

**University of North Texas at Dallas
Summer 2016 - 5W2
Syllabus**

Positive Psychology • PSYC 3000 • 3 hrs.				
Department of		Sociology & Psychology	School of	Liberal Arts & Sciences
Instructor Name:		Elizabeth Casa de Calvo, M.A.		
Office Location:		University of North Texas at Dallas 7400 University Hills Blvd., DAL2 257 Dallas, TX 75241-4605		
Office Phone:		(469) 530-0405		
Email Address:		Elizabeth.Casadecalvo@untdallas.edu		
Virtual Office Hours:		I am available online most days from 9 am to 9 pm, 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 a need arises. <u>Note:</u> All written communication will be delivered via e-mail or Blackboard.		
Classroom Location:		Online		
Class Meeting Days & Times:		Online		
Course Catalog Description:		Nature of psychology with emphases on the development of strengths and virtues, positive emotion, positive cognition, prosocial behavior, positive interventions, and positive environments.		
Prerequisites:		General Psychology, PSYC 1630 or 1650		
Required Text:		Lopez, S., Teramoto Pedrotti, J., & Snyder, C. R. (2014). Positive Psychology, The Scientific and Practical Explorations of Human Strengths (3rd Edition). Thousand Oaks CA: Sage. ISBN-10: 1452276439 • ISBN-13: 978-1452276434		
Access to Learning Resources:		UNT Dallas Library: phone: (972) 780-3625; web: http://www.unt.edu/unt-dallas/library.htm UNT Dallas Bookstore: phone: (972) 780-3652; e-mail: 1012mgr@fhcg.follett.com		

Course Goals or Overview:	
	<p><u>Overview:</u> This course will examine the fundamentals of positive psychology, with an emphasis 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 the basic principles 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 role of relationships in achieving a happy life.
4	Understand how to use positive psychology techniques in your own life.
5	Understand the strengths and positive life experiences of other class members.

COURSE OUTLINE

WEEK 1	Chapter 1 - Welcome to Positive Psychology Chapter 2 - Eastern & Western Perspectives on Positive Psychology Chapter 3 - Classifications & Measures of Strengths & Positive Outcomes
WEEK 2	Chapter 4 - The Role of Culture in Developing Strengths and Living Well Chapter 5 - Living Well at Every Stage of Life Chapter 6 - The Principles of Pleasure
WEEK 3	Chapter 7 - Making the Most of Emotional Experiences Chapter 8 - Seeing Our Futures Through Self-Efficacy, Optimism, & Hope Chapter 9 - Wisdom & Courage
WEEK 4	Chapter 10 - Mindfulness, Flow, & Spirituality Chapter 11 - Empathy & Egotism Chapter 12 - Attachment, Love, & Flourishing Relationships
WEEK 5	Chapter 13 - Balanced Conceptualizations of Mental Health & Behavior Chapter 14 - Preventing the Bad and Promoting the Good Course Reflections/Future Directions

COURSE SCHEDULE

Assignments are due by 11:59 pm of the assigned date, and should be submitted via Blackboard. The schedule is subject to change, as necessary. Any changes to this schedule will be communicated via email or Blackboard announcement. Additional readings and activities may be added, these will be noted in the Activities/Assignments sections of the designated weekly folder.

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week 1	July 11	July 12	July 13	July 14	July 15	July 16	July 17
	• Read Week 1 Content Folder	Personal Introduction Due					• Week 1 Assignment Due • Week 1 Assessment Due • Week 1 DQ Replies (3) Due • Week 1 Peer Replies (3) Due
Week 2	July 18	July 19	July 20	July 21	July 22	July 23	July 24
	• Read Week 2 Content Folder						• Week 2 Assignment Due • Week 2 Assessment Due • Week 2 DQ Replies (3) Due • Week 2 Peer Replies (3) Due
Week 3	July 25	July 26	July 27	July 28	July 29	July 30	July 31
	• Read Week 3 Content Folder						• Week 3 Assignment Due • Week 3 Assessment Due • Week 3 DQ Replies (3) Due • Week 3 Peer Replies (3) Due
Week 4	Aug. 1	Aug. 2	Aug. 3	Aug. 4	Aug. 5	Aug. 6	Aug. 7

	• Read Week 4 Content Folder		<i>*Last day to withdraw</i>				• Week 4 Assignment Due • Week 4 Assessment Due • Week 4 DQ Replies (3) Due • Week 4 Peer Replies (3) Due
Week 5	Aug. 8	Aug. 9	Aug. 10	Aug. 11	Aug. 12	Aug. 13	Aug. 14
	• Read Week 5 Content Folder				• Week 5 Assignment Due • Week 5 Assessment Due • Week 5 DQ Replies (3) Due • Week 5 Peer Replies (3) Due <i>*Last day of session</i>		

GRADES

It will be your responsibility to monitor the progress of your course grade by using the grading table provided below. Your individual grade for each assignment will be provided via Blackboard. Please feel free to contact me should you have any questions about how to calculate your grade. You can use the table provided to track points you've earned for each assignment. If you have concerns regarding your grade at any point, please contact me as soon as it arises. Also, it is your responsibility to contact me as soon as possible if you are having difficulty understanding the course material or requirements.

ASSIGNMENTS	TOTAL POINTS	POINTS YOU'VE EARNED
<u>Introduction</u> • 1 Personal Introduction: 40 points	40	
<u>Week 1 Grades:</u> • Weekly Discussion Questions (DQs; 3): 48 points • Weekly Participation (Peer Replies; 3): 48 points • Weekly Experiential Learning Assignment: 48 points • Weekly Unit Assessment: 48 points	192	

<u>Week 2 Grades:</u> <ul style="list-style-type: none"> • Weekly Discussion Questions (DQs; 3): 48 points • Weekly Participation (Peer Replies; 3): 48 points • Weekly Experiential Learning Assignment: 48 points • Weekly Unit Assessment: 48 points 	192	
<u>Week 3 Grades:</u> <ul style="list-style-type: none"> • Weekly Discussion Questions (DQs; 3): 48 points • Weekly Participation (Peer Replies; 3): 48 points • Weekly Experiential Learning Assignment: 48 points • Weekly Unit Assessment: 48 points 	192	
<u>Week 4 Grades:</u> <ul style="list-style-type: none"> • Weekly Discussion Questions (DQs; 3): 48 points • Weekly Participation (Peer Replies; 3): 48 points • Weekly Experiential Learning Assignment: 48 points • Weekly Unit Assessment: 48 points 	192	
<u>Week 5 Grades:</u> <ul style="list-style-type: none"> • Weekly Discussion Questions (DQs; 3): 48 points • Weekly Participation (Peer Replies; 3): 48 points • Weekly Experiential Learning Assignment: 48 points • Weekly Unit Assessment: 48 points 	192	
TOTAL:	1000	

GRADE SCALE

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 = 0 - 599 points

University Policies and Procedures

Students with Disabilities (ADA Compliance):

Chapter 7(7.004) Disability Accommodations for Students

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 Building 2, room 204.

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:

Student's evaluations of teaching effectiveness is a requirement for all organized classes at UNT Dallas. 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 students' evaluations to be an important part of your participation in this class.

Assignment Policy:

All assignments will be administered via Blackboard. For additional information on final grade percentages and calculations, please see the grade table provided within the syllabus.

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 Questions (DQs): You will be asked to answer weekly DQs relating to the weeks readings. These questions will require critical thinking or applications of course topics and will be used to start the weekly class discussion. DQs will be posted Day 1 (Monday) of the week in which it is assigned. Original posts for DQs will be due on the discussion board by 11:59 pm of the assigned date (see course calendar for due dates). You will want to carefully review the Discussion Board Rubric document; this will be used in evaluating your discussion board contributions each week.

Participation (Peer Replies): In addition to answering weekly DQs, you will also be required to interact with your peers in weekly discussions. Your participation grade will consist of replies made to peers. You will be required to reply to at least two peers each week. You are welcome, and encouraged, to post more than the minimum required peer replies, as these discussions make the online experience rich and interactive. The purpose of peer interaction is to aid in processing material, to promote class discussion, and to emphasize the practical applications of some of the concepts learned in class materials and in your readings. Students will NOT be able to make up participation points once the week has ended.

Experiential Learning Assignments: Experiential learning typically involves learning a skill in a work setting or off-campus within a private industry, business, organization or agency. Since the timeframe and format of an online course does not allow for in-depth learning projects, we will have modified weekly exercises that will involve completing a small-scale experience based task or assignment. Details of each weekly assignment will be provided within Blackboard.

Film Critique: Students will be required to complete one film critique (see Blackboard for assignment details). A list of educational films relating to course topics will be provided within Blackboard. These films will be available for check out in the UNT-D Library. Students are only required to do one critique for a grade, but are welcome to view

more than one (or all) of the course films located at the library. The film critique is due by the end of the course, and *can be submitted anytime before then.*

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. Exceptions will be made for legitimate emergencies at the instructor's discretion (e.g., illness, death in the family), but only if you contact me immediately. 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.

Exam Policy:

Traditional on-site courses typically have Midterms and Finals. We will have similar assessments, only ours will be administered each week based on individual learning units. Unit Assessments are designed to test your knowledge of assigned weekly readings. Assessments will be multiple choice format, and will only cover information discussed within the designated week; i.e., Week 1's Assessment will only cover information discussed in the assigned readings for Week 1. All Unit Assessments will be administered via Blackboard. Assessment details (availability and due dates) will be provided in Blackboard.

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 at http://www.untDallas.edu/sites/default/files/page_level2/pdf/policy/7.002%20Code%20of%20Academic_Integrity.pdf for complete provisions of this code.

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.

Web-based Plagiarism Detection: Please be aware in some online or hybrid courses, students may be required to submit written assignments to Turnitin, a web-based plagiarism detection service, or another method. If submitting to Turnitin, please remove your title page and other personal information.

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-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