POSITIVE PSYCHOLOGY

PSYC 3000 Section 001, Fall 2022

# Course Syllabus

**Instructor:** McKenzie Watson, she/her

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**Office:** Terrill Hall 215 Cube 39

**Office Hours:** Mondays 2:00pm to 3:00 pm, Wednesday 4:30pm to 5:30pm

## Welcome to PSYC 3000!

Hello! Welcome to Positive Psychology! This course is going to be a bit different from the typical psychology course; instead of pathologizing everything or focusing on what is wrong with people, we’re instead going to focus on the good things. I hope you enjoy it!

As members of the UNT community, we have all made a commitment to be part of an institution that respects and values the identities of the students and employees with whom we interact. UNT does not tolerate identity-based discrimination, harassment, and retaliation. UNT’s full Non-Discrimination Policy can be found in the UNT Policies section of the syllabus.

**Course Description:**

Most of the focus in psychological science in the 20th century has focused on the weaknesses and pathologies of human beings (i.e., “What is wrong with people?). Positive psychology, in contrast, asks a different question (i.e., What is right with people?). Positive psychology is the scientific and applied approach to discovering and promoting strengths, virtues, and positive functioning. This course will focus on a variety of topics including developing strengths and living well in cultural context, positive emotional states and processes, positive cognitive states and processes, prosocial behavior, understanding and changing human behavior, and developing and implementing positive environments*.*

**Course Objectives:**

By the end of this course, students will be able to do the following:

CO 1: Students will increase their knowledge base of positive psychology, including positive emotion, positive cognition, prosocial behavior, positive interventions, and positive environments.

CO 2: Students will hone psychological scientific skills, including information retrieval, critical thinking, and writing.

CO 3: Students will work to develop their own personal strengths, virtues, and level of positive functioning.

**Required Text:** Lopez, S. J., Pedrotti, J. T., & Snyder, C. R. (2018). *Positive psychology: The scientific and practical explorations of human strengths*. Sage publications. (ISBN: 9781506357355).

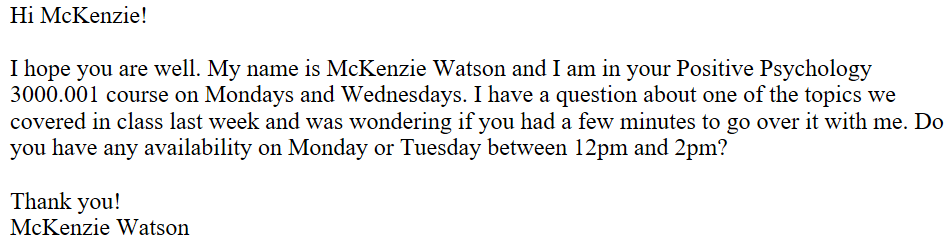
There will be occasional assigned readings throughout the semester to give you more practical examples of assigned material. I will upload these to Canvas as needed ahead of time.

**Course Structure**

This course meets two days a week (Monday and Wednesday) in a face-to-face format. This is a 16-week course that runs the entirety of the semester.

**Communication in Class:** During class, we will discuss sensitive topics. Be kind and respectful of others during discussions and remember that it is okay to agree to disagree. However, insensitive language will be corrected, and incorrect information will be remedied. If a student’s behavior interferes with my ability to teach or other students’ ability to learn, they may be asked to leave the classroom or be referred to the dean of students for disciplinary action. All students are expected to be familiar with and to follow the UNT student code of conduct. [www.unt.edu/csrr](http://www.unt.edu/csrr).

**Email Communication**: The best way to contact me is through Email. Please be sure to include this class (PSYC 3000.001) in the subject line, as we teach multiple classes, see clients, and otherwise have inboxes that are prone to a deluge of emails. See below for a nice example of the type of email I would be happy to find in my inbox.



**Technical Requirements and Skills:** Students will need access to the following:

1. Computer
2. Reliable internet access
3. Canvas Technical Requirements (<https://clear.unt.edu/supported-technologies/canvas/requirements>)
4. Access to Vantage
5. UNT email address

**Canvas**:

Online course material and grades will be available on Canvas at https://learn.unt.edu. If you are having technical issues, you may email [helpdesk@unt.edu](mailto:helpdesk@unt.edu).

**Getting Help**

***Technical Assistance***:Part of working in the online environment involves dealing with the inconveniences and frustration that can arise when technology breaks down or does not perform as expected. Here at UNT we have a Student Help Desk that you can contact for help with Canvas or other technology issues.

**UIT Help Desk**: [http://www.unt.edu/helpdesk/index.htm (Links to an external site.)](http://www.unt.edu/helpdesk/index.htm)

**Email**: [helpdesk@unt.edu](mailto:helpdesk@unt.edu)

**Phone**: 940-565-2324

**In Person**: Sage Hall, Room 130

**Walk-In Availability**: 8am-9pm

**Telephone Availability**:

* Sunday: noon-midnight
* Monday-Thursday: 8am-midnight
* Friday: 8am-8pm
* Saturday: 9am-5pm

**Laptop Checkout**: 8am-7pm

For additional support, visit [Canvas Technical Help (Links to an external site.)](https://community.canvaslms.com/docs/DOC-10554-4212710328) ([https://community.canvaslms.com/docs/DOC-10554-4212710328 (Links to an external site.)](https://community.canvaslms.com/docs/DOC-10554-4212710328))

**What to do if Canvas fails:** Canvas is online technology, and therefore, can crash. If this happens to you, EMAIL ME IMMEDIATELY. I will be able to access the system, review your Canvas attempt, and reset your assessment. However, I do not guarantee that I will see your email immediately, so I highly recommend that you complete and submit your work in **advance**.

### Rules of Engagement

Rules of engagement refer to the way students are expected to interact with each other and with their instructors. Here are some general guidelines:

* While the freedom to express yourself is a fundamental human right, any communication that utilizes cruel and derogatory language on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law will not be tolerated.
* Treat your instructor and classmates with respect in any communication online or face-to-face, even when their opinion differs from your own.
* Ask for and use the correct name and pronouns for your instructor and classmates.
* Speak from personal experiences. Use “I” statements to share thoughts and feelings. Try not to speak on behalf of groups or other individual’s experiences.
* Use your critical thinking skills to challenge other people’s ideas, instead of attacking individuals.
* Avoid using all caps while communicating digitally. This may be interpreted as “YELLING!”
* Be cautious when using humor or sarcasm in emails or discussion posts as tone can be difficult to interpret digitally.
* Avoid using “text-talk” unless explicitly permitted by your instructor.
* Proofread and fact-check your sources.
* Keep in mind that online posts can be permanent, so think first before you type.

See these [Engagement Guidelines](https://clear.unt.edu/online-communication-tips) (https://clear.unt.edu/online-communication-tips) for more information.

**Course Requirements:**

All the assignments and point values are listed below. *See Canvas for the instructions and assignment details.* The assignments will be available as the course progresses (consistent with the availability of the module). The correct answers for the quizzes will be available after the due date for that quiz has passed.

|  |  |  |
| --- | --- | --- |
| ***Assignment*** | ***Points Possible*** | ***Percentage of Final Grade*** |
| *Four Exams* | *125 each (500 points total)* | *50%* |
| *Quizzes* | *20 each (200 points total)* | *20%* |
| *Homework Activities* | *50 each (300 points total)* | *30%* |
| ***Total Points Possible*** | *1000 points* | ***100%*** |

Assignments and Exams:

* **Exams:** There will be four exams in this class, including the cumulative final exam at the end of the class. These exams (with the exception of the final) will cover three to four chapters that we have gone over in class, and you will take them in class using a scantron. Please make sure to bring a scantron with you on testing dates. Each exam will be comprised of 25 multiple choice questions that will be completed within the class period. Exams will be worth 125 points. (Note: Final exam will be 50 multiple choice questions and you will have 120 minutes to complete the final). The final exam will be open-book and open-note; however, it will be extremely difficult to finish the exam in the time allotted if you are not familiar with the material, so I strongly encourage you to read and study PRIOR to starting the final. You are NOT allowed to use materials outside of the textbook and your notes (e.g. no Google, no Wikipedia, no Alexa, etc.).
* **Homework Assignments:** There will be 7 homework assignments throughout the course to deepen your understanding of the material. You must choose 6 of the 7 assignments to complete and turn them in by the appropriate deadlines. Each assignment will be worth 50 points. Instructions for each assignment will be posted separately on Canvas. All homework assignments are due on **Wednesdays** at 11:59pm.
* **Quizzes:** There will be 10 quizzes following most chapters we cover in this course. Quizzes will cover both material from the book and material we go over in class. Each quiz will consist of five questions that will help you prepare for upcoming exams. There will be no time limit, and you are encouraged to use both y9our book and notes (you are NOT allowed to use materials outside of the textbook and your notes including google, Wikipedia, quizlet, etc.). Quizzes are due on Canvas on **Sundays** at 11:59pm.

There are **some important points** for all assignments/quizzes.

* There will be **no make-up quizzes/**assignments. However, if there are some unexpected circumstances, please provide written documentation/justification to the instructor, and the instructor will decide if a make-up/late quiz/assignment will be allowed.
* Given that there are several assignments in this class, there is an ample opportunity to earn a high grade if all are attempted with due effort. Hence, I will not be rounding up grades.
* If a certain paper/assignment is submitted for this course, **ensure that this is not the same paper/assignment submitted for another course**. This is considered self-plagiarism and “turn-it-in” will detect a high level of similarity. A high-level of similarity (indicated in the grading rubric) will result in further action (e.g., grade of 0, further investigation).
* All quizzes/assignments make up the total grade; no quiz/assignment grades will be dropped.
* No other grades will be given except as noted above. If the student is doing poorly in the course, it is the student’s responsibility to drop or withdraw from the course before the appropriate deadline. If it is too late to drop or withdraw from the course, a mark of “Incomplete” will not be assigned (unless the requirements for obtaining an “I” are met as noted below); rather the student will be assigned the actual grade earned.
* The instructor **may** provide extra credit assignments intermittently in the course.
* **Please check if assignments have been submitted in entirety/as expected before the assignment is due.** Students should not be emailing me after the assignment due date stating that they thought the assignment was submitted; however, there was a technical glitch and they realized later that the assignment was not successfully submitted. I will not be considering such requests.
* If there are technical issues or in doubt whether assignments have been/will be successfully submitted, please take a screenshot of the error messages or time-stamped copies of the assignment submissions.
* If you are travelling the day an assignment is due, please be mindful of any time differences across locations (change in time zones) and plan accordingly. I will not consider this as a reason for lack of timely assignment submission.

### Grading

The grading scale for this course is A – F. The points I will use to calculate the final grade are below.

# **Grade Points**

A 900 or more

B 800-899

C 700-799

D 600-699

F 599 or less

**Incomplete Grades:**

“I” is a non-punitive grade given only during the last one-fourth of a term/semester and only if a student (1) is passing the course and (2) has justifiable and documented reason, beyond the control of the student (such as serious illness or military service), for not completing the work on schedule. The student must arrange with the instructor to finish the course at a later date by completing specific requirements. These requirements must be listed on a Request for Grade of Incomplete form signed by the instructor, student, and department chair and must be entered on the grade roster by the instructor. See also “Removal of I” policy in the Academics section of the undergraduate catalog. *(The UNT Catalog generally allows up to 1 year to remove an “I” grade).* Grades of “I” assigned to an undergraduate course at the end of the Fall 2007 semester and later, will default to “F” unless the instructor has designated a different automatic grade.

**Additional Information**

1. UNT schedule to register and withdraw/drop a course: https://registrar.unt.edu/registration/spring-registration-guide
2. Information on student policies and resources: https://deanofstudents.unt.edu/
3. Learning Center: https://learningcenter.unt.edu/
4. Undergraduate research Fellowship: https://honors.unt.edu/research/unt-undergraduate- research-fellowship

**Academic Integrity:**

According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University. Any student caught cheating (copying someone else’s work, working with a partner or using course materials during exams, plagiarizing written work for your paper) will automatically result in a “F” in the class.

***Student Support Services***:UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

* [*Student Health and Wellness Center (Links to an external site.)*](https://d.docs.live.net/6993d1f9044c6ccb/Documents/TF%20PSYC%201630/Syllabus/Student%20Health%20and%20Wellness%20Center (Links%20to%20an%20external%20site.))*(*[*https://studentaffairs.unt.edu/student-health-and-wellness-center*](https://studentaffairs.unt.edu/student-health-and-wellness-center)*)*
* [*Counseling and Testing Services (Links to an external site.)*](https://studentaffairs.unt.edu/counseling-and-testing-services)*(*[*https://studentaffairs.unt.edu/counseling-and-testing-services*](https://studentaffairs.unt.edu/counseling-and-testing-services)*)*
* [*UNT Care Team (Links to an external site.)*](https://studentaffairs.unt.edu/care)*(*[*https://studentaffairs.unt.edu/care*](https://studentaffairs.unt.edu/care)*)*
* [*UNT Psychiatric Services (Links to an external site.)*](https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry)*(*[*https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry*](https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry)*)*
* [*Individual Counseling (Links to an external site.)*](https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling)*(https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling)*

*Other student support services offered by UNT include:*

* *Registrar (*[*https://registrar.unt.edu/registration*](https://registrar.unt.edu/registration)*)*
* [*Financial Aid (Links to an external site.)*](https://financialaid.unt.edu/)*(*[*https://financialaid.unt.edu/*](https://financialaid.unt.edu/)*)*
* [*Student Legal Services (Links to an external site.)*](https://studentaffairs.unt.edu/student-legal-services)*(*[*https://studentaffairs.unt.edu/student-legal-services*](https://studentaffairs.unt.edu/student-legal-services)*)*
* [*Career Center (Links to an external site.)*](https://studentaffairs.unt.edu/career-center)*(*[*https://studentaffairs.unt.edu/career-center*](https://studentaffairs.unt.edu/career-center)*)*
* [*Multicultural Center (Links to an external site.)*](https://edo.unt.edu/multicultural-center)*(*[*https://edo.unt.edu/multicultural-center*](https://edo.unt.edu/multicultural-center)*)*
* [*Counseling and Testing Services (Links to an external site.)*](https://studentaffairs.unt.edu/counseling-and-testing-services)*(*[*https://studentaffairs.unt.edu/counseling-and-testing-services*](https://studentaffairs.unt.edu/counseling-and-testing-services)*)*
* [*Pride Alliance (Links to an external site.)*](https://edo.unt.edu/pridealliance)*(*[*https://edo.unt.edu/pridealliance*](https://edo.unt.edu/pridealliance)*)*
* [*UNT Food Pantry (Links to an external site.)*](https://deanofstudents.unt.edu/resources/food-pantry)*(https://deanofstudents.unt.edu/resources/food-pantry)*

***Academic Support Services***

* [*Academic Resource Center (Links to an external site.)*](https://d.docs.live.net/6993d1f9044c6ccb/Documents/TF%20PSYC%201630/Syllabus/Academic%20Resource%20Center (Links%20to%20an%20external%20site.))*(*[*https://clear.unt.edu/canvas/student-resources*](https://clear.unt.edu/canvas/student-resources)*)*
* [*Academic Success Center (Links to an external site.)*](https://d.docs.live.net/6993d1f9044c6ccb/Documents/TF%20PSYC%201630/Syllabus/Academic%20Success%20Center (Links%20to%20an%20external%20site.))*(*[*https://success.unt.edu/asc*](https://success.unt.edu/asc)*)*
* [*UNT Libraries (Links to an external site.)*](https://d.docs.live.net/6993d1f9044c6ccb/Documents/TF%20PSYC%201630/Syllabus/UNT%20Libraries (Links%20to%20an%20external%20site.))*(*[*https://library.unt.edu/*](https://library.unt.edu/)*)*
* [*Writing Lab (Links to an external site.)*](https://d.docs.live.net/6993d1f9044c6ccb/Documents/TF%20PSYC%201630/Syllabus/Writing%20Lab (Links%20to%20an%20external%20site.))*(*[*http://writingcenter.unt.edu/*](http://writingcenter.unt.edu/)*)*

## **Course Evaluation**

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be made available during weeks 13, 14 and 15 of the long semesters to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" ([no-reply@iasystem.org](file:///C:\Users\jdl0126\AppData\Local\Temp\OneNote\16.0\NT\0\no-reply@iasystem.org)) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey they will receive a confirmation email that the survey has been submitted. For additional information, please visit the [SPOT website](http://spot.unt.edu/) (http://spot.unt.edu/) or email [spot@unt.edu](file:///C:\Users\jdl0126\AppData\Local\Temp\OneNote\16.0\NT\0\spot@unt.edu).

**UNT POLICIES**

Academic Integrity Policy Academic Integrity Standards and Consequences. According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University. [Insert specific sanction or academic penalty for specific academic integrity violation.

## ADA Policy

UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one’s specific course needs. Students may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information contact Dr. Hope Garcia of UNT-Frisco and see the ODA website at disability.unt.edu.

## Emergency Notification & Procedures

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

## Retention of Student Records

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student’s records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University’s policy. See UNT Policy 10.10, Records Management and Retention for additional information.

## Access to Information - Eagle Connect

Students’ access point for business and academic services at UNT is located at the website my.unt.edu. All official communication from the University will be delivered to a student’s Eagle Connect account. Be sure to select the option that also connects you to UNT-Frisco. For more information, please visit the website that explains Eagle Connect and how to forward e-mail at <http://eagleconnect.unt.edu/>

## Sexual Assault Prevention

UNT and I are committed to providing a safe learning environment free of all forms of sexual misconduct, including sexual harassment sexual assault, domestic violence, dating violence, and stalking. Federal laws (Title IX and the Violence Against Women Act) and UNT policies prohibit discrimination on the basis of sex, and therefore prohibit sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking, and/or sexual assault, there are campus resources available to provide support and assistance. If you use me, Dr. Clayton, as a resource, please know that I CANNOT keep your information confidential if you report to me a case of sexual assault or if I believe you are in danger. Therefore, if you desire a confidential source, you can ask me for resources and I will gladly help you! Remember, the UNT CARE Team is always ready to assist. Their website is located at http://studentaffairs.unt.edu/care. UNT CARE has an email address, which is careteam@unt.edu. UNT’s Survivor Advocates can also assist a student who has been impacted by violence by filing protective orders, completing crime victim’s compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change where appropriate, and connecting students to other resources available both on and off campus. The Survivor Advocates can be reached via email at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565- 2648. Additionally, alleged sexual misconduct can be non-confidentially reported to the Title IX Coordinator via email at oeo@unt.edu or at (940)-565-2759

**Tentative Schedule (*subject to change throughout the semester*.)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week | Date | In-Class | Reading | Assignment |
| Week 1 | Monday 8/29 | Syllabus Review |  |  |
|  | Wednesday 8/31 | Classifications and Measures of Strengths and Positive Outcomes | Ch. 3 |  |
| Week 2 | Monday 9/5 | NO CLASS |  |  |
|  | Wednesday 9/7 | Culture and Positive Psychology | Ch. 4 | Activity 1 (9/7)  Quiz 1 (9/11) |
| Week 3 | Monday 9/12 | Living Well at Every Stage | Ch. 5 |  |
|  | Wednesday 9/14 | Cont. |  | Quiz 2 (9/18) |
| Week 4 | Monday 9/19 | Exam 1 (Ch 3-5) |  |  |
|  | Wednesday 9/21 | Positive Emotions, Happiness, and Well-Being | Ch. 6 | Activity 2 (9/21) |
| Week 5 | Monday 9/26 | Making the most of Emotional Experiences | Ch. 7 |  |
|  | Wednesday 9/28 | Cont. |  | Quiz 3 (10/2) |
| Week 6 | Monday 10/3 | Self-Efficacy, Optimism, and Hope | Ch. 8 |  |
|  | Wednesday 10/5 | Cont. |  | Activity 3 (10/5)  Quiz 4 (10/9) |
| Week 7 | Monday 10/10 | Exam 2 |  |  |
|  | Wednesday 10/12 | Wisdom and Courage | Ch. 9 | Quiz 5 (10/16) |
| Week 8 | Monday 10/17 | Mindfulness, Flow, and Spirituality | Ch. 10 |  |
|  | Wednesday 10/19 | Cont. |  | Activity 4 (10/19)  Quiz 6 (10/23) |
| Week 9 | Monday 10/24 | Empathy and Egotism | Ch. 11 |  |
|  | Wednesday 10/16 | Cont. |  | Quiz 7 (10/30) |
| Week 10 | Monday 10/31 | Attachment, Love, and Flourishing Relationships | Ch. 12 |  |
|  | Wednesday 11/2 | Cont. |  | Activity 5 (11/2)  Quiz 8 (11/6) |
| Week 11 | Monday 11/7 | Exam 3 |  |  |
|  | Wednesday 11/9 | Positive Interventions | Ch. 14 | Quiz 9 (11/13) |
| Week 12 | Monday 11/14 | Positive Schooling and Work | Ch. 15 |  |
|  | Wednesday 11/16 | Cont. |  | Activity 6 (11/16)  Quiz 10 (11/20) |
| Week 13 | Monday 11/21 | Positive Communication | Article from Canvas |  |
|  | Wednesday 11/23 | Catch-up day |  |  |
| Week 14 | Monday 11/28 | Positive Communication |  |  |
|  | Wednesday 11/30 | Catch-up day |  | Activity 7 (11/30) |
| Week 15 | Monday 12/5 | Humility | Article from Canvas |  |
|  | Wednesday 12/7 | Cont. |  |  |
| Week 16 | Monday 12/12 | Exam week |  | Final exam open (12/7-12/14) |
|  | Wednesday 12/14 | Exam week |  |  |