1. **COURSE ID:** PSYC 310   **TITLE:** Positive Psychology
   Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours
   Method of Grading: Letter Grade Only
   Recommended Preparation:
   Eligibility for ENGL 838 or ENGL 848 or ESL 400.

2. **COURSE DESIGNATION:**
   Degree Credit
   Transfer credit: CSU
   AA/AS Degree Requirements:
   CSM - GENERAL EDUCATION REQUIREMENTS: E5b. Social Science
   CSM - GENERAL EDUCATION REQUIREMENTS: E5d. Career Exploration and Self-Development

3. **COURSE DESCRIPTIONS:**
   Catalog Description:
   Introduces positive psychology, the scientific study of human strengths, well-being and happiness. Surveys
   the research, theories, and ideas about human health and happiness. Students will explore topics in the field
   of positive psychology including but not limited to wellness, optimism, flow, happiness, and positive
   thinking.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
   Upon successful completion of this course, a student will meet the following outcomes:
   1. Identify and evaluate research that supports the principles, strategies, and skills of positive psychology.
   2. Evaluate the strengths and weaknesses of the research methods and assessments in positive psychology.
   3. Demonstrate awareness of strengths and virtues and learn strategies to increase well-being and overall
      quality of life.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
   Upon successful completion of this course, a student will be able to:
   1. Describe the important theories, concepts and current research findings in positive psychology.
   2. Identify and evaluate research that supports the principles, the strategies, and the skills of positive
      psychology.
   3. Understand the relative contributions of nature and nurture to one's level of happiness
   4. Compare and contrast positive affect, positive emotion, happiness, and well-being.
   5. Analyze the respective roles of positive subjective experiences, positive individual traits and positive
      institutions in the creation and maintenance of positive, meaningful lives
   6. Evaluate the truth of popular claims regarding the nature of happiness, and the influences on happiness,
      through the discovery, evaluation and interpretation of credible evidence
   7. Select and use correct measures to evaluate dimensions of subjective well-being and be able to interpret
      results of these measures.
   8. Explain the VIA classification system of character.
   9. Differentiate between the human strengths of wisdom and courage and identify how these strengths
      contribute to subjective well-being.
   10. Compare and contrast the processes and effects of mindfulness and flow.
   11. Increase awareness of strengths and virtues and learn strategies to increase well-being and overall quality
      of life.
   12. Identify and apply positive psychology techniques & principles to enhance health, happiness and well-being

6. **COURSE CONTENT:**
   Lecture Content:
   1. What is Positive Psychology
        A. Humanistic psychology
              a. Moving from negative to positive, abnormal to growth-orientation
        B. Relationship of humanistic psychology to positive psychology
              a. Martin Seligman and the movement of positive psychology
        C. Eastern and Western perspectives on positive psychology

A. Interests
   B. Abilities
           a. Intelligence
   C. Accomplishments
 9. Wellness
   A. Health and illness throughout history
   B. Mind-body dualism
   C. Mind-body fields
           a. Health psychology
           b. Behavioral medicine
           c. Psychoneuroimmunology
   D. Wellness promotion
   E. Mental health, resilience, and coping
 10. Positive Interpersonal Relationships
   A. Love and attachment
   B. Equity theory
   C. Affiliation, liking, and friendship
 11. Enabling Institutions
   A. Social groupings
   B. Features of enabling institutions
   C. The good family
   D. The good school
   E. The good workplace
   F. The good society
   G. The good religion
 12. The Future of Positive Psychology
   A. The neurobiology of pleasure
   B. Natural history of the good life
   C. Why don't people seek out what will make them happy
   D. Can the psychological good life be deliberately created
   E. Is a psychological utopia possible
   F. Peace

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**
   Typical methods of instruction may include:
   A. Lecture
   B. Activity
   C. Directed Study
   D. Discussion
   E. Guest Speakers

8. **REPRESENTATIVE ASSIGNMENTS**
   Representative assignments in this course may include, but are not limited to the following:
   Writing Assignments:
   A. Research Paper: Students select an area of Positive Psychology for in-depth research into the scientific literature and methodologies. Paper to be written in APA format.
   B. Reflective paper integrating a research-based perspective upon character strengths as identified by assessment methods of positive psychology. Assess strengths upon influence of personal well-being. Paper written in APA format.
   C. Paper applying research-based principles of positive psychology to an individual case, a community, or an institution in order to enhance overall functioning and infuse structure with core facets of positive psychology.

   Reading Assignments:
   A. Reading of academic research-based text, approximately 30-40 pages per week
   B. Reading of scholarly journal articles and research in the field of positive psychology
   Other Outside Assignments:
       Library research to locate scholarly journals and scientific articles in topic areas of positive psychology.
       Oral presentation and written synthesis of article research and findings (APA format).

9. **REPRESENTATIVE METHODS OF EVALUATION**
Representative methods of evaluation may include:
   A. Class Participation
   B. Class Work
   C. Exams/Tests
   D. Group Projects
   E. Homework
   F. Oral Presentation
   G. Papers
   H. Portfolios
   I. Projects
   J. Quizzes
   K. Research Projects
   L. Written examination

10. **REPRESENTATIVE TEXT(S):**
Possible textbooks include:
   A. Shane, L., Teramoto Pedrotti, J. & Snyder, C.R.. *Positive psychology: The scientific and practical explorations of human strengths* , 3rd ed. SAGE Publications, 2014
   B. Compton, W. & Hoffman, E.. *Positive psychology: The science of happiness and flourishing*, ed. Cengage, 2013

Origination Date: November 2015
Curriculum Committee Approval Date: December 2017
Effective Term: Fall 2018
Course Originator: Michelle Mullane