positive Psychology

Term: July 10 – August 4, 2017

Instructor: Ben Coleman

Home Institution: Okanagan College

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Class Hours: Monday through Friday, 120 minutes each day (2,400 minutes in total)

Office Hours: TBA

Teaching Assistant: TBD

Email: TBD

Discussion session: 2 hours each week

Total Contact Hours: 64 contact hours (45 minutes each, 48 hours in total)

Credit: 4 units

Course Description

Traditionally, much of psychology has been concerned with the question: “What is wrong with you and how do we fix you?” Positive psychology asks a very different question: “What is right with you and how do we promote it?” This course is about studying and understanding the principles of happiness, flourishing, and the realization of one’s potentialities. Emphasis are placed on research findings and theoretical advances in positive psychology.

The course will introduce students to the current research, techniques, outcomes, and theories in positive psychology. The course is also designed to allow students to experience some of the interventions and strategies used in positive psychology in a personal way. Students will learn about their personal strengths and acquire the tools, based on empirically-validated methods, to enhance their own subjective well-being.

Required Text

The various areas and techniques of positive psychology will be provided in lectures and accompanied by the assigned textbook: *The How of Happiness*, by Sonja Lyubomirsky (2007). Students will also be responsible for any additional assigned readings and for presenting a poster in class that outlines a recent journal article that investigates an intervention.

Course Hours

This course is comprised of 20 class sessions in total. Each session is two-hours (120 minutes) and meets every day from Monday to Friday (July 10 to August 4, 2017).

Attendance and Student responsibilities

Registered students are expected to attend all scheduled classes having read and studied the relevant course materials prior to attending the scheduled class (see reading schedule below). Students are responsible for learning all assigned material, including lecture material. Lectures will address many of the primary points from the assigned readings and textbook, but not all. Students may find lecture material difficult to follow if they have not studied the assigned material prior to the scheduled lecture. Please note that this course will move along very quickly and leaving your readings and assignments to weekends may create anxiety and discouragement for you. Students who miss classes, obtain the lecture notes from a classmate before meeting with your professor during office hours. Should a student suffer from an extended uncontrollable absence, we can arrange a medical withdrawal from the course. Therefore, it is important to attend all classes, ask for help, and keep up with readings and assignments on a regular basis.

Grading Policy

A student's grade will be based on three exams and several assignments such as, a poster presentation, an identity box, and a positive psychology "play" book you will create.

- ✧ Exams (60%): There will be two mid-term exams (Midterm #1 worth 15%, Midterm #2 worth 20%) and a final exam (worth 25%). The format of each exam will be either multiple choice, true/false, fill in the blank, short answer, essay, or any combination of these formats. Exam questions are drawn from either lecture notes, class discussions, textbook materials, assignments, additional readings, or from any combination of these. Please note that any textbook material that is NOT addressed in class may still appear as questions on the exam. Lecture material consists of anything taught, discussed or assigned in class (i.e., including any media information).
- ✧ Poster Presentation (15%): The poster presentation will be a 3-4 min presentation, power point preferred, each student will do to present a recent article on positive psychology. The professor will grade your poster presentation for both content (i.e., depth, how you discuss, integrate and evaluate research from a recent peer-reviewed journal, original thought, and relating your topic to theories) and presentation (e.g., your overall framework, clarity, attractiveness, accessibility, creativity, and originality). Your poster presentation will also include your outline of an exercise, related to the paper you are presenting, designed to enhance well-being. The professor will give a presentation in class which you can use as a template to help develop your own presentation.
- ✧ Identity Box (5%): The identity box is a task where students create a virtual or real box that displays their strengths and present this to the class. It is designed to enhance your social relations, allow you to be creative, give you an opportunity to better understand yourself and your classmates. Examples will be given in class.
- ✧ Positive Psychology Playbook (20%): This is a series of assignments (e.g., completing a questionnaire and reflecting on it to increase your understanding of yourself and increase your happiness) that you complete on paper and hand in to the TA. Assignment details will be shared and discussed in class, and some may also be completed during class.

Examination Procedures

Students need to be aware that there are several procedures for students to follow for all examinations such as, what is expected of the student before, during, and after the exam, what to do with electronic devices & dictionaries, and cheating and plagiarism. Details on each of these procedures will be provided to students in class. Therefore, it is important to attend all classes.

Class Rules

Academic Integrity: Academic integrity is taking credit for your own original work. Plagiarism is taking someone else's work or intellectual property and passing it off, successfully or not, as your own. Academic cheating, such as plagiarism, is taking credit or recognition for work that you did not do. Academic integrity includes not plagiarizing and not cheating (e.g., not citing sources properly, not looking at others exam papers during the exam, not copying answers, using unauthorized sources such as notes, textbook, smart phones, computers, or other electronic devices during exams). Plagiarism and cheating are considered serious offenses and if a staff member notices academic dishonesty of any kind the student will receive a failing grade for the task/assignment/exam in question and will be reported to school authorities.

Grading Scale

Students will receive numerical grades for each exam. You will receive numerical grades for each activity and exam. The raw numerical score received will be converted to a weighted score (e.g., Exam#1 raw score = 35/50 or 70%; weighted value = 10.50, which is 70% of Exam#1's weighted score of 15% or 15pts). The final grade will be the accumulation of all weighted scores. Letter grades will be awarded as follows:

- A 90-100
- A- 85-89
- B+ 82-84
- B 78-81
- B- 75-77
- C+ 72-74
- C 68-71
- C- 64-67
- D 60-63
- F below 60

Course Schedule

Date	Class	Topic	Assigned
July 10	1	Character Strengths	
July 11	2	Science of Happiness	Chapter 1
July 12	3	Assessing Well-Being	Chapter 2
July 13	4	Happiness and Well-being	Chapter 3
July 14	5	Positive Emotions	
July 17	6	Midterm #1	No readings
July 18	7	Identity Boxes Hope/Optimism/Gratitude	Chapter 4
July 19	8	Identity Boxes Relationships	Chapter 5
July 20	9	Empathy/Forgiveness	
July 21	10	Resilience & cope	Chapter 6
July 24	11	Purpose and Meaning	
July 25	12	Midterm #2	
July 26	13	Doing what you love	Chapter 7

July 27	14	Mindfulness & Wisdom	
July 28	15	Spirituality	Chapter 9
July 31	16	Psychotherapy	Postscript
Aug 1	17	Student Poster Presentations	
Aug 2	18	Student Poster Presentations	
Aug 3	19	Review	No readings
Aug 4	20	Final Exam	No readings