



**University of International Business and Economics
International Summer Session**

PSY 210: Positive Psychology

Term: June 15th to July 16th, 2020

Instructor: Dr. Edward C. Chang, Professor of Psychology

Home Institution: University of Michigan – Ann Arbor

Email: change@umich.edu

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

Office hours: To be determined

Discussion Session: 2 hours each week (open time to talk on Thursdays 8-10am EST via Skype; please send your skype address at least 24 hours in advance and the specific time during the session window that you wish to talk with the instructor; If these times do not work, then please contact the TA for assistance).

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

Location: WEB

Credit: 4 units

Teaching Assistant: TBD

Course Description:

Positive psychology entails the scientific study of behavior, broadly defined, that is ultimately focused on cultivating good living and mitigating bad living. As we shall quickly see, how we understand and study human behavior from a positive psychology perspective will often depend on the theoretical framework used. Hence, a key goal of this course is to guide students toward a broad and critical understanding of positive psychology from a number of different perspectives, involving a focus on both and negative health. We will accomplish this by exploring, evaluating, and discussing various strengths and weaknesses of different perspectives for understanding behavior based on the theoretical and empirical literature. Films may be used to help reinforce ideas and issues presented in the lectures and in the readings. This is a lecture class only. Students are expected to attend all lectures and participate in class discussions and activities.

Course Goals:

A student who satisfactorily completes this course should:

Successful performance in this class will include learning about positive psychology at four levels. First, you will need to learn the language of positive psychology, the definitions and uses of technical terms. Second, you will need to understand how individual ideas are combined into concepts and theories. Third, you will learn how psychologists gather information to develop and test their theories. Fourth, you will learn that not all psychologists agree on important

psychological problems and you will begin to critically explore, compare, and evaluate diverse perspectives.

Required Text:

Harrington, R. (2013). *Stress, Health & Well-Being* (1st ed.). Belmont, CA: Wadsworth. ISBN: 978-1-111-83161-5.

Grading Policy:

UIBE awards grades of A, A-, B+, B, B-, C+, C, D, and F. Most colleges and universities do not award transfer credit for grades of D or F.

In this course, grading will be based on the following:

EXAMS: There will be two exams. Each of the exams will contain 75 multiple-choice questions (2 points each). In general, exams will not be comprehensive. Each exam will only cover the lectures and readings for that range of dates. Approximately 60%-70% of each exam will be based on information presented in class, including any films watched, the remainder will be based on assigned chapters from the textbook (even if the textbook material is not discussed in lecture). All of the exams are required. If you miss an exam, then you should try to contact me immediately.

IN-CLASS ASSIGNMENTS: There will be five in-class writing assignments during the term. These assignments will include a list of terms that you are to define and submit to the TA. You may use your book to assist you in writing your response. Each written assignment will be worth a maximum of 10 points, for a total of 50 points for all 5 assignments. If you do not provide your response to the assignment as instructed and on time, you will receive zero points.

FINAL COURSE GRADES: Your final grade is based on the total number of points you earn on each of the two exams (total possible exam points = 300)) and five in-class assignments (total possible points = 50).

The following grading scale will be applied :

Grading:

- A- to A** = 298 points and above
- B- to B+** = 263 to 297 points
- C- to C+** = 224 to 262 points
- D** = 210 to 223 points
- F** = 209 points and below

Class Rules:

Prerecorded lectures by topic will be provided one week in advance to support your reading of the textbook. Please use the full 2 hours for each class to review the lecture materials carefully until you understand all of the concepts. It is expected that students will

follow the topic schedule indicated in the syllabus to review all lectures to be covered during each week to ensure that they are prepared for scheduled exams. Because the lectures vary in length based on the different topics, it is recommended that students try to review the lectures in advance to ensure that they are keeping up with the topics and are best prepared for the mid-term exam and final exam. If you have additional time, then you should always use that time to review past lectures and make full use of the 2 hours allocated per class day.

Academic dishonesty is not tolerated. Students caught cheating will receive an F for that test and will be in jeopardy of failing the course.

Students should expect to spend two hours outside of each class session; readings in the textbook must be completed prior to the corresponding class meeting.

NO MAKE-UP TESTS OR EXAMS WILL BE GIVEN. Exams will be timed (50 minutes) and will **not** be open book.

Course Schedules:

The planned schedule sketched out below may be modified to suit the interests or abilities of the enrolled students or to take advantage of special opportunities or events that may arise during the term. The sequence of classes is organized based on a sequence of **topics** across days, rather than based on a schedule of specific days. However, please note the specific dates for “in-class” assignments and exams. That means that all lectures and readings should be completed **before** these special days.

WEEK ONE (June 15-June 18):

- Welcome! Overview of Class
- Introduction to Major Paradigms: Psychodynamic, Humanistic/Existential, Behavioral, Cognitive, Sociocultural, and Biological Perspectives
- Stress and Health (**read Chapter 1**)
- Positive Psychology (**read Chapter 2**)
- Stress and the Nervous System (**read Chapter 3**)

June 18, Thursday – 2 hour “in-class” assignment

WEEK TWO (June 22-June 25):

- Stress and Illness (**read Chapter 4**)
 - Stress and Health Conditions (**read Chapter 5**)
 - Personality and Stress (**read Chapter 6**)
- June 24, Wednesday** – 2 hour “in-class” assignment
- **June 25, Thursday - MIDTERM EXAM**

WEEK THREE (June 29 – July 2)

- Anxiety, Anger, and Depression (**read Chapter 7**)
- Interpersonal Stress (**read Chapter 8**)
- Cognitive Behavioral Approaches (**read Chapter 10**)

July 2, Thursday – 2 hour “in-class” assignment

WEEK FOUR (July 6 - July 9)

- Physical Activity and Exercise (**read Chapter 11**)
- Nutrition (**read Chapter 12**)
- Self-Regulation and Relaxation (**read Chapter 13**)

July 9, Thursday – 2 hour “in-class” assignment

WEEK FIVE (July 13 – July 16):

- Meditation, Yoga, and Biofeedback (**read Chapter 14**)
- Guidelines for Stress Management and Well-Being (**read Chapter 15**)

July 15, Wednesday – 2 hour “in-class” assignment

- **July 16, Thursday – FINAL EXAM**

Academic Honesty:

1. Please attend all classes and be respectful to your instructor and classmates. We live in a global community and it is useful to appreciate and value the diversity of views around us.
2. Personal conversations during class are not only rude but often are disruptive to others trying to learn. Please confine your socializing to before and after class.
3. Make sure to turn off all cellular phones and all electronic devices, including laptops, during class time.
4. Don't cheat! Cheating on an exam will result in a failing grade for the exam, and possibly a failing grade for the course. Do not plagiarize (i.e., take credit for another person's writing or work). Please make sure that you attribute words or ideas to appropriate sources by citing them in your paper. Anyone producing a paper found to include plagiarized content will receive a zero for the paper, as well as an immediate failing grade for the course.
5. In general, you must be a registered student to attend this class.
6. Lecture notes and materials used in class will not be made available to students. If you are absent for any reason, consider kindly asking a fellow student for his or her assistance.



7. You should seek help from me as soon as you begin having difficulty with the course. If your first test grade is not as good as you wanted or expected, make an appointment with me immediately, or see me during office hours. Don't wait until the end of the semester to ask for help –do it early.
8. Note, some of the materials presented in class (e.g., in films shown in class) may involve images of a mature nature. If you think this may be a problem for you, you must inform me immediately.
9. The contents of this syllabus should be viewed as a working plan for the semester. Unforeseen circumstances during the term may necessitate some changes in this syllabus. Changes will be announced in class, and it is your responsibility to take note of them by regularly attending.