

**PSYCH 14 Course Outline as of Fall 2020****CATALOG INFORMATION**

Dept and Nbr: PSYCH 14 Title: INTRO TO POSITIVE PSYCH

Full Title: Introduction to Positive Psychology

Last Reviewed: 4/8/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

Positive psychology is the scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, cultural, relational, institutional, and global dimensions of life. This course reviews the history of positive psychology and the contributions this field of study has made to several traditional research areas in psychology, and offers the opportunity to learn ways to increase levels of positive human functioning.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 1A or equivalent

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Positive psychology is the scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, cultural, relational, institutional, and global dimensions of life. This course reviews the history of positive psychology and the contributions this field of study has made to several traditional research

areas in psychology, and offers the opportunity to learn ways to increase levels of positive human functioning. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>		<b>Effective:</b>	<b>Inactive:</b>
	D	Social and Behavioral Sciences	Fall 2020	
<b>CSU GE:</b>	<b>Transfer Area</b>		<b>Effective:</b>	<b>Inactive:</b>
	D	Social Science	Fall 2020	
<b>IGETC:</b>	<b>Transfer Area</b>		<b>Effective:</b>	<b>Inactive:</b>
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2020	Inactive:
<b>UC Transfer:</b>	Transferable	Effective:	Fall 2020	Inactive:

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

**Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Describe theories, concepts, and research findings in learning and positive psychology.
2. Demonstrate an understanding of research methods in positive psychology and the ability to critically evaluate research in this area.

**Objectives:**

At the conclusion of this course, the student should be able to:

1. Summarize the historical development of positive psychology.
2. Demonstrate applications of core concepts of positive psychology.
3. Identify research that supports the principles, strategies, and skills of positive psychology.
4. Discuss methodologies used in the study of positive psychology.
5. Evaluate evidence for the validity, both internal and external, of empirical claims in contemporary positive psychology research.

**Topics and Scope:**

- I. Positive Psychology: Assumptions, Goals, and Definitions
  - A. Research in Positive Psychology
  - B. Culture and the Meaning of a Good Life
  - C. Social/Personality Psychology and the Psychology of Religion
- II. The Meaning and Measure of Happiness
  - A. Subjective Well-Being
  - B. Positive Affect, Negative Affect, and Happiness

- C. Self-Realization: The Eudaimonic Basis of Happiness
- III. Positive Emotions and Well-Being
  - A. Broaden-and-Build Theory of Positive Emotions
  - B. Positive Emotions and Health Resources
  - C. Cultivating Positive Emotions
- IV. Resilience
  - A. Resilience Research
  - B. The Dangers of Blaming the Victim
  - C. Growth Through Trauma
- V. Happiness and the Facts of Life
  - A. Happiness Across the Life Span
  - B. Gender and Happiness
  - C. Marriage and Happiness
- VI. Money, Happiness, and Culture
  - A. The Paradox of Affluence
  - B. Understanding Money and Happiness
  - C. Culture and Well-Being
- VII. Personal Goals and Windows to Well-Being
  - A. Goals and Related Motivational Concepts
  - B. Goals that Contribute Most to Well-Being
  - C. Materialism and Its Discontents
- VIII. Self-Regulation and Self-Control
  - A. The Value of Self-Control
  - B. Goals that Create Self-Regulation Problems
  - C. The Costs and Benefits of Procrastination
- IX. Positive Traits
  - A. Personality, Emotions, and Biology
  - B. Positive Beliefs
  - C. Unresolved Issues in the Study of Optimism
- X. Virtue and Strengths of Character
  - A. Developing a Classification of Human Virtues
  - B. Measuring Strengths of Character
  - C. Transcendence: Religion and Spirituality
- XI. Close Relationships and Well-Being
  - A. Defining Close Relationships
  - B. Varieties of Love
  - C. Conflict and Communication Skills
- XII. Interconnection of the “Good” and the “Bad”
  - A. Mindfulness and Well-Being
  - B. Mindfulness Meditation
  - C. Mindfulness and Psychotherapy

**Assignment:**

1. Read approximately 35-60 pages per week
2. Essay, term, or research paper and/or project(s) (a minimum of 1,250 words for the course)
3. Presentation(s)
4. Quiz(zes) and/or exam(s)
5. Final exam or final project

## Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Essay, term, or research paper and/or project(s)

Writing  
10 - 25%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations  
0 - 0%

**Exams:** All forms of formal testing, other than skill performance exams.

Quiz(zes) and/or exam(s), and final exam or final project

Exams  
75 - 90%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Presentation(s) and/or project(s)

Other Category  
0 - 10%

## Representative Textbooks and Materials:

Positive Psychology. Baumgardner, Steve and Crothers, Marie. Pearson. 2009 (classic)

Second Wave Positive Psychology: Embracing the Dark Side of Life. Ivtzan, Itai and Lomas, Tim and Hefferon, Kate and Worth, Piers. Routledge. 2016

Mindfulness in Positive Psychology: The Science of Mediation and Wellbeing. Ivtzan, Itai and Lomas, Tim. Routledge. 2016

A Primer in Positive Psychology. Peterson, Christopher. Oxford University Press. 2006 (classic)