

DRAFT

Days, Dates, Times, and Teaching Teams will be updated before the semester opens

POSITIVE PSYCHOLOGY: THE SCIENCE OF HAPPINESS

PCO4113-14098

T | Period 7

MAEA 0303

(1:55 PM - 2:45 PM)

R | Period 7 - 8

MAEA 0303

(1:55 PM - 3:50 PM)

“Authentic happiness derives from raising the bar for yourself,
not rating yourself against others.” Seligman

Dr. Chandler's Office Hours

With some exceptions, I will hold office hours each week (days/times TBA over email) via Zoom.

Important: I do not always meet students in my office. Weather permitting, I might meet students at Reitz, Plaza of the Americas, or elsewhere outside, as well as Library West or Marston Library. It is always useful to check with me in advance so that I can do my best to meet with you.

Team Leaders: TBA

Teaching Team: TBA

Groups and Group Leaders: TBA

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 tenets. 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 (2025). Positive Psychology: The Scientific and Practical Explorations of Human Strengths (5th Edition). Thousand Oaks, CA: Sage.

Instructional Method

Class will be conducted in a coteacher/colearner group structure that facilitates development of knowledge 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, improves overall outcomes, and improves students' capability to apply theories and concepts to every day life.

The class will be divided into groups of approximately equal size and on average with 4-7 students in each group. Each group will be responsible for planning and presenting one group lecture throughout the semester. Two teaching assistants will provide one introductory lecture. Your group leader (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 Dr. Chandler and arranged with your TA. Dr. Chandler 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 contact any of the teaching team members you must do so via CANVAS messaging. Meetings with teaching team members must be scheduled in advance and are by appointment only.

Assignments

Character Strengths Assignment: 15 Total Points

Complete the VIA Survey of Character Strengths at [Links to an external site](http://www.authentichappiness.sas.upenn.edu/Links). <http://www.authentichappiness.sas.upenn.edu/Links> to an external site. by 11:59pm due date posted in CANVAS.

Students will print out their results and bring them to class: see CANVAS course schedule for this date. During class you will interview another class member for 15 minutes and then also be interviewed by them for 15 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 during the class before the interview occurs and with the help of your group leader (TA). 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 1-1.5 pages, written in Times New Roman, 12-point font, single-spaced, 1-inch margins, in black ink. This paper will describe what is best about this student. See course assignment schedule for due date.

During the class meeting that follows these interviews, a select number of students, probably 2 from each group, will briefly present to the entire class what is best about the student that they interviewed. Your grade (total of 15 points) will be assessed 1) on proper completion of the paper and 2) proper formatting and grammar.

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, written in Times New Roman, 12-point font, single-spaced, 1-inch margins, in black ink. Anything differing from this will result in a significant reduction in your grade for this assignment.

You will briefly (2-4 minutes) present to the class your experiences with the assignment depending on your group number. You will turn in your gratitude letter and your one-page description of the experience to your group’s TA in advance of your gratitude presentation. See course schedule for due date. You will be graded out of 25 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

Typically on a Thursday you will work with your group to develop a lecture on a topic that has been introduced to you in advance. Before your lecture preparation time, two members of the Teaching Team will give a short (approximately 15 minutes) introductory lecture on the basics of the topic about which you will develop your lecture. You will work on your presentation for the remainder of the class period.

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 the slides to present personally, you should rehearse the entire presentation with your entire group 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. Your group's TA will determine your final grade.

Individual Statement of Understanding: 50 Total Points

Even if you are in a group that is preparing a presentation for the following class meeting, you will be responsible to individually write a Statement of Understanding (SOU). This assignment must be at least ½ page in length, single-spaced, using Times New Roman 12-point font and 1-inch margins.

Your individual SOU is a reflection of what you learned from the day's lecture, what you enjoyed or found interesting, how you will apply the material, and what you found confusing about the day's lecture. You may also answer the SOU questions.

Individual SOUs are due at the end of the class (3:50 PM on Thursdays) unless otherwise specified.

Grading the Individual SOU

- Does the SOU succinctly state what the student learned or what they did not understand?
- Does the SOU convey how the student would apply what they learned in real-life situations?

Each student is responsible for submitting their Individual SOU on CANVAS.

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 1 and ½ PAGES and NO MORE THAN 2 PAGES, written in Times New Roman, 12-point font, single-spaced, 1-inch margins, in black ink. No other formatting will be accepted.

Your group's SOU is a synthesis of your understanding of the topic introduced each Thursday and how —this is important!— it relates to the topic of human dignity and sustainable human ecology. For the purposes of this paper human dignity can be defined simply as the composite experience of efficacy, esteem, agency, a sense of safety, freedom to be, and social capital. Sustainable human ecology can be defined as an allocentric society, one that attends to the betterment of the individual as well as the collective whole, does so within natural limits, and "pays forward" for the improvement of the human as well as nonhuman condition.

Each SOU will take the following 5 criteria into account.

Grading the Group SOU

- Does the SOU adequately relate the assigned topic to the topic of human dignity and sustainable human ecology?
- 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.
- Does the SOU represent creative, critical thinking? Does your discussion go beyond a surface level engagement with the proposed ideas?
- Does your group equally disperse the work and include all group members?

The member of the teaching team who presents the introductory lecture on Thursday will also present critical thinking questions to help structure and guide your group's discussion. One member of the group is responsible for submitting the group's SOU on CANVAS.

Important Rules and Requirements

Toward realization of the purpose of the Group ISU and allowing you to be eligible to earn the maximum amount of credit for the assignment, you will need to adhere to the following requirements.

- Do not work on the Group ISU in advance. Work on this only in class.
- Even after you have uploaded your individual contribution, your work on the Group ISU is not complete.
- Before writing the group ISU, each member will verbally share their individual ISU and listen carefully as others do the same.
- You will remain with your group until the paper is complete and submitted. No one may leave before the Group ISU is complete unless you have a preapproved excuse to do so.
- Do not simply sit and wait, engage in social media, or work on an assignment while others complete their contribution.
- Actively read your group's paper as it is being constructed, help with the synthesis of ideas along the way, and review the final product together before submitting your paper.
- A quality Group ISU should require no less than 45 minutes to write, more often one hour.
- Your group leader will be observing each member's participation and grading according to the rubric.

Important: If a group member leaves the group before the Group ISU has been submitted and that group member does not have a preapproved excuse to do so, they will receive a 50%-point deduction for the Group ISU.

Attendance: 250 Total Points

Given the structure of this class, attendance is mandatory, and as you will see when reviewing the grades table below, 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 you either a) present a group lecture or b) submit a “Group Lecture” or c) submit a paragraph and group SOU, attendance will be folded into those grades. However, for all other classes, you will receive attendance points.

Important: There is a late penalty of 1 point for every 5 minutes late up to 15 minutes; in other words, at 15 minutes late you will be docked 3 points. Arriving later than 15 minutes will result in 0 points for attendance that day. You will receive one late warning. After which the late arrival penalty will go into effect.

Extra Point Opportunity

- Complete the student course evaluation. If $\geq 75\%$ of class completes the survey, everyone will receive 5 extra points.

Grading and Evaluation Criteria

The course is graded A to E. Computer problems under any circumstances will not excuse a late paper or assignment. The course grade is comprised of the following components.

- Your grade in this course will be made up of the following assignments:
 - Character Strengths Assignment (15 points)
 - Gratitude Assignment (25 points)
 - Group Lecture (30 points)
 - Individual Statements of Understanding (50)
 - Group Statements of Understanding (100 points)
 - Attendance (250 points)
 - Completion of student evaluation survey (5 extra points if 75% or more of students in the class participate).

Total Estimated: 470 points (does not include extra credit points if any)

Important: Use total points presented in the CANVAS Grades page to calculate your letter grade based on percentages above. Total point values as presented in the syllabus are estimates that must be made at the first of each semester but do not account for addition and deletion of assignments, or extra credit points.

Grading

Percent Grade

94-100 A

90-93.9 A-

87-89.9 B+

84-86.9 B

80-83.9 B-

77-79.9 C+

74-76.9 C

70-73.9 C-

67-69.9 D+

64-66.9 D

60-63.9 D-

0-59.9 E

Calculating Your Grade

Important: Use total points presented in the CANVAS Grades page to calculate your letter grade based on percentages above. Total point values as presented in the syllabus are estimates that must be made at the first of each semester but do not account for addition and deletion of assignments, or extra credit points.

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.

Late Policy

If you have an unexcused absence, you'll receive a zero for any individual paper not submitted. However, if you complete and submit the paper despite the unexcused absence, you'll earn half credit. For group papers, an unexcused absence also results in a zero unless you contribute remotely, in which case you'll receive half credit.

With an excused absence, you may use the posted PowerPoint to complete both individual and group papers, and you can contribute to the group paper remotely for full credit. In extenuating circumstances with an excused absence, all assignments will be excused without the need for submission.

Make Up Policy

There are no make-up assignments and no set times for making up gratitude presentations. Missed group presentations without approved/verifiable excuse will result in the loss of those points. With advanced notice, however, for example if you know that you have a career or graduate school interview on the date you group is scheduled to present, we might be able to schedule exchange your group's presentation with another group. Please consult the university guidelines for more information on the makeup policies: [Links to an external site.https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx](https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx)[Links to an external site.](#)

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.

The use of AI, such as ChatGPT, is strictly prohibited. If AI is determined to have been used for any part of an assignment, the grade for that assignment will be a zero. A second violation will result in a zero for all assignments submitted during that week.

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."

Class Schedule and Assignment Outline

Days/Dates Topic & Assignments

Readings: Read these
before date given in
"Days/Dates".

Week 1

	• Overview of coteacher/colearner teaching team (CCTT) approach. Form groups and select topics for your group presentations.	Seligman & Csikszentmihalyi (2000) and Park et al. (2004)
Tue		
1/14/24		

	• Introduction to Positive Psychology, and Happiness & Character Strengths. Dr Chandler presenting.	•
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	• Groups 1 and 11 will work on their Happiness & Character Strengths lecture and individual paper. Rest of the groups will write their SOUs.	•
Thurs		
1/16/24		

Week 2

	• Group 1 and 11 Presents Lecture on Happiness & Character Strengths.	Chapter 4 and Lyubormirsky & Layous (2013)
Tue		
1/21/2024		

	• Introduction to Being Positive and Mindfulness. Teaching Team members (Ellen Parks and Acacia Hager) presenting.	Begin Chapt. 8; Diener et al., (2017)
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	• Groups 2 and 12 will work on their Being Positive and Mindfulness Lecture and individual papers. Rest of the groups will write their SOUs.	Ruch & Proyer (2015)
Thurs		
1/23/2024		

Week 3

Tue
1/28/2024

- Groups 2 and 12 Lecture on Being Positive and Mindfulness

Complete Survey of Character Strengths before midnight tonight.

Thurs
1/30/2024

- Collective development of Interview Questions for Character Strengths interviews.

See instructions in syllabus.

- Conduct Strength Interviews and Write "What's Best About Her/Him/Them" Paper.

See instructions in syllabus.

Week 4

Tue
2/4/2024

- Strength Presentations

See instructions in syllabus.

Thurs
2/6/2024

- Introduction to Open Mindedness, Hope, Optimism, and Self-Efficacy. Teaching Team members (Shrina Patel, Spiegel (2012) Priscilla Radillo, and Cathleen Yulee) presenting.
- Groups 3 and 13 development of Open Mindedness Lecture and individual papers. Rest of the groups will write their SOUs.

Week 5

Tue
2/11/2024

- Groups 3 and 13 Lecture on Open Mindedness, Hope, Optimism, and Self-Efficacy.

O'Connell et al. (2017), and begin reading Chapter 12.

- Introduction to Attachment, Love, and Formation of Relationships. Teaching Team members (Garolita Buchanan, Elizabeth Buchanan (2017), and Shaver & Mikulincer (2010)) presenting. Complete Chapt. 12. Read Morelli, et al.

Thurs

2/13/2024

- Groups 4 and 14 development of Attachment, Love, & Formation of Relationships Lecture and individual papers. Rest of the groups will write their SOUs.

Week 6

Tue

2/18/2024

- Groups 4 and 14 Lecture on Attachment, Love, and Formation of Relationships.
- Introduction to Good Relationship Cognitions and Personalities. Teaching Team members (Jordan Mooney and Abigail Drapala) presenting. Smith "Masters of Love" (The Atlantic, 2014), and Finkel (2017)

Thurs

2/20/2024

- Groups 5 and 15 development of Good Relationship Cognitions and Personalities Lecture and individual papers. Rest of the groups will write their SOUs.

Week 7

Tue

2/25/2024

- Groups 5 and 15 Lecture Good Relationship Cognitions & Personalities.

- Introduction to Maintaining Satisfactory Relationships. Teaching Team members (Jaden Thompson and Hannah Sater) presenting. Rothers & Cohrs (2022), LaGuardia & Patrick (2008)

Thurs

2/27/2024

- Groups 6 and 16 development of Maintaining Satisfactory Relationships Lecture and individual papers. Rest of the groups will write their SOUs.

Week 8

Tue

3/4/2024

- Groups 6 and 16 Lecture on Maintaining Satisfactory Relationships.
- Introduction to Meaning of Life and Setting Goals. Teaching Team members (Madison Berry and Emma Hammes) presenting. Martela & Steger (2016), Lawlor & Hornyak (2012)

Thurs

3/6/2024

- Groups 7 and 17 development of Meaning of Life and Setting Goals Lecture and individual papers. Rest of the groups will write their SOUs.

Week 9

Tue

3/11/2024

- Groups 7 and 17 Lecture on Meaning of Life and Setting Goals.

Thurs	• Introduction to Gratitude & Forgiveness. Teaching Team Begin Chapter 10. Read members (Janet Charqueno Dickens & DeSteno Gonzalez and Kayla Herssein) (2016), and Adams & Inesi (2016).	
3/13/2024	• Groups 8 and 18 development of Gratitude & Forgiveness. Lecture and individual papers. Rest of the groups will write their SOUs.	Complete reading Chapter 10. Read Solom et al. (2017).
<u>Week 10</u>		
Tue	• Spring Break	•
3/18/2024		
Thurs	• Spring Break	•
3/20/2024		
<u>Week 11</u>		
Tue	• Groups 8 and 18 Lecture on Gratitude & Forgiveness.	•
3/25/2024		
	• Introduction to Sustainability and Human Dignity. Teaching Team members (Nanditha Pattoor) presenting.	Read Verdugo (2017) and Ramond (2019), watch TEDxUF (Chandler, 2023)
Thurs	• Groups 9 and 19 development of Sustainability and Human Dignity Lecture and individual papers. Rest of the groups will write their SOUs.	•
3/27/2024		

Week 12

Tue
4/1/2024

- Groups 9 and 19 Lecture on Sustainability and Human Dignity.

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- Introduction to Career development & Work. Either Dr. Chodl or T. Hirschi will give lecture.

Begin chapters 11 & 15.
Read Arnett (2007) and Deci & Ryan (2008).

Thurs
4/3/2024

- Groups 10 and 20 development of Career development & Work Lecture and individual papers. Rest of Shogren (2011) the groups will write their SOUs.

Week 13

Tue
4/8/2024

- Groups 10 and 20 Lecture on Career development & Work.
- Start thinking of how to write gratitude letters to.

Complete Chapters 11

Thurs
4/10/2024

- Work on writing Gratitude Letters

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Week 14

Tue
4/15/2024

Gratitude Presentations: Day 1

See syllabus for Gratitude Presentations instructions.

Thurs
4/17/2024 Gratitude Presentations: Day 2

Week 15

Tue
4/22/2024 Gratitude Presentations: Day 3

Thurs
4/24/2024 No Class - Reading Day