

PSYC A200: POSITIVE PSYCHOLOGY

- 8. Experience a stable increase in happiness, as a result of practicing happiness-inducing techniques discussed and practiced in class

Item	Value
Curriculum Committee Approval Date	12/02/2020
Top Code	200100 - Psychology, General
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Theory - AA (OE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

Course Description

Focus on presenting practical ways to promote and maintain well-being and happiness by managing emotions, strengthening positive character traits, and fostering better relationships. Topics include compassion, mindfulness, creativity and flow, self-knowledge, self-esteem, love, parenting, friendships, work ethics and achievement, spirituality, tolerance, resilience and humor. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Cite and describe the research that supports the principles, strategies and skills of positive psychology.
2. Develop effective skills which improve subjective well-being through the use of techniques and strategies presented in class.
3. Chart progress towards greater subjective well-being using multiple assessments taken during class.

Course Objectives

- 1. Develop an appreciation of the dimensions of subjective well-being and its application to their lives.
- 2. Cite research that supports the principles, the strategies, and the skills of positive psychology.
- 3. Explain the influence of nutrition, exercise, and meditation on happiness levels.
- 4. Assess their own emotions and develop techniques for managing them.
- 5. Become more aware of their own strengths and virtues and learn strategies to increase their happiness and overall quality of life.
- 6. Recognize the contribution of creativity and optimism to their well-being.
- 7. Acquire techniques to increase satisfaction with families and personal relationships.

Lecture Content

A. Positive Emotions The Importance of Happiness Stress and Well-being Pleasure and Gratification Exercise and Nutrition Positive Feeling and Positive Character Learned Optimism Physiology and Temperament Managing Emotions Mindfulness and Compassion B. Positive Individual Traits Genetic and Environmental Influences on Traits Your Signature Strengths Renewing Strength and Virtue Gratitude and Altruism Intelligences Creativity and Flow C. Positive Institutions Work and Personal Satisfaction Finances and Happiness Relationships and Happiness Marriage and Divorce Raising Children Happiness and Culture Spirituality and Happiness

Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

Instructional Techniques

Lecture on course content with PowerPoint and/or overhead transparencies. Video, DVD, and Pod cast demonstration of concepts. Class discussion with instructor feedback. Group discussion. Instructor handouts (can be accessed online) to reinforce concepts. In-class participation activities. Classroom and online demonstration of concepts. Ongoing student learning outcome assessment using different methodologies.

Reading Assignments

2 hours per week reading from the assigned textbook and supplementary materials The student will be required to complete multiple writing assignments exploring current happiness levels in various areas and their application of improvement techniques discussed in class. The assignments will be in essay form, but may take the form of a personal exploration assignment, or an assessment assignment. Examples: 1. (Personal Exploration) Relationships Describe a situation from your own life where you were unhappy in a relationship. Analyze what you think made you unhappy. Using the techniques discussed in class, what are you changing to increase your well-being. (Assessment) Character Strengths Fill out the following questionnaire that measures personality traits. Which of these individual traits might hinder or help your happiness levels.

Writing Assignments

2 hours per week writing paper analyzing topics in psychology The student will be required to complete multiple writing assignments exploring current happiness levels in various areas and their application of improvement techniques discussed in class. The assignments will be in essay form, but may take the form of a personal exploration assignment, or an assessment assignment. Examples: 1. (Personal Exploration) Relationships Describe a situation from your own life where you were unhappy in a relationship. Analyze what you think made you unhappy. Using the techniques discussed in class, what are you changing to increase your well-being. (Assessment) Character Strengths Fill out the following questionnaire that measures personality traits. Which of these individual traits might hinder or help your happiness levels.

Out-of-class Assignments

2 hours per week completing out-of-class homework assignments (i.e. literature review, group projects, reports, fieldwork, and community outreach presentations)

Demonstration of Critical Thinking

Completion of self-assessments. Discussion participation (in-class discussions, group discussions, and/or online discussion boards). Written assignments (essay paper, in-class assignments, and/or online assignments). Individual presentations. Content quizzes. Practice of technique assessments.

Required Writing, Problem Solving, Skills Demonstration

The student will be required to complete multiple writing assignments exploring current happiness levels in various areas and their application of improvement techniques discussed in class. The assignments will be in essay form, but may take the form of a personal exploration assignment, or an assessment assignment. Examples: (Personal Exploration) Relationships Describe a situation from your own life where you were unhappy in a relationship. Analyze what you think made you unhappy. Using the techniques discussed in class, what are you changing to increase your well-being. (Assessment) Character Strengths Fill out the following questionnaire that measures personality traits. Which of these individual traits might hinder or help your happiness levels.

Eligible Disciplines

Psychology: Masters degree in psychology OR bachelors degree in psychology AND masters degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Masters degree required.

Textbooks Resources

1. Required Compton, W. Hoffman, E. . Positive Psychology, 3rd ed. Sage Publishing, 2020 Rationale: rationale 2. Required Snyder, Lopez, and Pedrotti. Positive Psychology: The Scientific and Practical Explorations of Human Strengths, 3rd ed. Sage Publishing, 2019