



POSITIVE PSYCHOLOGY  
PSYO 349  
WINTER 2, 2020

University of British Columbia, Okanagan Campus  
Monday/Wednesday, 4:00-5:30pm  
FIP 204

INSTRUCTOR TEAM

Instructor: **Derrick Wirtz, Ph.D.** ([derrick.wirtz@ubc.ca](mailto:derrick.wirtz@ubc.ca))  
 Office Hours: Thursdays, 10:00am-11:00am, Or by Appointment  
 Office Location: 328 ART  
 Office Phone: 250-807-8276

Graduate TAs: **Anne Tseu** ([atseu836@mail.ubc.ca](mailto:atseu836@mail.ubc.ca))  
 & Office Hours: Wednesday: 10am – 11 am, Or by Appointment  
**Rebecca Godard** ([rjgodard@mail.ubc.ca](mailto:rjgodard@mail.ubc.ca))  
 Thursday: 1pm – 2pm, Or by Appointment  
 Office Location: 207 ASC

FREQUENTLY ASKED QUESTIONS & ANSWERS

Question	Answer
<i>I missed class and want to know what was covered</i>	Check out the <b>Daily Schedule</b> in this syllabus - it will indicate which chapters/readings were covered. It is recommended that you complete the readings and <b>review the lecture slides posted on Canvas</b> to get caught up from a missed day.
<i>I want to know my grade</i>	<b>Canvas</b> has current grades. I try to get your exams and assignment grades online as quickly as possible, but this can take up to one week.
<i>I want extra help with terminology and course concepts</i>	<b>Dr. Wirtz</b> and the course TAs will have office hours each week - please email ahead and bring any questions you have about the class and we'll try to help!
<i>Something is wrong with my grade</i>	If it looks like there is something incorrect, please email the course <b>TAs</b> . Keep track of your progress and calling errors to our attention promptly.
<i>I missed (or think I will miss) an exam</i>	No worries! There are 3 midterm exams. Your course grade will be determined by your 2 highest midterm exams and your final exam. Your lowest midterm will be dropped; if you miss a midterm, it will automatically count as your dropped midterm. You don't even need to email us regarding missed classes/exams.



### 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.

### Readings:

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. Other readings will be posted on Canvas.

### 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 classes will blend lectures, active learning and team activities. Lectures will focus on the theoretical and empirical content related to positive psychology. Individual and team activities will focus on applying evidence-based well-being principles 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.

### Class Assignments (20%)

- Class assignments make up 20% of your grade. Course assignments will take place both in-class and out-of-class—for example, you might complete a positive psychology activity or inventory in class, or be assigned to complete a similar activity as homework. You may miss two class assignments for any reason, such as illness. You do not need to contact the instructor or TAs regarding a missed assignment, they will automatically be factored when course grades are calculated. Assignments that are completed during class time cannot be completed or submitted outside of class for credit. For example: if we complete an



assignment in class, but you miss that class because you are not feeling well, this assignment becomes one of your two dropped assignments.

Midterm Exams 1-3 (25% each) & Final Exam (30%)

- There will be three midterm exams and one cumulative final exam. Your **two highest** midterm exams count for 25% of your course grade each; your lowest midterm exam score is dropped and does not count toward your grade at all. A missed midterm exam (for any reason) is counted as your lowest; therefore, there are no make-ups for missed midterms. The purpose of this policy is to accommodate personal illness and other unavoidable circumstances that affect most students at one time or another during the term, without creating the added stress and pressure of making up a missed exam. You do **not** need to notify your instructor or TAs if you miss an exam. The final exam is **cumulative** and cannot be dropped; it counts as 30% of your course grade. Exams are typically multiple-choice in format, your instructor will notify you of any changes to the exam structure. The dates and coverage of these exams are indicated on the syllabus.

GRADING

Highest Two Midterms:	25% each
Assignments:	20%
Final Exam:	30%

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 Earlene Roberts, the Diversity Advisor for the Disability Resource Centre. Location: UNC227A; Telephone: 250.807.9263; email [earlene.roberts@ubc.ca](mailto:earlene.roberts@ubc.ca);

Web: [www.ubc.ca/okanagan/students/drc](http://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](mailto:ombuds.office@ubc.ca)

Web: [www.ombudsoffice.ubc.ca](http://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](mailto:equity.ubco@ubc.ca); Web: [www.equity.ok.ubc.ca](http://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](http://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](http://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](http://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](mailto:director.of.investigations@ubc.ca) or by calling 604.827.2060 or online by visiting [investigationsoffice.ubc.ca](http://investigationsoffice.ubc.ca)



### PSYO 349 Daily Schedule

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 Jan. 6	<u>Topic:</u> Introduction to PSYO 349 What is Positive Psychology?
Wednesday Jan. 8	<u>Topic:</u> History of Happiness & Measuring Happiness

Week 2	
Monday Jan. 13	<u>Topic:</u> Are Most People Happy or Unhappy? <u>Read:</u> Who is Happy? (Myers & Diener, 1995) Revisiting “Most People Are Happy”—And Discovering When They Are Not (Diener et al., 2018)
Wednesday Jan. 15	<u>Topic:</u> Do Positive Emotions “Broaden-and-Build?” <u>Read:</u> Fredrickson (2004)

Week 3	
Monday Jan. 20	<u>Topic:</u> Do All Cultures Value Happiness Equally? <u>Read:</u> Predictors of Subjective Well-Being Across Cultures
Wednesday Jan. 22	<u>Topic:</u> The Good Life <u>Read:</u> What Makes a Life Good? (King & Napa, 1998)

Week 4	
Monday Jan. 27	<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)
Wednesday Jan. 29	Midterm Exam 1



Week 5	
Monday Feb. 3	<u>Topic</u> : Values and Roles <u>Read</u> : Values and Subjective Well-Being (Schwartz, 2018)
Wednesday Feb. 5	<u>Topic</u> : Personal Strengths <u>Read</u> : No readings.

Week 6	
Monday Feb. 10	No Class – Family Day
Wednesday Feb. 12	No Class – Reading Break

Week 7	
Monday Feb. 17	<u>Topic</u> : Mindfulness <u>Read</u> : What are the Benefits of Mindfulness? (Davis & Hayes, 2011)
Wednesday Feb. 19	<u>Topic</u> : Dealing with the Negative <u>Read</u> : Self-Compassion (Neff, 2003)

Week 8	
Monday Feb. 24	<u>Topic</u> : Emotions, Affect, and Positive Psychology <u>Read</u> : Affective Forecasting (Kurtz, 2018)
Wednesday Feb. 26	<u>Topic</u> : Savouring <u>Read</u> : Quoidbach et al., 2010



Week 9	
Monday Mar. 2	Midterm Exam 2
Wednesday Mar. 4	<u>Topic</u> : Social Relationships and Well-Being <u>Read</u> : Healthy Social Bonds: A Necessary Condition for Well-Being (Gable & Bromberg, 2018)

Week 10	
Monday Mar. 9	<u>Topic</u> : Close Relationships <u>Read</u> : What's Love Got to Do With It? Romantic Relationships and Well-Being (Kansky, 2018)
Wednesday Mar. 11	<u>Topic</u> : Appreciating Others <u>Read</u> : Emmons & Shelton (2002)

Week 11	
Monday Mar. 16	<u>Topic</u> : Gratitude <u>Read</u> : Nezlek, Newman, & Thrash (2017)
Wednesday Mar. 18	<u>Topic</u> : Social Interactions <u>Read</u> : Using Multiple Methods to More Fully Understand Causal Relations: Positive Affect Enhances Social Relationships

Week 12	
Monday Mar. 23	<u>Topic</u> : Contributing to the Happiness of Others <u>Read</u> : Social Capital and Prosocial Behaviour as Sources of Well-Being (Helliwell, Akinin, Shiplett, Huang, & Wang, 2018)
Wednesday Mar. 25	Midterm 3



<b>Week 13</b>	
<b>Monday</b> <b>Mar. 30</b>	<u>Topic:</u> Social Media and Well-Being <u>Read:</u> Clark, Algoe, & Green (2017)
<b>Wednesday</b> <b>Apr. 1</b>	<u>Topic:</u> Physical Activity and Well-Being <u>Read:</u> Vitterso (2018)

<b>Week 14</b>	
<b>Monday</b> <b>Apr. 6</b>	<u>Topic:</u> What Works? Reviewing Positive Psychology Interventions for Life, Work, and School  <u>Read:</u> Diener & Biswas-Diener (2019)
<b>Wednesday</b> <b>Apr. 8</b>	<u>Topic:</u> Integration and Moving Forward <u>Read:</u> No Reading!

<b>Final Exam</b>	
To Be Determined	

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