

## PSY 206 - Positive Psychology

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Office: Curtis 123

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**Course Description:** Positive Psychology examines empirically informed perspectives on what makes life worth living. It addresses aspects of the human condition that lead to happiness and a purposeful life. This course will provide an overview of the research and applications in the field of Positive Psychology. Topics will include happiness, resiliency, optimism, relationships, self-efficacy, goals and optimal performance, well-being, gratitude, character strengths, motivation and flow, positive coping, and mindfulness.

### **Course Goals and Objectives:**

1. Students will be introduced to the core concepts and research in the field of Positive Psychology.

*Students will be assessed on the basis of a mid-term and final exam covering the concepts and research in the field of Positive Psychology*

2. Students will acquire skills to implement these concepts into their lives.

*Students will be assessed on the basis of several papers and exercises covering the concepts and research in the field of Positive Psychology and gain an understanding of how they can be applied to their everyday lives.*

### **Required Text:**

1. Ben-Shahar, T. (2007). *Happier*. New York: McGraw-Hill
2. Each week, selections from the above book as well as journal articles will be made available as the course progresses.

**Student Evaluation:** Grades will be assigned on the basis of the following criteria: *Exams:* There will be two exams which will include multiple-choice questions designed to measure your knowledge, understanding, and application of the readings, lecture, and handout materials. Each test is worth 100 points. In addition, you will also be required to write several response papers and complete various exercises outside of class.

1. Exam #1 (100 points)
2. Exam #2 (100 points)
3. Papers and Exercises (100 points)

**Papers.** You will have 10 papers each consisting of approximately 1-3 pages in length. The papers will be graded pass/fail.

**Make-up exams:** Make-up exams will be given ONLY with documentation of an excused absence (i.e., sickness, college-sponsored event, legal situation)—there will be NO EXCEPTIONS. Advanced notice should be given whenever feasible. Documentation must be presented and the make-up exam scheduled as soon as possible. All work must be completed by the end of the course or you will receive an “F” for the course.

**Late Work Policy:** If you know in advance about any situation that would interfere with your ability to meet a deadline (e.g., excused sporting or other campus events), see me as soon as possible **before** the deadline. If your conflict is with an exam date, you may take the exam early or you will need official documentation.

**Grades:**

A	93.0-100%	C	73.0-76.6%
A-	90.0-92.9%	C-	70.0-72.9%
B+	86.7-89.9%	D+	67.0-69.9%
B	83.4-86.6%	D	66.9-60%
B-	80.0-83.3%	F	below 60%
C+	76.7-79.9%		

Final grades are final. If you are a percent or two short of the next letter grade, you are a percent or two short. I will not give away free marks at the end of the semester.

**Attendance: Psychology Department Attendance Policy:** The Psychology Department is committed to the principle that regular and punctual class attendance is essential to the students’ optimum learning and successful academic achievement. Regular class attendance is a student obligation, and students are responsible for all work, tests and written assignments. Therefore, students are expected to be present for all class sessions. The Psychology Department’s attendance policy recognizes that there will be times when attendance at class is not possible. You may think of the policy as being similar to the type used in the corporate world where each employee is given a certain number of “personal/sick days.” Based on the number of regularly scheduled class meetings, you will be allowed a certain number of absences (see below) with no consequences, no questions asked. In other words, there is no distinction between excused and unexcused absences. You are of course responsible for anything covered during those missed classes, and for submitting assignments on time, regardless of whether or not you attend. Beyond the allowable number of absences, there are consequences that will adversely impact your grade, much like missing too many days of work can adversely impact your employment status. Above all else, you should carefully consider each decision to not attend class, as once your allotted absences have been used, they are gone. It is important that students arrive for class on time. Late arrivals are very distracting, not only to the instructor, but also to fellow students. Repeated late arrivals are not acceptable and will be addressed on an individual basis. It is each student’s responsibility to understand this policy and to keep track of absences throughout the semester.

***Application to this Class:*** Formal attendance will be taken during all class sessions. This class meets once per week (14 class meetings). As such, you may miss 2 classes without penalty. If you miss 3 classes, your final grade (cumulative percentage of points) will be lowered by 5%. That means that if you have earned 84% of the available points in the class, which is a B grade, you would be lowered to 79%, which is a C+. Likewise, if you have earned 77% of the points available, the penalty would take you down to 72%, which is a C-. As a reminder, a C grade (73%) is required in all Psychology courses. If you miss 4 classes, you will receive a failing grade for the course. If you miss four classes, you have missed approximately 25% of the class meetings.

***Administrative Details:*** Students with documented disabilities who may need academic accommodations should discuss these needs with me during the first two weeks of class. Students with disabilities who wish to request accommodations should contact the Academic Advising Center.

***Classroom Protocol:*** All Cedar Crest College students are expected to be familiar with and fully supportive of the college's policy regarding the honor code and academic integrity. See the Student Handbook for more information regarding the enforcement of these policies. Appropriate classroom behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous and respectful classroom environment. That environment is free from distractions such as late arrivals, early departures, inappropriate conversations and any other behaviors that might disrupt instruction and/or compromise students' access to their Cedar Crest College education.

***Honor Code:*** Students are expected to abide by the Cedar Crest College Honor Code. The Honor Code policy can be found in the Student Handbook. Any violation will be dealt with according to college procedures.

***Plagiarism:*** If plagiarism is suspected, I am bound to follow academic regulations. Plagiarism is the act of presenting the ideas, words or other intellectual property of another as one's own. The use of other people's work must be properly acknowledged and referenced in all written material. The use of material without acknowledgement is an offense.

***Cheating:*** Bear in mind, allowing another to copy one's work is an academic offense just as is copying from someone. Furthermore, submitting the same paper for two courses without arrangement is also an academic offense.

***Office Hours:*** My office is located in Curtis, Room 123. If you would like to meet with me, I will be happy to make an appointment. My phone number is 610-606-4666, ext. 3425. I am looking forward to meeting and talking with you this semester. My email address is: **dmoyer@cedarcrest.edu**.