

POSITIVE PSYCHOLOGY: THE SCIENCE OF HAPPINESS (PCO4113)

Spring 2019

Class Meetings: Tu/Thu periods 7/7-8 (1:55-2:45/1:55-3:50)

Psychology Building Room 130

Instructor: Ron Chandler, Ph.D

Contact: ronchandler@ufl.edu, 352.215.8400

Office Hours: By appointment only.

Instructor: Ron Chandler, Ph.D

Contact: ronchandler@ufl.edu, 352.215.8400

Office Hours: Tu/Thu 11am-1pm McCarty, Bldg. C, Room 532

Teaching Assistant Team

Graduate Teaching Assistant: Brittanie Mahanna - bmahanna@ufl.edu

Undergraduate Teaching Assistant and Teaching Team Leader: Lauren Est - Lauren.Est@ufl.edu

Undergraduate Teaching Assistant: Ashby Sandberg - asandberg@ufl.edu

Undergraduate Teaching Assistant: Julia Mszanski - jmszanski@ufl.edu

Undergraduate Teaching Assistant: Gianella Perez: giperez30@ufl.edu

Undergraduate Teaching Assistant: Hannah Terzi - hterzi@ufl.edu

Course Description

The purpose of this course is to examine the fundamentals of positive psychology. The course begins with an exploration of the history of positive psychology and its basic tenants. We then explore a wide range of topics that relate to happiness and well-being, including positive relationships, positive thinking, life meaning, religion/spirituality, gratitude, altruism, career development, and character strengths. Class meets twice a week on Tuesdays and Thursdays.

Course Objectives

- Understand the basic principles of positive psychology.
- Understand the major areas within positive psychology that have received a considerable amount of attention in the literature.
- Understand the role of relationships in achieving a happy life.
- Understand how to use positive psychology techniques in your own life.
- Understand the strengths and positive life experiences of other class members.

Required Text

Lopez, Pedrotti, & Snyder (2015). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*.

Instructional Method

Class will be conducted in a coteacher/collearner group structure that facilitates development to knowledge of as well as practice with Positive Psychology. This structure places considerably more in-class responsibility on students but greatly reduces students' out-of-

class responsibilities. Research indicates that this structure is less stressful and facilitates greater understanding of material.

The class will be divided into groups of approximately equal size. For example a class of ninety students will have 10 groups of 9 students each. Each group will be responsible for planning and presenting one group lecture throughout the semester.

One TA will be assigned to two groups. Your TA will be your first point of contact regarding questions about assignments, course material, course policy, and about grades for individual and group work, the Group Lecture, Strength Assignment and Gratitude Assignment.

Make up assignments must be approved by your instructor and arranged with your TA. Your instructor will be happy to talk with you about questions or concerns that cannot be resolved by your TA or that pertain to personal issues (e.g., requests for accommodation through UF Disabilities Resource Center), your program(s) of study, and career ideas and possible career opportunities.

If you wish to any of the members of the Teaching Team you must do so via CANVAS messaging. Meetings with Teaching Team members must be scheduled in advance and are by appointment only.

Grading and Evaluation Criteria

The course is graded A to E. A late assignment will be *lowered 10%* for every day they are late, including weekends. Computer problems under any circumstances will not excuse a late paper or assignment. The course grade is comprised of the following components.

Course Structure

Your grade in this course will be made up of:

- **Assignments** (40 points)
 - Character Strengths Assignment (15 points)
 - Gratitude Assignment (25 points)
- **Group Lecture** (30 points)
- **Statements of Understanding** (100 points)
- **Grading Group Lecture** (50 points)
- **Attendance** (50 points)

Total: 300 points

Character Strengths Assignment: 15 Total Points

- Complete the VIA Survey of Character Strengths at <http://www.authentic happiness.sas.upenn.edu/> by midnight Jan 26th.
- Students will print out their results and bring them to class on Jan 29th.
- During class on Jan 29th students will be assigned to interview another class member for 30 minutes and then be interviewed themselves by a class member for 30 minutes.

- During these interviews, the goal will be to understand what is “best” about the other student, which in positive psychology language is labeled signature strengths.
- The specific questions to ask during this interview will be developed by the class before the interview occurs.
- Students will give a print out of their signature strength questionnaire results to the student that interviewed them.
- Based on their interview of another class member, as well as that student’s signature strength questionnaire, students will complete a paper of **NO MORE THAN 1 PAGE, 12 point font, double spaced, Times New Roman lettering, 1 inch margins, in black ink.** This paper will describe what is best about this student. This paper is due on Jan 29th.
- On Jan 31st a *select* number of students, probably 2 from each group, will briefly present to the entire class what is best about the student they interviewed.
- Your grade (total of 15 points) will be assessed 1) on proper completion of the paper, 2) proper formatting and grammar, and 3) attendance in class for these presentations.

Gratitude Assignment: 25 Points

- Think of someone who has done something important and wonderful for you, yet who has not been properly thanked.
- Reflect on the benefits you received from this person and write him or her a letter expressing your gratitude for all he or she did for you.
- This letter can be over 1 page if needed.
- Arrange to deliver the letter to him or her personally. You will arrange this visit in advance, not telling the person exactly why you are coming, but making sure it is just a one-on-one visit. You will read your letter aloud to them and spend some time with him or her talking about what you wrote.
- You will write a one page paper about this experience. **This is to be NO MORE THAN 1 PAGE, 12 point font, double spaced, Times New Roman lettering, 1 inch margins, in black ink.** Anything differing from this will be graded harshly.
- You will briefly present to the class your experiences with the assignment (2 minute presentation) on April 9th, 11th, 16th, 18th, or 23rd. Your group will be assigned a time slot within one of these and you will present your paper during that slot.
- You will turn into me your gratitude letter and your one page description of the experience to your group’s TA on or before midnight Tuesday 24-April.
- You will be graded out of 15 points on proper completion of the assignment and on proper formatting and grammar, NOT on the content of the letter or experience.

Group Lecture: 30 Total Points

In most weeks and typically on Thursday you will work with your group to develop a lecture on a topic(s). One member of the Teaching Team will take 10-15 minutes at the first of this class to introduce you to the basics of the topic(s) about which you will develop your lecture. You will work on your presentation for the remainder of the class periods.

Important: If you work diligently and efficiently during class you will not likely need more than one more group meeting outside of class to complete your presentation. Each

group member will need to present a fair share of the slides. It is strongly recommended that even though you will have only some of slides you should rehearse the entire presentation so that should an illness or emergency prevent a group member from being present one or more of your group can step in effectively and prevent the group from losing points for the presentation.

You will present your lecture on the *following class meeting (typically Tuesday)*, and your classmates as well as the Teaching Team will grade your lecture based on criteria listed below. Your group's TA will determine your final grade.

Important: You will be given a basic presentation that you use as a guide to be certain that you cover the basic important information. You do not need to use the same style and it is strongly recommended that you thoroughly explain the content of each slide and include additional information to enhance the educational value of your presentation beyond the basic PowerPoint.

Because your group will be preparing on Thursday and presenting on Tuesday, you will receive full points for the "Grading Group Lecture" and "Group SOU" for those dates, assuming you are in class.

Note: Group Lecture Grading (5 points each). If you are a member of one of groups that is *not* presenting and you are present in class for the Group Lecture you will be responsible for grading that lecture.

Note: Statement of Understanding (10 points each). If you are a member of a group that is *not* preparing for a group lecture you will be responsible for working with your group to collectively write a statement of understanding (SOU). Each SOU is worth a maximum of 10 points. See instructions below for writing the SOU.

Grading Group Lectures: 50 Total Points

See general responsibility for grading group lectures in the Group Lecture instructions above. These will be graded by completion. Each submission is worth 5 points. There are 10 total submissions. You **MUST** submit this "Grading Group Lecture" before 3PM on Tuesday (after class). If you do not have access to a computer, then please contact you Professor Chandler or your TA.

You must use the following criteria for grading a group lecture for a maximum total of 30 Points.

- Educational value of presentation: No less than 2 points, no more than 10 points.
- Quality (clarity and creativity) of presentation: No less than 2 points, no more than 10 points.
- Equal participation of group members. This includes apparent preparedness of each presenter in the group: No less than 2 points, no more than 10 points.

You can find a full rubric in the Files tab in the course's Canvas page. Please refer to this rubric when you are grading each group lecture. **Each member of the group must individually submit this.**

Group Statement of Understanding: 100 Points

If you are in a group that is not preparing a presentation for the following class meeting you will be responsible *as a group* to collectively write a Statement of Understanding (SOU). This paper must be no less than one page and no more than 1 and ½ single-spaced pages using 12 point Times New Roman font with standard 1 inch margins. Any deviation from these stipulations will result in a sharp reduction in your grade.

Your group's SOU is a synthesis of the each group member's understanding of the topic introduced at the first of the class period and that—***this is important!***— relates the topic(s) to human dignity. For purposes of this paper human dignity can be defined simply as is the composite experience of efficacy, esteem, agency, a sense of safety, freedom to be, and social capital.

Each SOU will take the following 5 criteria into account.

Grading the Written SOU:

- Does the SOU adequately relate the assigned topic to the topic of human dignity?
- Does the SOU reflect an adequate understanding of the material (lecture and assigned readings)?
- Does the SOU represent a collective understanding of the group's viewpoints? Your group is encouraged to disagree and conflict, but the SOU should then represent that divergence.

Grading the Group's Process:

- Does your group equally disperse the work and include all group members?
- Does your group appear engaged in the discussion?

The member of the teaching team who presents the introductory lecture on Thursday will also present critical thinking questions to help structure and guide group discussion. Before the group discusses and writes their weekly SOU, each group member will be asked to personally reflect and write a brief paragraph of their understanding of the week's material. You will submit this paragraph as a "text-entry" into the Canvas assignment. Failure to submit this paragraph will result in a loss of 3 points (i.e. if your group scores a "9" on the SOU, then you would receive a "6" if you were in class but failed to submit the paragraph on Canvas).

One member of the group is responsible for submitting the group's SOU on Canvas. For more information, please find the "SOU Rubric" under the Files tab on Canvas.

Attendance: 55 Total Points

Given the structure of this class attendance is mandatory and as you will see when reviewing the grades table below that it is a significant part of your grade. Your attendance is not only important to your individual success but also essential to the success of your group.

For days where either a) present a group lecture or b) submit a “Grading Group Lecture” or c) submit a paragraph and group SOU, then attendance will be folded into those grades. However, for all other courses, you will receive attendance points. Attendance on Tuesdays is worth “5” points and attendance on Thursdays is worth “10” points. You have “10” freebie attendance points that you can use without any excuse. This means that you can either miss one Thursday class or miss two Tuesday classes without penalty. After you use your freebie attendance points, you will receive “0’s” for those class periods.

Grading

Grade	Percentage
A	≥ 93%
A-	90%-92.99%
B+	87%-89.99%
B	83%-86.99%
B-	80%-82.99%
C+	77%-79.99%
C	73%-76.99%
C-	70%-72.99%
D+	67%-69.99%
D	63%-66.99%
D-	60%-62.99%
E	≤ 59.99%

A grade of “I” (incomplete) is assigned only for work which has been of a passing quality through the academic term but which, for good reason and with approval of the instructor, cannot be completed within the time frame of the semester. Students for whom special circumstances may warrant an “I” must discuss this matter with the instructor before the last day of class.

Make Up Policy

There are **no set times for makeup exams OR for presentations**. However, if missed tests/presentations are accompanied with written verification for why the exam was missed (e.g., doctors note, religious holiday, death in the family) I will work with you to take the exam or give the presentation at a different time. Please consult the university guidelines for more information on the makeup policies:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Academic Integrity

You are expected to be familiar with the University policy on academic dishonesty, as this policy applies to our class as well as to others. Failure to comply with academic integrity policies may result in failing the course and progression through standard university procedures.

Academic Accommodations for Students with Unique Needs

In compliance with the Americans With Disabilities Act (ADA), I will work with accommodations that are needed. If you have a documented disability and wish to discuss academic accommodations, please contact me. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation.”

Schedule

Meeting Dates	Topic & Assignments	Readings
Tu 8 th Jan	Introduction and What is positive psychology? Ron presenting	Chapters 1-3
Th 10 th	Form groups and select topics for your group presentations.	
Tu 15 th	Introduction to Happiness & Character Strengths Group 1 development of Character Strengths Lecture. Groups 2-10 will write Statement of Understanding (SOU) re. Happiness & Character Strengths. Ron presenting	See syllabus for instructions. Begin reading Chapt. 4; Lyubomirsky & Layous (2013)
Th 17 th	Group 1 Lecture on Happiness & Character Strengths Groups 2-10 and Teaching Team will grade lecture.	Chapter 4, Lyubomirsky & Layous (2013) Due
Tu 22 nd	Introduction to Being Positive . Group 2 Development of Being Positive Lecture. Groups 1, 3-10 will write SOU re. Being Positive. Ron presenting	Chapt. 6; Matz et al. (2016)
Thu 24 th	Group 2 Lecture on Being Positive. Groups 1, 3-10, Teaching Team will grade lecture.	Chapter 6, Matz et al. Due
Sat 26 th	Important: VIA Survey of Character Strengths	Complete Survey of Character Strengths before midnight tonight.
Tu 29 th	Collective Development of Interview Questions Conduct Strength Interviews and Write "What's Best About Her/Him" Paper.	See instructions in syllabus.

Th 31 st	Strength Presentations	See instructions in syllabus.
Tu 5 th Feb	Introduction to Open Mindedness Group 3 Development of Open Mindedness Lecture. Groups 1, 2, 4-10 will write SOU re. Open Mindedness. Julia presenting	Begin Chapt. 8; Diener et al., 2015
Part II: Positive Relationships		
Th 7 th	Group 3 Lecture on Open Mindedness. Groups 1, 2, 4-10, Teaching Team will grade lecture.	Chapter 8, Diener et al. Due
Tu 12 th	Introduction to Attachment, Love, and Formation of Relationships. Group 4 Development of Attachment, Love, & Formation of Relationships Lecture. Groups 1-3, 5-10 will write SOU re. Attachment, Love, & Formation of Relationships. Brittanie presenting	Begin reading Chapt. 12; O'Connell (2017)
Th 14 th	Group 4 Lecture on Attachment, Love, and Formation of Relationships. Groups 1-3, 5-10, Teaching Team will grade lecture.	Chapter 12, O'Connell Due
Tu 19 th	Introduction to Good Relationship Cognitions and Personalities. Group 5 Development of Good Relationship Cognitions and Personalities Lecture. Groups 1-4, 6-10 write SOU re. Good Relationship Cognitions and Personalities. Hannah presenting	Begin reading Finkel (2014); Masters of Love (The Atlantic, 2014)
Th 21 st	Group 5 Lecture Good Relationship Cognitions & Personalities. Groups 1-4, 6-10, Teaching Team will grade lecture.	Masters of Love Due
Tu 26 th	Introduction to Maintaining Satisfactory Relationships. Group 6 Development of Maintaining Satisfactory Relationships Lecture. Groups 1-5, 7-10 will write SOU re. Maintaining Satisfactory Relationships. Gianella presenting	Finkel (2017) article Due

Th 28 th	Group 6 Lecture on Maintaining Satisfactory Relationships. Groups 1-5, 7-10 and Teaching Team will grade lecture.	Martela (2016) article due
Mar 2-10	Spring Break	
Tu 12 th Mar	Introduction to Meaning of Life and Setting Goals. Group 7 development of Meaning of Life and Setting Goals. Groups 1-6, 8-10 will write SOUs on Meaning of Life and Setting Goals. Ashby presenting	No reading
Thu 14 th	Group 7 Lecture on Meaning of Life and Setting Goals. Groups 1-6, 8-10, Teaching Team will grade lecture.	No reading due
Tu 19 th	Introduction to Gratitude & Forgiveness. Groups 8 Development of Lecture on Gratitude & Forgiveness. Groups 1-7, 8-10 will write SOUs on Gratitude & Forgiveness. Lauren presenting	Begin Reading Chapt. 10
Th 21 st	Groups 8 Lecture on Gratitude & Forgiveness. Groups 1-7, 9 & 10 and Teaching Team will grade lecture.	Chapter 10 Due
Tu 26 th	Introduction to Sustainability and Human Dignity. Group 9 Develop Lecture on Sustainability. Groups 1-8 & 10 will write SOU's on Sustainability. Ron presenting	No reading
Th 28 th	Groups 9 Lecture on Sustainability and Human Dignity. Groups 1-8 & 10 and Teaching Team will grade lecture.	No reading due
Tu 2 nd Apr	Introduction to Career Development & Work. Group 10 Development of Lecture on Career Development & Work. Groups 1-9 will write SOU on Career Development & Work. Ron Presenting	Begin reading Solom et al. (2017); Chapt. 11, 15
Th 4 th	Group 10 Lecture on Career Development & Work. Groups 1-9 and Teaching Team will grade lecture.	Solo et al., Chapters 11, 15 Due

Tu 9th	Gratitude Presentations: Day 1	See syllabus for Gratitude Presentations instructions.
Th 11th	Gratitude Presentations: Day 2	
Tu 16th	Gratitude Presentations: Day 3	
Th 18th	Gratitude Presentations: Day 4	
Tu 23rd	Gratitude Presentations: Day 5	
Th-Fri 25th- 26th	Reading Days	
Sun 27th – 3rd May	Finals	