

Syllabus

Course Information:

PSYC 3315 Positive Psychology

Fall 2019

Tuesday 3:30-4:50pm

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)

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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 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 positive youth development
4. Identify components leading to positive health and wellness
5. Identify social and cultural influences on emotions
6. Contrast the Broaden and Build model with flight, fight or freeze.
7. Identify conditions that are identified as related to peak performance in elite athletes
8. Describe successful aging and generativity and identify the factors that promote each
9. Identify some factors that promote love and well-being
10. Identify factors that lead to excellence and creativity.

Evaluation and Grading:

| | |
|-------------------------|--|
| Quizzes | 200 points (10 quizzes/20 points each) |
| Canvas Activities | 160 points (8 activities/20 points each) |
| Midterm | 200 points (October 8, 2019) |
| Final Exam | 250 points (December 10, 2019) |
| Frankl Paper/Discussion | 150 points (November 19, 2019) You must be present for full credit 40 points (Quotes due October 15 th) |
| 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.

Bonus Point Options: If you wish to earn bonus points toward your final grade, you may choose to participate in one or both of the following outside activities:

- a. Participation in a counseling/interview process with counselors-in-training.
- b. Participation in any available Psychology research projects

Each hour of participation in either of these activities will earn 5 points toward the total points for your grade in this course, up to a maximum of 30 points. To receive points for the counseling interview process, you must attend at least 4 interview sessions, for which you will receive 20 points. If you attend 6 sessions, you would receive 30 points. *You may attend more than 6 sessions if you believe they are beneficial, but you will not receive any additional bonus points.* Credit for research participation will be explained/presented in class. **30 points is the most you can earn in PSYC3315.**

Teaching Strategies:

Discussion Boards:

There will be eight module items that should be addressed on the discussion board. To earn maximum points in this class you **MUST** complete the task during the assigned time, and follow the instructions given in that module.

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, 4th edition. ISBN 978-1-5063-5735-5.
Frankl, V. (19XX) Man's Search for Meaning.

Course Policies:

Cheating on quizzes, exams, and the paper is **expressly forbidden**. When taking an exam please leave space between you and the people sitting next to you, and keep your eyes on your own test only. 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.

Participation is very important due to the hybrid nature of this class. You must attend all classes to earn full credit for the class. An excused absence requires that you send an email **prior to missing the class**, unless there is an emergency and you are physically or mentally unable to contact Dr. Barke' 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 an 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 paying attention to the lectures will make remembering the material much easier.
Each quiz will cover the material covered in the class prior to the quiz, plus any basic building blocks for the class.

Topical Outline and Calendar:

| DATE: | Read for class | Topic We Will cover |
|----------|--|---|
| 8/27 | | Introduction to Positive Psychology |
| 9/3 Q1 | CHs 1 & 2 | Eastern & Western Perspectives |
| 9/10 Q2 | Chapter 3 | Classifications and Measures |
| 9/17 Q3 | Chapter 4 | The Role of Culture |
| 9/24 Q4 | Chapter 6 | Principles of Pleasure |
| 10/01 Q5 | Chapter 7 | Emotional Experiences |
| 10/08 | Review | MIDTERM EXAM (20%) |
| 10/15 | Chapter 9 | Wisdom & Courage <u>QUOTES DUE</u> |
| 10/22 Q6 | Chapter 10 | Mindfulness, Flow, & Spirituality |
| 10/29 Q7 | Chapter 11 | Empathy and Egotism |
| 11/5 Q8 | Chapter 12 | Attachment, Love & Flourishing |
| 11/12 Q9 | | Positive Health |
| 11/19 | Man's Search for Meaning: Bring your paper and be prepared to discuss You MUST bring your paper with you to class, or turn it in BEFORE class | |
| 12/3 | In class Review for Cumulative Final Exam | |
| 12/10 | 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.

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.

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 (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.. 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., 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.

iii. “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
- UT Tyler Tutoring Center (903.565.5964), 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 the Dean 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 the Dean about your concerns.