



PSYCHOLOGY 349

Positive Psychology

(PSYO 349)

Winter 1, 2018

University of British Columbia, Okanagan Campus

Monday/Wednesday, 11:00-12:30pm

ART 114

COURSE INFORMATION

Instructor:	Derrick Wirtz, Ph.D. (derrick.wirtz@ubc.ca)
Office Hours:	Wednesdays, 1:30-2:30pm, Or by Appointment
Office Location:	336 ART
Office Phone:	250-807-8276
Teaching Assistant:	Evanya Musolino (evanyamusolino@gmail.com)
Office Hours:	Tuesday, 1:30pm – 3:30pm

Textbook:

Diener, E., Oishi, S., & Tay, L. (2018). Handbook of Well-Being. [This is a free, open-access textbook which can be viewed online or downloaded. URL: <https://nobascholar.com/books/1>].

*Note that not all chapters will be covered; if printing, you may wish to consult the list of assigned chapters and print selectively.

Overview

This course provides a closer look at the field of *positive psychology*. We will read about and discuss the origins and evolution of positive psychology from its inception 20 years ago, covering a variety of topics. Some of these topics include *values and strengths, goals, mindfulness, self-compassion, social relationships, prosocial behavior, and positive psychological interventions*, among others.

Detailed Course Objectives:

This course aims to provide both a knowledge base across the breadth of positive psychology and the know-how to practically apply these concepts in daily life. Our course objectives include:

1. Knowledge and understanding of the field of positive psychology, including its origins, theoretical basis, and its topic areas.
2. Understanding and practice in the application of positive psychology principles to daily life.



3. Comprehension of design and analysis as applied to the evaluation of positive psychological principles and interventions.
4. Ability to evaluate strengths and weaknesses of research findings in positive psychology to be an informed consumer of research.
5. Create a positive psychological intervention for a personal, education, or organizational setting.

Course Structure:

Our Monday classes will provide a lecture by your instructor on an aspect of positive psychology. We will complement these Monday lecture-focused classes with an active learning emphasis on Wednesdays where you will work on applying ten evidence-based well-being principles from the research literature to your own life.

Course Requirements:

You will be evaluated based on the requirements below. The dates of exams and assignments are provided in the weekly schedule in this syllabus. All assignments and exams must be completed on time, unless prior approval has been obtained from your instructor.

Assignments & Participation (20%)

- Class assignments and participation make up 20% of your grade. Course assignments will take place both in-class and out-of-class—for example, completing a positive psychology activity or inventory. Participation may be assessed via your responses to class discussion questions.
- Midterm Exam 1 (20%), Midterm Exam 2 (20%) and Final Exam (25%)
There will be two midterm exams (20% each) covering class and textbook content, plus any additional assigned readings, and one cumulative final exam (25%). Exams are typically a combination of multiple-choice and short-answer or long-answer items. The dates and coverage of these exams are indicated on the syllabus. If you cannot make one of the scheduled tests, you must let your instructor know prior to the test. If you have any questions regarding potential conflicts, please come and see me as early as possible.
- Positive Psychology Intervention (15%)
Our class this term will focus both on the science and the application of positive psychological principles. Therefore, you will have the opportunity to develop your own application of positive psychology principles by creating an “intervention” – that is, an activity, brief program, or similar that could be implemented in an educational, organizational, recreational, or personal context. Your intervention will be submitted as an APA-style manuscript (APA title page, 3-4 pages describing the theoretical background and the design and rationale of your intervention, references, and appendix containing your intervention materials). You will submit an initial intervention proposal (5%) and a revised final intervention proposal (10%).



GRADING

In-Class Assignments:	20%
Positive Psych Intervention:	15%
Exam 1:	20%
Exam 2:	20%
Final Exam:	25%

UBC GRADING SCALE

90-100 = A+
85-89 = A
80-84 = A-
76-79 = B+
72-75 = B
68-71 = B-
64-67 = C+
60-63 = C
55-59 = C-
50-54 = D
00-49 = F



UBC OKANAGAN POLICIES

Final Examinations

The examination period for 2016/17 Term 1 is December 5 - 20, 2016. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 24-hour period) or unforeseen events (such as ill health or other personal challenges that arise during a term or changes in the requirements of an ongoing job) students are not be permitted to apply for out-of-time final examinations unless they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Further information on Academic Concessions can be found under Policies and Regulation in the Okanagan Academic Calendar

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3.48.0.0>

Academic Integrity

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President's Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at <http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3.54.111.0>.

UBC Okanagan Disability Resource Centre

The Disability Resource Centre ensures educational equity for students with disabilities, injuries or illness. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact Earllene Roberts, the Diversity Advisor for the Disability Resource Centre. Location: UNC227A; Telephone: 250.807.9263; email earllene.roberts@ubc.ca;

Web: www.ubc.ca/okanagan/students/drc

UBC Okanagan Ombuds Office

The Ombuds Office offers independent, impartial, and confidential support to students in navigating UBC policies, processes, and resources, as well as guidance in resolving concerns related to fairness.

UBC Vancouver Ombuds Office: email: ombuds.office@ubc.ca

Web: www.ombudsoffice.ubc.ca

UBC Okanagan Equity and Inclusion Office

UBC Okanagan is a place where every student, staff and faculty member should be able to study and work in an environment that is free from discrimination and harassment. UBC prohibits discrimination and harassment on the basis of the following grounds: age, ancestry, colour, family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation or unrelated criminal conviction. If you require assistance related to an issue of equity, discrimination or harassment, please contact the Equity and Inclusion Office.

Location: UNC 227C; telephone: 250.807.9291; email: equity.ubco@ubc.ca; Web: www.equity.ok.ubc.ca

Health & Wellness

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment.

Web: www.students.ok.ubc.ca/health-wellness

SAFEWALK

Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at 250-807-8076.

For more information, see: www.security.ok.ubc.ca.



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

SVPRO

A safe and confidential place for UBC students, staff and faculty who have experienced sexual violence regardless of when or where it took place. Just want to talk? We are here to listen and help you explore your options. We can help you find a safe place to stay, explain your reporting options (UBC or police), accompany you to the hospital, or support you with academic accommodations. You have the right to choose what happens next. We support your decision, whatever you decide. Visit svpro.ok.ubc.ca or call us at 250.807.9640

IIO

If you or someone you know has experienced sexual assault or some other form of sexual misconduct by a UBC community member and you want the Independent Investigations Office (IIO) at UBC to investigate, please contact the IIO. Investigations are conducted in a trauma informed, confidential and respectful manner in accordance with the principles of procedural fairness.

You can report your experience directly to the IIO via email: director.of.investigations@ubc.ca or by calling 604.827.2060 or online by visiting investigationsoffice.ubc.ca



PSYO 349 Daily Schedule (Winter 1, 2018)

All readings are from the Handbook of Well-Being: (<https://nobascholar.com/books/1>) unless otherwise indicated (other readings will be posted on Canvas).

Week 1	
Monday Sep. 3	No Class – Labour Day
Wednesday Sep. 5	<u>Topic:</u> Introduction to PSYO 349 What is Positive Psychology? <u>Read:</u> Scientific Answers to the Timeless Philosophical Question of Happiness (Kesebir, 2018)

Week 2	
Monday Sep. 10	<u>Topic:</u> History of Happiness <u>Read:</u> From the Paleolithic to the Present: Three Revolutions in the Global History of Happiness (McMahon, 2018)
Wednesday Sep. 12	<u>Topic:</u> Values and Roles <u>Read:</u> Values and Subjective Well-Being (Schwartz, 2018)

Week 3	
Monday Sep. 17	<u>Topic:</u> Hedonia and Eudaimonia: What’s the Difference? <u>Read:</u> Well-Being Concepts and Components (Tov, 2018) Eudaimonia in the Contemporary Science of Subjective Well-Being, Self-Determination, and Meaning in Life (Heintzelman, 2018)
Wednesday Sep. 19	<u>Topic:</u> Goals <u>Read:</u> The Way is the Goal: The Role of Goal Focus for Successful Goal Pursuit and Subjective Well-Being (Kaftan & Freund, 2018)



Week 4	
Monday Sep. 24	<u>Topic</u> : Who is Happy? Then and Now... <u>Read</u> : The Scientific Pursuit of Happiness (Myers & Diener, 2018) Revisiting "Most People Are Happy"—And Discovering When They Are Not (Diener et al., 2018)
Wednesday Sep. 26	<u>Topic</u> : Personal Strengths <u>Read</u> : None <u>Due</u> : Initial intervention proposal

Week 5	
Monday Oct. 1	<u>Topic</u> : Mindfulness <u>Read</u> : What are the Benefits of Mindfulness? (Davis & Hayes, 2011)
Wednesday Oct. 3	Midterm Exam 1

Week 6	
Monday Oct. 8	No Class – Thanksgiving Day
Wednesday Oct. 10	<u>Topic</u> : Dealing with the Negative <u>Read</u> : Self-Compassion (Neff, 2003)

Week 7	
Monday Oct. 15	<u>Topic</u> : Emotions, Affect, and Positive Psychology <u>Read</u> : Affective Forecasting (Kurtz, 2018)
Wednesday Oct. 17	<u>Topic</u> : Savouring <u>Read</u> : Quoidbach et al., 2010



Week 8	
Monday Oct. 22	<u>Topic:</u> Social Relationships and Well-Being <u>Read:</u> Healthy Social Bonds: A Necessary Condition for Well-Being (Gable & Bromberg, 2018)
Wednesday Oct. 24	<u>Topic:</u> Close Relationships <u>Read:</u> What's Love Got to Do With It? Romantic Relationships and Well-Being (Kansky, 2018) <u>Due:</u> Revised intervention proposal

Week 9	
Monday Oct. 29	<u>Topic:</u> Appreciating Others <u>Read:</u> Emmons & Shelton (2002)
Wednesday Oct. 31	<u>Topic:</u> Gratitude <u>Read:</u> Nezlek, Newman, & Thrash (2017)

Week 10	
Monday Nov. 5	<u>Topic:</u> Social Interactions <u>Read:</u> Using Multiple Methods to More Fully Understand Causal Relations: Positive Affect Enhances Social Relationships
Wednesday Nov. 7	Midterm Exam 2

Week 11	
Monday Nov. 12	No Class – Remembrance Day
Wednesday Nov. 14	<u>Topic:</u> Contributing to the Happiness of Others <u>Read:</u> Social Capital and Prosocial Behaviour as Sources of Well-Being (Helliwell, Aknin, Shiplett, Huang, & Wang, 2018)



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Week 12	
Monday Nov. 19	<u>Topic:</u> Do All Cultures Value Happiness Equally? <u>Read:</u> Predictors of Subjective Well-Being Across Cultures
Wednesday Nov. 21	<u>Topic:</u> Integration and Moving Forward <u>Due:</u> Final Intervention Proposal

Week 13	
Monday Nov. 26	<u>Topic:</u> What Works? Reviewing Positive Psychology Interventions for Life, Work, and School <u>Read:</u> Cultivating Subjective Well-Being Through Positive Psychological Interventions (Stone & Parks, 2018)
Wednesday Nov. 28	<u>Topic:</u> Evaluating Interventions

Final Exam	
Time/Date/Location Will Be Announced!	

This syllabus is subject to change. Alterations to the syllabus will be announced in class and/or through the course website.