

University of North Texas at Dallas
Fall 2016
Syllabus

PSYC 3000: Positive Psychology – 3 Hrs			
Department of	Sociology and Psychology	School of	Liberal Arts & Sciences
Instructor Name:	Regina K. Ybarra, Ph.D.		
Office Location:	University of North Texas at Dallas 7400 University Hills Blvd., DAL2 257 Dallas, TX 7524-4605		
Office Phone:	(972) 439-4112		
Email Address:	Regina.Ybarra@untDallas.edu		
Virtual Office Hours:	I am available online most days from 9am to 9pm, by email or phone. If you get my voicemail I will return your call within 24 hours. If you send an email I will respond within 24 hours on weekdays and within 48 hours on weekends. I will make myself available to meet in person, individually, or as a group whenever the need arises. <u>Note:</u> All written communication will be delivered via email or Blackboard.		
Classroom Location:	Online		
Class Meeting Days & Times:	Online		
Course Catalog Description:	Nature of psychology with emphasis on the development of strengths and virtues, positive emotion, positive cognition, prosocial behavior, positive interventions, and positive environments.		
Prerequisites:	Psyc 1100 or 1630		
Required Text:	Lopez, S., Pedrotti, J.T., & Snyder, C.R. (2014). Positive Psychology, The Scientific and Practical Explorations of Human Strengths (3 rd Edition). Thousand Oaks, CA: Sage Publications, Inc. ISBN 978-1-4522-7643-4		
Access to Learning Resources:	UNT Dallas Library (Founders Hall): Phone: (972) 780-1616 Web: http://www.untDallas.edu/library e-mail: library@untDallas.edu UNT Dallas Bookstore (Building 1): Phone: (972) 780-3652 Web: http://www.untDallas.edu/bookstore e-mail: untDallas@bkstr.com		

Course Goals or Overview:	
	<p><u>Overview:</u> This course will examine the fundamentals of positive psychology, with emphases on the development of strengths and virtues, positive emotion, positive cognition, prosocial behavior, positive interventions, and positive environments. Students will gain an understanding of the field of positive psychology, which is the study of optimal human functioning, including individual strengths and values, such as optimism, resilience and courage. We will also explore subtopics, such as life meaning, religion/spirituality, career development, and positive psychology interventions. Students will gain an understanding of scientific research relating to different dimensions of happiness and subjective well-being, and will be able to implement positive psychology based concepts in their everyday life.</p>
Learning Objectives/Outcomes: At the end of this course, students will be able to:	
1	Understand history, aims, and scope of positive psychology.
2	Understand the major areas within positive psychology that have received a considerable amount of attention in the literature.
3	Understand the what kinds of experiences fulfill people, what human characteristics lead to personal effectiveness, and what social conditions appear to elicit these qualities and experiences.
4	Assess and evaluate their own well-being, strengths, and limitations.
5	Apply positive psychology to important domains in their own lives and the lives of others with whom they interact.

COURSE OUTLINE

This schedule is subject to change by the instructor. Any changes to this schedule will be communicated by announcements on Blackboard.

Assignments are due by 11:59pm of the assigned date and should be submitted via Blackboard.

Week	Dates	Topics/Assignments
Week1	Aug 22-28	Topic: Introduction to Positive Psychology Reading: Chapter 1 Discussion Board answers and peer replies – Due 8/27 by 11:59pm Week 1 Assignment – Due 8/28 by 11:59pm Quiz 1 over Ch.1 available 8/26 (11:59pm) to 8/28 (11:59pm)
Week 2	Aug 28-Sep 4	Topic: Cross Cultural Perspectives on Positive Psychology Reading: Chapter 2 Discussion Board answers and peer replies – Due 9/3 by 11:59pm Week 2 Assignment – Due 9/4 by 11:59pm Quiz 2 over Ch. 2 available 9/2 (11:59pm) to 9/4 (11:59pm)

Week 3	Sep 5-11	<p>Topic: Classifications and Measures of Strengths</p> <p>Reading: Chapter 3</p> <p>Discussion Board answers and peer replies – Due 9/10 by 11:59pm</p> <p>Week 3 Assignment – Due 9/11 by 11:59pm</p> <p>Quiz 3 over Ch. 3 available 9/9 (11:59pm) to 9/11(11:59pm)</p>
Week 4	Sep 12-18	<p>Topic: The Role of Culture</p> <p>Reading: Chapter 4</p> <p>Discussion Board answers and peer replies – Due 9/17 by 11:59pm</p> <p>Week 4 Assignment – Due 9/18 by 11:59pm</p> <p>Quiz 4 over Ch. 4 available 9/16 (11:59pm) to 9/18 (11:59pm)</p>
Week 5	Sep 19-25	<p>Topic: Living Well through the Lifespan</p> <p>Reading: Chapter 5</p> <p>Discussion Board answers and peer replies – Due 9/24 by 11:59pm</p> <p>Week 5 Assignment – Due 9/25 by 11:59pm</p> <p>Quiz 5 over Ch. 5 available 9/23 (11:59pm) to 9/25 (11:59pm)</p>
Week 6	Sep 26-Oct 2	<p>Topic: The Principles of Pleasure</p> <p>Reading: Chapter 6</p> <p>Discussion Board answers and peer replies – Due 10/1 by 11:59pm</p> <p>Week 6 Assignment – Due 10/2 by 11:59pm</p> <p>Quiz 6 over Ch. 6 available 9/30 (11:59pm) to 10/2 (11:59pm)</p>
Week 7	Oct 3-9	<p>Topic: Making the Most of Emotional Experiences</p> <p>Reading: Chapter 7</p> <p>Discussion Board answers and peer replies – Due 10/8 by 11:59pm</p> <p>Week 7 Assignment – Due 10/9 by 11:59pm</p> <p>Quiz 7 over Ch. 7 available 10/7 (11:59pm) to 10/9 (11:59pm)</p>
Week 8	Oct 10-16	<p>Topic: Self-Efficacy, Optimism, and Hope</p> <p>Reading: Chapter 8</p> <p>Discussion Board answers and peer replies – Due 10/15 by 11:59pm</p> <p>Week 8 Assignment – Due 10/16 by 11:59pm</p> <p>Quiz 8 over Ch. 8 available 10/14 (11:59pm) to 10/16 (11:59pm)</p>
Week 9	Oct 17-23	<p>Topic: Wisdom and Courage</p> <p>Reading: Chapter 9</p> <p>Discussion Board answers and peer replies – Due 10/22 by 11:59pm</p> <p>Week 9 Assignment – Due 10/23 by 11:59pm</p> <p>Quiz 9 over Ch. 9 available 10/21 (11:59pm) to 10/23 (11:59pm)</p>
Week 10	Oct 24-30	<p>Topic: Mindfulness, Flow, and Spirituality</p> <p>Reading: Chapter 10</p> <p>Discussion Board answers and peer replies – Due 10/29 by 11:59pm</p> <p>Week 10 Assignment – Due 10/30 by 11:59pm</p> <p>Quiz 10 over Ch. 10 available 10/28 (11:59pm) to 10/30 (11:59pm)</p>

- Week 11 Oct 31-Nov 6 Topic: Empathy and Egotism: Portals to Altruism, Gratitude, and Forgiveness
 Reading: Chapter 11
 Discussion Board answers and peer replies – Due 11/5 by 11:59pm
 Week 11 Assignment – Due 11/6 by 11:59pm
 Quiz 11 over Ch. 11 available 11/4 (11:59pm) to 11/6 (11:59pm)
- Week 12 Nov 7-13 Topic: Attachment, Love, and Flourishing Relationships
 Reading: Chapter 12
 Discussion Board answers and peer replies – Due 11/12 by 11:59pm
 Week 12 Assignment – Due 11/13 by 11:59pm
 Quiz 12 over Ch. 12 available 11/11 (11:59pm) to 11/13 (11:59pm)
- Week 13 Nov 14-20 Topic: Balanced Conceptualizations of Mental Health and Behavior
 Reading: Chapter 13
 Discussion Board answers and peer replies – Due 11/19 by 11:59pm
 Week 13 Assignment – Due 11/20 by 11:59pm
 Quiz 13 over Ch. 13 available 11/18(11:59pm) to 11/20 (11:59pm)
- Week 14 Nov 21-29 ****Please note that Thanksgiving Break falls during this week (Thursday, November 24-Sunday, November 27) so to accommodate, this week ends on Tuesday, November 29th instead of the usual Sunday.**
 Topic: Preventing the Bad and Promoting the Good
 Reading: Chapter 14
 Discussion Board answers and peer replies – Due 11/28 by 11:59pm
 Week 14 Assignment – Due 11/29 by 11:59pm
 Quiz 14 over Ch. 14 available 11/27 (11:59pm) to 11/29 (11:59pm)
- Week 15 Nov 30-Dec 5 ****Please note that this week starts on Wednesday, November 30th and ends on Monday, December 5th. Thus, this week is shorter than the previous weeks. Please plan your work accordingly.**
 Topic: Positive Schooling and Good Work
 Reading: Chapter 15
 Discussion Board answers and peer replies – Due 12/4 by 11:59pm
 Week 15 Assignment – Due 12/5 by 11:59pm
 Quiz 15 over Ch. 15 available 12/3 (11:59pm) to 12/5 (11:59pm)

Course Evaluation Methods

This course will utilize the following instruments to determine student grades and proficiency of the learning outcomes for the course. Your individual grade for each assignment will be provided via Blackboard. Please feel free to contact me should you have any questions or if you are having difficulty understanding the course material or requirements.

Introductions

In the first week of class you will be asked to provide a personal biography. In an online setting it is important that we get to know and welcome one another early in the course, since the course will rely heavily on discussions with peers. Please see Blackboard for instructions.

Discussion Board Questions

At the beginning of the week, questions will be posted to the discussion board to which you will offer a thoughtful response. Each question will relate to the topics being covered in the readings and other material for that particular week and will require critical thinking and/or application of the course material. You must answer all the questions posted for the week.

Discussion Board Participation

In addition to responding to the questions, there is an expectation that you will also respond to the posts of *at least two* of your classmates. The responses to your classmates must be thoughtful, and ones that relate what you have learned to their post. Simple statements of agreement or “wow, that is interesting” will not count. You are encouraged to respond to more than the minimum required peer replies. Students will NOT be able to make up participation points once the week has ended.

Weekly Assignments

Each week you will be asked to complete a small activity related to the topic discussed. The purpose of these activities is to apply the information learned in class and to gain a deeper understanding of the material. You will be asked to submit written responses about these activities. See Blackboard for specifics of each activity.

Weekly Quizzes

Instead of traditional Exams, students will complete weekly quizzes during the semester. The quizzes will be made up of multiple choice questions and focus on the material learned in the course each week. All quizzes will be administered on Blackboard. You will have a 48 hour period to take each quiz. You must log on to Blackboard during that time in order to take the quiz. Please do not leave the quizzes to the last minute as Blackboard may have downtimes. You will not be allowed extra time to take the quiz if you have problems logging on at the end of the period.

Make-Up Assignments

No make-up activities are allowed without proper documentation (e.g., doctor's note, automobile accident report, funeral announcement, etc.). Additionally, make-ups will not be allowed until your documentation has been verified, which means that documentation must provide a contact

name and number. Computer problems, like crashes or lost/corrupted files, are not acceptable emergencies. Be sure to make back-up files of your work. Legitimate make-up work will only be allowed within one week of the missed assignment. If arrangements are not made in a timely manner, I will need documentation (e.g., hospital notice, etc.) explaining the delay. Otherwise, make-ups will not be allowed beyond one week. Since participation must involve classmates, missed participation cannot be made up once a week has ended.

Grading Matrix

Instruments	Points	Total
Introduction	25	25
Discussion Questions <ul style="list-style-type: none"> • 2 per week; 30 total 	10 each	300
Discussion Participation <ul style="list-style-type: none"> • 1 grade per week, at least 2 replies 	10 each	150
Weekly Assignments (15)	15 each	225
Quizzes (15)	20 each	300
Total:		1000

Final grades will be determined as follows:

Percentage	Point Scale
A = 90% and above	A = 900 – 1000 points
B = 80 to 89.9%	B = 800 – 899 points
C = 70 to 79.9%	C = 700 – 799 points
D = 60 to 69.9%	D = 600 – 699 points
F = 59.9% or below	F = 599 points or below

UNIVERSITY POLICIES AND PROCEDURES

Students with Disabilities (ADA Compliance):

The University of North Texas at Dallas makes reasonable academic accommodation for students with disabilities. Students seeking accommodations must first register with the Disability Services Office (DSO) to verify their eligibility. If a disability is verified, the DSO will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, DSO 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/communicate with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Disability Services Office website at <http://www.untDallas.edu/disability>. You may also contact them by phone at 972-338-1777; by email at UNTDDisability@untDallas.edu or at Founders Hall, room 204. (UNTD Policy 7.004)

Blackboard Learn Accessibility Statement

University of North Texas at Dallas is committed to ensuring its online and hybrid courses are usable by all students and faculty including those with disabilities. If you encounter any difficulties with technologies, please contact our ITSS Department. To better assist them, you would want to have the operating system, web browser and information on any assistive technology being used. Blackboard Learn course management system's accessibility statement is also provided:

<http://www.blackboard.com/Platforms/Learn/Resources/Accessibility.aspx>

NOTE: Additional instructional technology tools, such as Turnitin, Respondus, Panopto, and publisher cartridge content (i.e. MyLab, Pearson, etc.) may NOT be fully ADA compliant. Please contact our Disability Office should you require additional assistance utilizing any of these tools.

Student Evaluation of Teaching Effectiveness Policy

The Student Evaluation of Teaching Effectiveness (SETE) is a requirement for all organized classes at UNT. This short survey will be made available to you at the end of the semester, providing you a chance to comment on how this class is taught. I am very interested in the feedback I get from students, as I work to continually improve my teaching. I consider the SETE to be an important part of your participation in this class.

Academic Integrity

Academic integrity is a hallmark of higher education. You are expected to abide by the University's code of Academic Integrity policy. Any person suspected of academic dishonesty (i.e., cheating or plagiarism) will be handled in accordance with the University's policies and procedures. Refer to the Student Code of Academic Integrity (Policy 7.002) at

[http://www.untDallas.edu/sites/default/files/page_level2/pdf/policy/7.002%20Code%20of%20Academic Integrity.pdf](http://www.untDallas.edu/sites/default/files/page_level2/pdf/policy/7.002%20Code%20of%20Academic%20Integrity.pdf)

Refer to the Student Code of Student Rights, Responsibilities and Conduct at

http://www.untDallas.edu/sites/default/files/page_level2/hds0041/pdf/7_001_student_code_of_conduct_may_2014.pdf

Academic dishonesty includes, but is not limited to, cheating, plagiarizing, fabrication of information or citations, facilitating acts of dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students. In addition, all academic work turned in for this class, including exams, papers and written assignments must include the following statement: "*On my honor, I have not given, nor received, nor witnessed any unauthorized assistance that violates the UNTD Academic Integrity Policy.*"

CLASSROOM POLICIES

Online Attendance and Participation

The University attendance policy is in effect for this course. Class attendance in the Blackboard classroom and participation is expected because the class is designed as a shared learning experience, and because essential information not in the textbook will be discussed in the discussion board. Online presence and participation in all class discussions is essential to the integration of course material and your ability to demonstrate proficiency.

Attendance for this online or hybrid course is considered when you are logged in and active in Blackboard, i.e., posting assignments, taking quizzes, or completing Discussion Boards. To maintain financial aid award eligibility, activity must occur before the census date of the session or term of the course. Refer to <http://www.untDallas.edu/registrar> for specific dates. If you are absent/not active in the course shell, it is YOUR responsibility to let the instructor know immediately, upon your return, the reason for your absence if it is to be excused. All instructors must follow university policy 7.005 covering excused absences; however, it is the instructor's discretion, as outlined in the course syllabus, of how unexcused absences may or may not count against successful completion of the course

Inclement Weather and Online Classes

Online classes may or may not be effected by campus closures due to inclement weather. Unless otherwise notified by your instructor via e-mail, online messaging, or online announcement, students should assume that assignments are due as scheduled.

Online "Netiquette"

In any social interaction, certain rules of etiquette are expected and contribute to more enjoyable and productive communication. Emails, Discussion Board messages and/or any other forms of written communication in the online environment should use proper "netiquette" (i.e., no writing in all caps (usually denotes yelling), no curse words, and no "flaming" messages (angry, personal attacks). Racial, ethnic, or gender slurs will not be tolerated, nor will pornography of any kind.

Any violation of online netiquette may result in a loss of points or removal from the course and referral to the Dean of Students, including warnings and other sanctions in accordance with the University's policies and procedures. Refer to the Student Code of Student Rights Responsibilities and Conduct at <http://www.untDallas.edu/osa/policies>. Respect is a given principle in all online communication. Therefore, please be sure to proofread all of your written communication prior to submission.

Diversity/Tolerance Policy

Students are encouraged to contribute their perspectives and insights to class discussions in the online environment. However, offensive & inappropriate language (swearing) and remarks offensive to others of particular nationalities, ethnic groups, sexual preferences, religious groups, genders, or other ascribed statuses will not be tolerated. Disruptions which violate the Code of Student Conduct will be referred to the Dean of Students as the instructor deems appropriate.

Technology Requirements

In order to successfully access the materials in an online or hybrid course, UNT Dallas advises that your computer be equipped with the minimum system requirements. Blackboard Learn 9.1 is the platform software for this course. Blackboard Learn supports major web browsers such as Windows Internet Explorer, Apple Safari, Mozilla Firefox, and Google Chrome. However, since the latter two are updated continually, some recent versions may not be compatible. If you experience difficulty accessing or using components of the course, try using Internet Explorer. Also, no matter what browser you use, always enable pop-ups. For more information see:

<http://www.untDallas.edu/dlit/ecampus/requirements>

[https://help.blackboard.com/en-](https://help.blackboard.com/en-us/Learn/9.1)

[us/Learn/9.1](https://help.blackboard.com/en-us/Learn/9.1) SP 12 and SP 13/Student/040 Browser Support for SP 13

https://learn.unt.edu/bbcswebdav/institution/BrowserCheck/check_full.html

UNAUTHORIZED DISTRIBUTION POLICY

All PowerPoint material, assignments, and supplemental classroom information constitute as my intellectual prosperity and as such, should not be distributed or used without my consent.