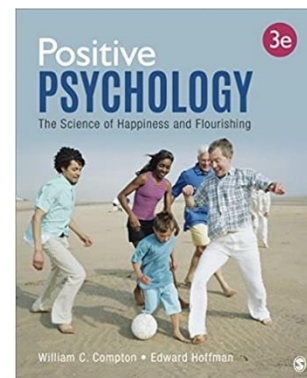

Instructor: Maggie Seibel
E-Mail: Use Canvas email for all correspondence
Phone: 425-564-2072 (Direct Line to Voice Mail)
Online Office Hours: Refer to the Canvas Getting
Started Module for specific times

Social Science Division Office Location: D110
Social Science Division Phone: 425-564-2331
Social Science Division Website:
<http://www.bellevuecollege.edu/socsci/>

REQUIRED TEXT BOOK:

Compton, William C. and Hoffman, Edward. *Positive Psychology, The Science of Happiness and Flourishing*, third edition, Sage Publishing, ISBN-13: 9781544322926. Any format is acceptable, including eBook, notebook, paperback, or cloth edition. If you already paid the fee, you will have immediate access to the required e-textbook located in Canvas.



COURSE DESCRIPTION:

Historically, the field of psychology has placed a lot of attention on what's wrong with people and what we can do to treat mental disorders. More recently, however, the field has broadened its scope to give more attention to the positive side of human nature and the most effective ways to pursue a good, meaningful life. This course will focus on the scientific research centered on the nature of happiness, well-being and leading a flourishing life.

Throughout the course we will also engage in experiential learning and practical exercises to increase well-being, which will inform our theoretical and empirical understanding of positive psychology. This course will involve some potentially provocative material framed within an academic context. Keep in mind that finding oneself in a space outside of one's comfort zone is an opportunity for learning. Students may be confronted with difficult material in this course. If you have any questions or concerns about the course content or online climate, please email me immediately.

COURSE FORMAT:

This is an asynchronous online course with all assignments and exams completed on our Canvas website. To succeed in this course, you will need to use a laptop or desktop computer with Internet access and Microsoft Word to take quizzes and exams. Using your phone, or a tablet, will work for parts of the course, including checking your email, posting to discussion boards, and viewing announcements. However, cell phones do not have the capacity to hold a quiz or exam, which results in parts of the questions and answers not appearing on the screen.

Most of your questions about the course can be answered by clicking on the green tabs at the top of each assignment, or by referring to the Getting Started Module for help. You can always feel free to message me through Canvas with your questions or concerns.

PREREQUISITE:

None

COURSE OUTCOMES:

Upon completion of this course, the successful student will be able to:

- Describe key concepts, principles, findings, and controversies in the emerging field of positive psychology.
- Apply scientific reasoning to demonstrate an understanding of research methods employed in positive psychology
- Critically examine empirical research claims in contemporary positive psychology
- Apply positive psychology principles to build effective interpersonal relationships
- Communicate first-hand experiences with positive psychology activities and how positive psychology is relevant to your personal and professional life.



COURSE REQUIREMENTS & GRADES:

The final grade is based on a total of 520 points. These points are calculated as follows:		
Final Exam	1 x 100 points each	100 Points
Real-Life Labs	5 x 20 points each	100 Points
Weekly Quizzes	10 x 20 points each	200 Points
Discussions	6 Individual Posts x 10 points 6 Responses x 10 points	60 Points 60 Points
Total		520 Points



In conformity with BC's grading policy, the grades will be assigned as follows:

A 100% – 94% (4.0)	B+ 89% – 87% (3.3)	C+ 79% – 77% (2.3)	D+ 69% – 67% (1.3)
A- 93% – 90% (3.7)	B 86% – 84% (3.0)	C 76% – 74% (2.0)	D 66% – 60% (1.0)
	B- 83% – 80% (2.7)	C- 73% – 70% (1.7)	F 59% – 00% (0.0)

EXAMS:

There will be one on-line comprehensive final exam. It will consist of 100 objective questions and cover major concepts from the quarter. A study guide will be provided. Because this exam is so near the end of the quarter, there will be no opportunity to take the final exam after the open exam window closes. If you will be away from your computer during the final, it is expected that no matter where you are, you will find a way to access Canvas in order to take your exam during the open exam window.



REAL-LIFE LAB EXPERIMENTS:

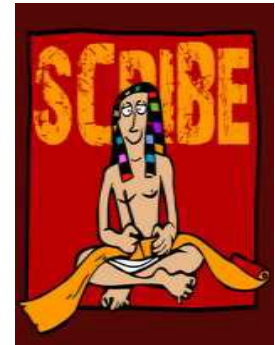
While studying the weekly modules, students will conduct Real-Life Experiments and write an analysis corresponding to that module. Each experiment and specific details, including how to write a lab report, are located under the assignment tabs in the course modules.

WEEKLY QUIZZES:

These short weekly quizzes are incorporated into the various chapters of the textbook and used to help integrate terms and concepts to further learning. There will be ten quizzes over the course of the quarter.

DISCUSSIONS:

The discussions are intended to increase your experience in a learning community, as well as deepen your understanding and thinking about the subject matter. New topics and discussion questions for the coming week will open at 12:01am Monday. Specific details on how to write discussion posts are available under the tabs in each discussion.



POWERPOINT SLIDES:

Each module of the course contains PowerPoint slides that you can download and/or print. The PowerPoint slides come from the textbook publisher are not narrated so that you can proceed at your own pace.

INCOMPLETE:

If a student fails to complete all the required work for a course, they may request a grade of Incomplete ("I"). To qualify, the student must have completed 85% of the required coursework by the end of the quarter, and earned at least a "C" on all completed work. Approval is at the discretion of the instructor.



DUE DATES AND DEADLINES:

All assignments for the course will be open from 12:01am Monday until 11:59pm the following Sunday, with varying due dates for assignments during the week. ***No late work will be accepted, except under the following circumstance:***

- If you are able to provide written documentation, such as a letter from your health care provider, which explains your need for an exception, it will be considered.

It is each student's responsibility to know the due dates and times for all assignments and make sure there is an alternate computer (public library, on campus, friend or family member) where you can complete assignments and take quizzes.

- Computer problems or a conflicting work schedule are not valid excuses to grant an exception to the due date.

Plan ahead. **Put all due dates and exam times in your phone** to help manage your time efficiently. Save your work early, often, and in multiple locations, such as the cloud, a memory stick, or another computer.

Note: You will be allowed to submit one late assignment for credit without any documentation this quarter. This can be any graded course content, so you may wish to choose one worth a lot of points, or you can save it for later in the quarter, just in case you need it.

WITHDRAWAL FROM CLASS:

College policy states that students must formally withdraw from a class by the end of the seventh week of the quarter during the standard academic year (Registration Office, B125). If a student has not withdrawn by that date, an appropriate letter grade will be assigned for the course. *Merely stopping participation does not qualify as withdrawal.* Check Enrollment Calendar Deadlines, Refunds/Withdrawals, for additional details. As with most enrollment deadlines, it is the student's responsibility to be aware of these dates and act accordingly.



Eat

Sleep

Psychology

INSTRUCTOR AVAILABILITY:

As your instructor for this course, I will make every effort to answer your email questions in a timely manner.

My goal is to respond to a question within 24 hours of receiving it Monday through Thursday between the hours of 9am and 7pm, and on Friday between 9am and noon. Emails sent to me over the weekend will be answered on Monday. Note that this response time is only applicable to email questions, not to graded assignments.

- I will hold online office hours on Zoom throughout the quarter. The meeting link is available in the Getting Started module and will be in all weekly Due Date Reminders announcements.
- All email communication must be done through Canvas during the quarter.
- Please do not email me at my BC email account where it could get lost among the excessive amount of other emails I receive there. To protect your privacy, no communication regarding course work or grades will be sent to your personal, non-Bellevue College, email accounts.

SAFE SPACE:

This class is a Safe Space for all students. Lesbian, gay, bisexual, questioning, queer-identified, and transgender students along with students of all cultures, nationalities, and spiritual beliefs are welcome in this classroom and encouraged to share your thoughts and be an integral part of this course. If you have any questions or concerns about this, feel free to email me or let me set up a Zoom meeting for us to talk about it. **Everyone is welcome in this class!**

ADVISING:

The Psychology Department has our own in-house advisor, Deanne Eschbach. Call 425-564-2216 for a personal remote appointment.

BELLEVUE COLLEGE'S AFFIRMATION OF INCLUSION:

Bellevue College is committed to maintaining an environment in which every member of the campus community feels welcome to participate in the life of the college, free from harassment and discrimination. We value our different backgrounds at Bellevue College, and students, faculty, staff members, and administrators are to treat one another with dignity and respect.

BELLEVUE COLLEGE ANTI-DISCRIMINATION STATEMENT (TITLE IX):

Bellevue College does not discriminate on the basis of race or ethnicity; color; creed; national origin; sex; marital status; sexual orientation; age; religion; genetic information; the presence of any sensory, mental, or physical disability; gender identity or veteran status in educational programs and activities which it operates. For further information and contacts, please consult [College Anti-Discrimination Statements](#)

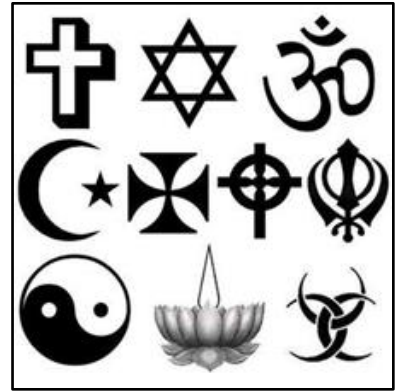
CONFIDENTIALITY AND MANDATORY REPORTING:

One of my responsibilities is to help create a safe learning environment on our campus. It is my goal that you feel able to share information related to your life experiences in class discussions, in your written work, and in any possible one-on-one meetings. I will seek to keep information you share private to the greatest extent possible. However, I am required to share with the Title IX Coordinator any and all information regarding sexual assault and other forms of sexual misconduct (e.g. relationship violence, stalking) that may have occurred on campus or that impacts someone on campus. Students may speak to someone confidentially by contacting the BC Counseling Center at (425) 564- 5747. The Title IX Office can be contacted at 425-564-2641 and more information can be found at Title IX. If you have any concerns, you may report to: [Report Concerns](#).

RELIGIOUS HOLIDAY OBSERVANCE:

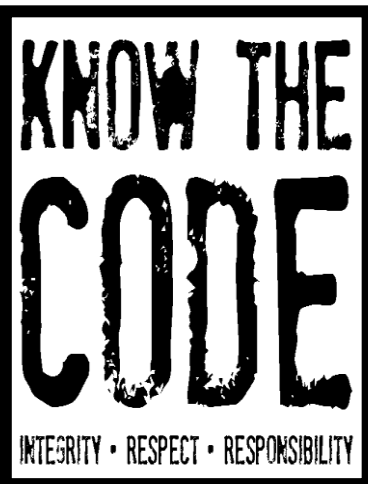
Students who expect to miss classes, examinations, or any other assignments because of their religious observance should be provided with a reasonable alternative opportunity to complete such academic responsibilities. It is the obligation of students to provide faculty with reasonable notice of the dates of religious holidays on which they will be absent, preferably at the beginning of the term. The [Request for Accommodations for Reasons of Faith or Conscience Form](#) provides more information about and the steps to request this accommodation.

Students who are absent on days of examinations or class assignments will be offered an opportunity to make up the work without penalty (if they have previously arranged to be absent), unless it can be demonstrated that a makeup opportunity would constitute an unreasonable burden on a member of the faculty. Should disagreement arise over what constitutes an unreasonable burden or any element of this policy, parties involved should consult the department Chair, or Dean.



STUDENT CODE OF CONDUCT AND ACADEMIC INTEGRITY:

Any act of academic dishonesty, including cheating, plagiarism (using the ideas or words of another as one's own without crediting the source), and fabrication and inappropriate/disruptive classroom behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to, talking out of turn, arriving late or leaving early without a valid reason, allowing cell phones/pagers to ring, plagiarizing material from the Internet, posting rude or personal attacks in discussions, and inappropriate behavior toward the instructor or classmates.



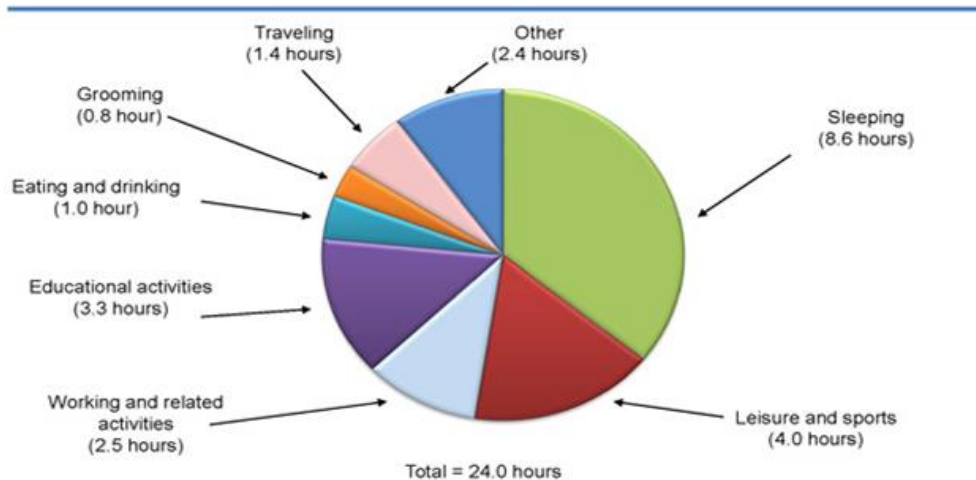
When you are in doubt about any behavior, please consult your instructor. In addition, you may wish to review the general applicable rules of cyberspace, such as in the [Core Rules of Netiquette](#). The instructor reserves the right to remove posted messages, and downgrade assessments as a result of these types of behaviors. The instructor can refer any violation of the Student Code of Conduct to the Vice President of Student Services for possible probation or suspension from Bellevue College. The instructor can refer any violation of the Student Code of Conduct to the Dean of Student Success for investigation. Specific student rights, responsibilities, and appeal procedures are listed in the Student Code of Conduct at: [Student Code](#)

DISABILITY RESOURCE CENTER (DRC):

The Disability Resource Center serves students with disabilities. Common disabilities include physical, neurological (e.g. Autism, ADD/ADHD), and mental health (e.g. depression, anxiety). If you are a student who has a disability, or if you think you may need accommodations in order to have equal access in your classes, programs, activities, and any other services, please contact the DRC.

The DRC staff are working remotely during the pandemic, but are available to meet with you either by phone or on Zoom. You can contact the DRC by calling their front desk phone number (425) 564-2498, or emailing drc@bellevuecollege.edu. Deaf students can reach them by calling TTY: (425) 564-4110, or by Skype (account name DRCatBC). For more information about the services they offer, including their Initial Access Application, visit their website at [Disability Resource Center](#)

Time use on an average weekday for full-time university and college students



NOTE: Data include individuals, ages 15 to 49, who were enrolled full time at a university or college. Data include non-holiday weekdays and are averages for 2009 -13.

SOURCE: Bureau of Labor Statistics, American Time Use Survey

COURSE SCHEDULE:

Week	Chapters	Discussions	Real-Life Experiments	Quizzes
Week 1	Syllabus & Schedule Review Chptr 1: An Introduction to Positive Psychology	Disc 1, Pt 1 & 2		Quiz 1
Week 2	Chptr 2: Foundations: Emotion, Motivation, and the Nature of Well-Being Chptr 3: Subjective Well-Being	Disc 2, Pt 1 & 2	Lab #1	Quiz 2 Quiz 3
Week 3	Chptr 4: Leisure, Flow, Mindfulness, and Peak Performance	Disc 3, Pt 1 & 2	Lab #2	Quiz 4
Week 4	Chptr 5: Romantic Love and Positive Families Chptr 6: Positive Health	Disc 4, Pt 1 & 2	Lab #3	Quiz 5 Quiz 6
Week 5	Chptr 7: Excellence, Aesthetics, Creativity, and Genius	Disc 5, Pt 1 & 2	Lab #4	Quiz 7
Week 6	Chptr 8: Well-Being Across the Life Span Chptr 9: Models of Optimal Well-Being	Disc 6, Pt 1 & 2	Lab #5	Quiz 8 Quiz 9
Week 7	Chptr 10: Religion, Spirituality, and Well-Being Chptr 11: Positive Institutions and Cultural Well-Being	Disc: Farewell & Best Wishes		Quiz 10
Finals				Final Exam