



**KENNEBEC VALLEY COMMUNITY COLLEGE
FAIRFIELD, MAINE**

Social Sciences Department

Approval Date: 4/17/13

Semester: Fall 2015

COURSE NUMBER: PSY212
COURSE TITLE: Positive Psychology
PREREQUISITES: PSY101 or permission of instructor
CO-REQUISITES: None

CREDIT HOURS: 3
CLOCK HOURS: 45

INSTRUCTOR	VOICE MAIL	OFFICE	E-MAIL ADDRESS
Rebecca A. Martin, LCPC	N/A	By appointment only	rmartin@kvcc.me.edu

OFFICE HOURS: Office hours are by appointment.

TEXTS:

AUTHENTIC HAPPINESS - 1st Edition ISBN-13: 9780743222983

Author(s):SELIGMAN

Copyright: 2002 Publisher: Simon and Schuster

OTHER MATERIALS:

Adequate time with internet connectivity is necessary- Youtube.com and Ted.com are used frequently.

COURSE DESCRIPTION:

For over 100 years psychology has been helping people with personal problems as they deal with disorder, disease, and distress. Great progress has been accomplished in assisting and alleviating personal discomfort and dysfunction. In recent years, however, we have become aware that the “disease model” is not adequate in enabling individuals to perform at their potential. “Positive Psychology” is also about what is positive, meaningful, and productive in a person’s life. Positive Psychology identifies those characteristics that make life worth living, fulfilling and meaningful. This course enables the student to study and strengthen the positive personal traits and dispositions – like kindness, resiliency, curiosity, values, interests, talents, optimism and hopes, while exploring those social institutions which enable our lives to the fullest such as friendship, marriage, family, education, etc. The premise of this course is that human goodness and excellence are as important as human flaws and inadequacies. Psychology is as much about human potential as it is human pain.

COURSE OBJECTIVES:

Upon successful completion of this course, the student should be able to:

1. Identify the perspectives of Positive Psychology
2. Contrast the Disease Model of Psychology with the Holistic Model of Psychology
3. Recognize the rich background of Positive Psychology
4. Link concepts within Positive Psychology to personal awareness, goals, and strengths
5. Identify the components of “Subjective Well-Being”
6. Identify the characteristics of happiness defined within the field of Positive Psychology
7. Contrast Positive Thinking and Positive Psychology
8. Explain the role of self-efficacy in one’s life

9. Identify personal strengths
10. Synthesize values into a sense of personal and universal psychology
11. Recognize components and practices that lead to a more complete and fulfilling life.
12. Discuss the value of self-care
13. Appraise present attitudes in advancing and achieving one's goals in the future

COURSE CONTENT:

Authentic Happiness text:

Part I: Positive Emotion

Part II: Strength and Virtue

Part III: In the Mansions of Life

Positive Psychology Lecture and Discussion:

1. What is Positive Psychology
2. Learning about Positive Psychology
3. Pleasure & Positive Experience
4. Happiness
5. Positive Thinking
6. Character Strengths
7. Values
8. Interests, Abilities, and Accomplishments
9. Wellness
10. Positive Interpersonal Relationships

COURSE ACTIVITIES:

Lessons

The entire course is divided into “Lessons” that cover specific topics and learning objectives in the class. The Lessons are listed in the Course Outline above. Each Lesson introduces you to specific subject matter and asks you to engage in a number of activities and discussions. These may include reading, exploring the web, researching, participating in online discussions, on-line questionnaires, and assignments (written work submitted as an attached document in a “drop box”).

Each Lesson consists of:

- A Lesson Plan that outlines the content and provides detailed instructions as to any assignments
- Direct instructions regarding any Discussions, Assignments, or Quizzes that go along with that Lesson.

All the Lessons are located in the “Lessons” folder. All assignments are further described in the Assignments folder. Click on the Lessons link in the course Menu.

Attendance

Attendance is graded very simply in this class, either you are active (score = 100) or you are not (score = 0). I simply average all these scores together weekly to formulate this part of your grade. Because this is an On-line course, I expect active participation in the discussion forum. The Discussions requirement allows me to understand your level of participation with the material, book, resources and each other.

Assignments

Assignments in this course have been incorporated into this class to not only teach you course content, but to also enable you to demonstrate learning associated with the KVCC General Education Outcomes.

- Ethical Reasoning Assignment
- Inquiry and Analysis Assignment
- Interpersonal Communication Assignment

While the assignments are not particularly complicated, they are certainly complex, requiring planning and time management to complete them by their due dates.

GRADING:

The field of Psychology is a very diverse field with a diverse array of career opportunities and qualifications. Courses in Mental Health & Psychology are designed to prepare students for entry-level and above positions in areas of substance abuse, mental health rehabilitation, developmental disability services, case management, children's services and gerontology. This course, also, has substantial self-introspection as an essential requirement.

Every effort will be extended to assist students in achieving performance that meets a minimum of 'acceptable standard of work.' Expectations for work in this field, at minimum, **REQUIRES** this level of effort. Grades are evaluated on this basis.

Grading for the course will be accomplished in the following manner (students must have grades in ALL aspects of the class in order to pass the class):

1. Attendance/Discussions	20 %
2. Assignments	20 %
3. Activities	20 %
4. Midterm Project	20 %
5. Final/Learning Assessment	20 %

GRADING SCALE:

Letter Grades---Based on a final grade scale of 0-100, the following letter grades will be assigned. "Plus" (+) and "minus" (-) grades may be used with the following values assigned:

LETTER GRADE SCALE

A 95-100
A- 90-94
B+ 87-89
B 83-86
B- 80-82
C+ 77-79
C 73-76
C- 70-72
D+ 65-69
D 60-64
F Below 60

Only letter grades are recorded and issued at the end of each semester. The five (5) letter grades reflect the following quality of a student's performance:

- A: Excellent work
- B: Above average work; very good work
- C: Acceptable, satisfactory work; work met the minimum standard
- D: Poor work
- F: Unacceptable work

Departments, programs, and disciplines do reserve the right to modify grading policies to best suit individual courses and programs.

ATTENDANCE POLICY:

Please review the online document titled “Course Expectations and Policies”

COURSE REQUIREMENTS:

In addition to the regular course outcomes, this course engages students to demonstrate their competence in a number of areas related to General Education Learning Outcomes. Specific assignments in the class are designed to not only teach about the course topics, but to demonstrate this general learning.

The following is an outline of these outcomes:

- Students will demonstrate proficiency in ethical reasoning
 - *Ethical Reasoning*
- Students will demonstrate proficiency in inquiry and analysis
 - *Inquiry and Analysis*
- Students will demonstrate proficiency in interpersonal communication
 - *Interpersonal Communication*

Additionally, course outcomes are as follows:

- Students will gain an understanding of the evolution of the medical model regarding positive psychology's emphasis on the strength paradigm.
- Students will gain an understanding of the benefits of positive emotions, and will be able to apply these benefits to the bio-psycho-social model of health.
- Students will develop essential skills for effective problem-solving, mindful critical thinking and demonstrate these using the competencies of reading, writing, speaking and communicating through technology.
- Students will expand their interpersonal trust, identify keys for building relationships and learn skills to assist each other in the learning process.
- Students will increase positive coping approaches, including expanding their strengths-based approach as highlight the importance of strengths in dealing with the everyday life.
- Students will expand their mindsets, understanding the aesthetic and intellectual values of ideas related to gratitude, beauty, forgiveness and kindness.
- Students will formulate aspects of resilience, courage, achievement and flow and will learn how to apply these aspects in their everyday lives.
- Students will learn a comprehensive and holistic approach to defining strengths, virtues, relationships, resilience, and creativity.

OTHER INFORMATION:

1) The ability to write well is an important skill for your professional development. ALL written assignments must be typed.

Assignments with excessive grammatical or spelling errors (excessive as subjectively defined by this instructor) will be returned with one opportunity to make corrections, within 2 days.

2) Respect confidentiality. Being actively involved in class may involve some level of sharing of personal information, with appropriate attention to boundaries and disclosures. You are expected to treat the classroom, virtual or live, with the same level of ethical responsibility with which you would treat a job or internship. Do not share personal information about other students outside of the classroom.

3) If you choose to drop the class, you are responsible for completing and turning in the withdrawal paperwork. If you have stopped coming to class but not completed the withdrawal process, your grade will continue to reflect your absences and uncompleted assignments, and you will receive an "F" for the class. Email the instructor if you decide to discontinue the course.

4) PLAGIARISM is foolish!

Whether intentional or unintentional, plagiarism is "the wrongful act of taking the product of another person's mind and presenting it as one's own" (Alexander Lindey, Plagiarism and Originality, 1952).

A student who unintentionally plagiarizes will receive a warning and instruction on proper citation, style, and usage for the first offense. A student who unintentionally plagiarizes a second time in a single course will receive a course grade of F in the course in which the student plagiarized.

A student who intentionally plagiarizes will receive a course grade of F in the course in which the student plagiarized.

"Continuous effort - not strength or intelligence - is the key to unlocking our potential."- Winston Churchill

We must think for ourselves, strive to learn and understand; our own efforts liberate us from the legacy of others, giving us an opportunity to realize our own power. – Rebecca A. Martin, LCPC

7) For full credit, assignments must be completed in a timely manner. It is extremely important for the student to keep in contact with the instructor either via BlackBoard or email. If there are complications use some other means to contact the instructor such as message phone, email, in person, paper airplane, telepathy, carrier pigeon, or other means! The student must be in contact with the instructor at least once a week- this should be clear through activity on the discussion board.

STUDENTS WITH DISABILITIES (2014)

In accordance with state and federal law, this College is committed to assisting qualified students with disabilities achieve their educational goals.

If you are in need of an accommodation in this course:

- Students must contact the Dean of Students, Enrollment Services Center, Frye Building, 453-5019, knormandin@kvcc.me.edu
- Students must provide current, appropriate documentation of their disability.
- Students must make a timely request for accommodation to the Dean of Students.
- Accommodations will not be provided until the faculty member receives a letter requesting accommodations. This letter is created with the Dean of Students and is supported by the documentation

of said disability.

- Requests for accommodation must be renewed each semester for each course.

This document is available in enlarged print and on audio tape. Please contact the Dean of Students at 453-5019 or knormandin@kvcc.me.edu

NOTICE OF NON-DISCRIMINATION (2014):

Kennebec Valley Community College does not discriminate on the basis of disability in the admission to, access to, or operation of its programs, services or activities. Students requesting classroom accommodation should be forwarded to the Dean of Students, Enrollment Service Center, Frye Building, phone: 453-5019 or the Director of the Learning Commons, Lunder Library, phone: 453-5084

Complaints about College decisions related to disability accommodations or discrimination must be forwarded to Affirmative Action Officer and ADA Compliance Officer, Dean of Academic Affairs, Enrollment Services Center, 92 Western Avenue, Fairfield, ME 04937, phone: 453-5822.