

## Syllabus

### Course Information:

PSYC 3315 Positive Psychology

Spring 2020

BAAS Course – Online – Virtual

No prerequisite courses

### Instructor Information:

Rosemary Barké, Ph.D. (pronounced: Dr. *Bar kay*)

Office: HPR 208

Office Hours: WED 3:00 to 6:00 (Or request an appt. time if needed)

Office Phone: (903) 566-7144

E-mail: [rbarke@uttyler.edu](mailto:rbarke@uttyler.edu) (emails are typically answered within 24 hours. If I have not responded within 36 hours, please send the email again. It is never my intention to ignore an email. However, they sometimes get buried, or there is a lag time in an email actually being delivered to my mailbox.)

### Course Catalog Description:

This course is intended to introduce students to the study of Positive Psychology, the scientific study of optimal human functioning. Positive emotions, engagement, relationships, meaning, and accomplishments will be related to well-being.

### Student Learning Outcomes & Assessments:

As a result of taking this course, successful students will be able to:

1. Identify and explain the 5 pillars of well-being: PERMA
2. Identify factors that promote and factors that work against optimal human functioning
3. Identify factors that contribute to or detract from happiness and/or well-being
4. Identify components leading to positive health and wellness
5. Identify social and cultural influences on optimal human functioning
6. Contrast the Broaden and Build model with flight, fight or freeze.
7. Identify the components of empathy, compassion, and altruism and the impact of each
8. Describe successful aging and generativity and identify the factors that promote each
9. Identify some factors that promote loving relationships and well-being
10. Identify factors that lead to excellence and creativity.
11. Articulate the role of purpose in promoting optimal human functioning

## Evaluation and Grading:

Canvas Activities	320 points (8 activities/40 points each)
Midterm	220 points ( <b>April 6-7, 2020</b> )
Final Exam	260 points ( <b>April 29 - May 2, 2020 (noon)</b> )
Paper	200 points (April 29)
Total possible points:	1000 points

A = 900 to 1000 points; B = 800 to 899; C = 700 to 799; D = 650 to 699 F = 649 or less.

Exams: The tests will be in multiple-choice and short answer format.

## Teaching Strategies:

### Discussion Boards:

- There will be eight ASSIGNMENTS that must be addressed on the discussion board.
- The time required to complete assignment varies, so I recommend reviewing the assignment early and planning your time accordingly.
- To earn points in this class you **MUST** complete the task during the assigned time, and for maximum points you must follow the instructions given in the description of the assignment. You will receive full credit if you complete all of the described requirements for each assignment.
- It's important to know that **you DO NOT need to respond** to the postings of your classmates. In this class these assignments are offered in the discussion board format to allow those who are interested in reading others' responses to do so. You can add words of encouragement to others if you have some to offer, but it is NOT required and is not part of the assignment. (I sometimes assign extra credit for unusually rich answers to assignments though.)
- Discussion Boards will typically be graded *within three days* of the closing of the assignment.

## Required Text, Materials/Supplies, and Related Readings:

Lopez, S. J., Pedrotti, J. T., & Snyder, C. R. (2019) Positive Psychology: The Scientific and Practical Explorations of Human Strengths, 4<sup>th</sup> edition. ISBN 978-1-5063-5735-5.

Frankl, V. (19XX) Man's Search for Meaning.

NOTE: A student at UT-Tyler is not under any obligation to purchase a textbook from a university affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

Course Policies:

Cheating on exams, and the paper is **expressly forbidden**. Please review the academic dishonesty policies of the University of Texas at Tyler. Do not use any portion of a paper you or anyone else wrote in your Frankl Reflection paper. Plagiarism or using portions of (or all of) a paper for two separate assignments is called self-plagiarism and will result in a failing grade on the assignment, and possibly the class.

Timely completion of assignments is very important in this fast-paced BAAS seven-week course. If you are unable to complete an assignment by its deadline you **MUST** send an email **prior to missing the assignment**, unless there is an emergency and you are physically or mentally unable to contact Dr. Barké' or the TA in advance. Examples of an excused absence would be health related and should be accompanied by a doctor's note *when possible* (either for yourself or a dependent), or another emergency outside of your control.

Important Dates for Readings and tests:

*Please note: The PowerPoints should serve as a good summary, but it's recommended that you read/skim each chapter first, then review the PowerPoints. The chapters in the books are interesting, so skimming first, then reading through the PowerPoints will make remembering the material much easier. **Each test will cover the material covered prior to the test, plus any basic building blocks for the class.** Although the **FINAL EXAM** is comprehensive I will provide a thorough PowerPoint review. If you study the PowerPoint you should do well on the final exam.*

Topical Outline and Calendar:

DATE:	Read for class	Topic We Will cover
3/16-4/7		Introduction to Positive Psychology

CHs 1 & 2 Eastern & Western Perspectives

Chapter 3 Classifications and Measures

Chapter 4 The Role of Culture

Chapter 6 Principles of Pleasure

4/6-7/2020 Review!!! MIDTERM EXAM (20%)

Chapter 7 Emotional Experiences

Chapter 9 Wisdom & Courage

Chapter 10 Mindfulness, Flow, & Spirituality

Chapter 11 Empathy and Egotism

Chapter 12 Attachment, Love & Flourishing

Chapter 15 Religion, Spirituality & Well-Being

Positive Health PowerPoint

**4/29/2020 Man's Search for Meaning Paper Due! (See Assignment)**

**4/29 - 5/2/2020 COMPREHENSIVE FINAL EXAM (25%)**

University Policies

UT Tyler Honor Code

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

## Students Rights and Responsibilities

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this

link: <http://www.uttyler.edu/wellness/rightsresponsibilities.php> (Links to an external site.)Links to an external site. (Links to an external site.)

## Campus Carry

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available

at <http://www.uttyler.edu/about/campus-carry/index.php> (Links to an external site.)Links to an external site. (Links to an external site.)

## UT Tyler a Tobacco-Free University

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit [www.uttyler.edu/tobacco-free](http://www.uttyler.edu/tobacco-free) (Links to an external site.)Links to an external site. (Links to an external site.)

## Grade Replacement/Forgiveness and Census Date Policies

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. (For Fall, the Census Date is Sept. 12.) Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar> (Links to an external site.)Links to an external site. (Links to an external site.). Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at

UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date (Sept. 12th) is the deadline for many forms and enrollment actions of which students need to be aware. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

#### State-Mandated Course Drop Policy

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions or exemptions must be submitted to the Enrollment Services

Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

#### Disability/Accessibility Services

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Texas at Tyler offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> (Links to an external site.)Links to an external site and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director of Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices> (Links to an external site.)Links to an external site. (Links to an external site.), the SAR office located in the University Center, # 3150 or call 903.566.7079.

#### Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

## Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

## Social Security and FERPA Statement

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

## Emergency Exits and Evacuation

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

## Student Standards of Academic Conduct

Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

### 1. "Cheating" includes, but is not limited to:

- copying from another student's test paper;
- using, during a test, materials not authorized by the person giving the test;
- failure to comply with instructions given by the person administering the test;
- possession during a test of materials which are not authorized by the person giving the test, such as class notes or
- specifically designed "crib notes". The presence of textbooks constitutes a violation if they have been specifically
- prohibited by the person administering the test;
- using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key,
- homework solution, or computer program;
- collaborating with or seeking aid from another student during a test or other assignment without authority;
- discussing the contents of an examination with another student who will take the examination;

- divulging the contents of an examination, for the purpose of preserving questions for use by another, when the
  - instructors has designated that the examination is not to be removed from the examination room or not to be returned
  - or to be kept by the student;
  - substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any
  - course-related assignment;
  - paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test
  - key, homework solution, or computer program or information about an unadministered test, test key, home solution or
  - computer program;
  - falsifying research data, laboratory reports, and/or other academic work offered for credit;
  - taking, keeping, misplacing, or damaging the property of The University of Texas at Tyler, or of another, if the student
  - knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and
  - misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial
  - benefit or injuring another student academically or financially.
1. "Plagiarism" includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another's work and the submission of it as one's own academic work offered for credit.
- "Collusion" includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.
1. All written work that is submitted will be subject to review by plagiarism software.

#### UT Tyler Resources for Students

- UT Tyler Writing Center (903.565.5995), [writingcenter@uttyler.edu](mailto:writingcenter@uttyler.edu)
- UT Tyler Tutoring Center (903.565.5964), [tutoring@uttyler.edu](mailto:tutoring@uttyler.edu)
- The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- UT Tyler Counseling Center (903.566.7254)

#### Psychology B.S./B.A. Program Mission Statement:

The mission of the undergraduate program in Psychology is to provide students with a demonstrable knowledge and understanding of the science of behavior and the mind,

including content in Memory and Thinking; Sensory and Behavioral Neuroscience; Developmental Psychology; Clinical and Abnormal Psychology; Social Psychology; Psychological Measurement and Methodology. We seek to prepare students for postgraduate education or a wide variety of employment settings and careers.

#### Psychology B.S./B.A. Program Learning Outcomes:

1.0 Memory and Thinking: Students will demonstrate knowledge and understanding of the major concepts, theoretical perspectives, empirical findings, and historical trends in learning and cognition.

2.0 Sensory and Behavioral Neuroscience: Students will demonstrate knowledge and understanding of the major concepts, theoretical perspectives, empirical findings, and historical trends in perception, sensory, physiology, comparative, and ethology.

3.0 Developmental Psychology: Students will demonstrate knowledge and understanding of the major concepts, theoretical perspectives, empirical findings, and historical trends in developmental psychology.

4.0 Clinical and Abnormal Psychology: Students will demonstrate knowledge and understanding of the major concepts, theoretical perspectives, empirical findings, and historical trends in clinical and abnormal psychology.

5.0 Social Psychology: Students will demonstrate knowledge and understanding of the major concepts, theoretical perspectives, empirical findings, and historical trends in clinical and social psychology.

6.0 Psychological Measurement and Methodology: Students will demonstrate knowledge and understanding of the major concepts, theoretical perspectives, empirical findings, and historical trends in measurement and methodology.

Disclaimer: *The instructor may amend this syllabus to meet the evolving needs of the students and or University, Department, or any other identified entities. Changes will be provided to students in writing and/or via the Canvas site.*

**Dr. Rosemary Barké is supervised by Dean Hickey of the College of Education and Psychology. If you have any problems related to this class please speak with me directly. If you believe I have not been responsive to your needs your next step would be to speak with Dr. Hickey about your concerns.**

## Course Summary:

Date	Details	
Sun Apr 7, 2019	Assignment <a href="#">Midterm Exam</a>	due by 11:59p
Sat May 4, 2019	Assignment <a href="#">Final Exam</a>	due by 5:30p

Date	Details	
Thu Mar 19, 2020	Assignment <a href="#">M1 Discussion: Happiness 101</a>	due by 11:55pm
Tue Mar 24, 2020	Assignment <a href="#">M1 Discussion: VIA Survey</a>	due by 11:55pm
	Assignment <a href="#">M1 Discussion: Happiness 101</a> (9 students)	due by 11:59pm
Thu Mar 26, 2020	Assignment <a href="#">M2 Discussion: The Good Life</a>	due by 11:55pm
Fri Mar 27, 2020	Assignment <a href="#">M1 Discussion: VIA Survey</a> (1 student)	due by 11:59pm
Sun Mar 29, 2020	Assignment <a href="#">M3 Discussion: 3 Stimuli for Joy</a>	due by 11:55pm
	Assignment <a href="#">M2 Discussion: The Good Life</a> (1 student)	due by 11:59pm
Mon Mar 30, 2020	Assignment <a href="#">M3 Discussion: 3 Stimuli for Joy</a> (1 student)	due by 11:59pm
Sun Apr 5, 2020	Assignment <a href="#">M3 Discussion: 3 Stimuli for Joy</a> (1 student)	due by 11:59pm
Tue Apr 7, 2020	Assignment <a href="#">M1 Discussion: VIA Survey</a> (1 student)	due by 11:59pm
Wed Apr 8, 2020	Assignment <a href="#">MidTerm Exam PSYC 3315</a>	due by 11:59pm
Fri Apr 10, 2020	Assignment <a href="#">M3 Discussion: 3 Stimuli for Joy</a> (1 student)	due by 11:59pm
Sat Apr 11, 2020	Assignment <a href="#">MidTerm Exam PSYC 3315</a> (1 student)	due by 11:59pm

Date	Details	
Thu Apr 16, 2020	Assignment <a href="#">M4 Discussion: The Anatomy of Trust - as presented by Brene' Brown.</a>	due by 11:30pm
Fri Apr 17, 2020	Assignment <a href="#">M4 Discussion: The Anatomy of Trust - as presented by Brene' Brown.</a> (2 students)	due by 11:59pm
Sat Apr 18, 2020	Assignment <a href="#">M4 Discussion: The Anatomy of Trust - as presented by Brene' Brown.</a> (2 students)	due by 11:59pm
Mon Apr 20, 2020	Assignment <a href="#">M5 Discussion: Kindness Mindfulness Meditation Exercise Observations</a>	due by 11:59pm
	Assignment <a href="#">M4 Discussion: The Anatomy of Trust - as presented by Brene' Brown.</a> (1 student)	due by 11:59pm
Thu Apr 23, 2020	Assignment <a href="#">M6 Discussion: John Gottman's Research Findings on Couples</a>	due by 11:30pm
Mon Apr 27, 2020	Assignment <a href="#">Reflection Paper</a>	due by 11:30pm
	Assignment <a href="#">Reflection Paper</a> (1 student)	due by 11:59pm
Tue Apr 28, 2020	Assignment <a href="#">Reflection Paper</a> (2 students)	due by 11:59pm
Wed Apr 29, 2020	Assignment <a href="#">M7 Module: Final Discussion Board - Your choice!</a>	due by 11:59pm
	Assignment <a href="#">M5 Discussion: Kindness Mindfulness Meditation Exercise Observations</a> (1 student)	due by 11:59pm

Date	Details	
	Assignment <a href="#">M6 Discussion: John Gottman's Research Findings on Couples</a> (1 student)	due by 11:59pm
	Assignment <a href="#">Reflection Paper</a> (1 student)	due by 11:59pm
Thu Apr 30, 2020	Assignment <a href="#">Extra Credit - Butterfly Circus</a>	due by 11:59pm
Sat May 2, 2020	Assignment <a href="#">Final Exam</a>	due by 11:59pm