

SOUTHEAST COMMUNITY COLLEGE
DIVISION OF ARTS AND SCIENCES
Social Science
Revision Date: 07-01-20

I. CATALOG DESCRIPTION

Course Number: PSYC2710
Course Title: Positive Psychology
Prerequisite: None
Catalog Description: This course provides an introduction to the study of topics related to happiness and the positive aspects of human experience. The first part of the course will focus on the basic areas of research in positive psychology and the methods that researchers use to study happiness, while the second half will broaden the focus to include big-picture issues and real-world application.
Credit Hours: 3.0
Class Hours: 45
Lab Hours: 0
Total Contact Hours: 45

II. COURSE OBJECTIVES: *Course will:*

- A. Understand the aim and scope of positive psychology.
- B. Understand the distinction between positive psychology principles and other theoretical principles of psychology.
- C. Appreciate Martin Seligman's contribution to the field of positive psychology.
- D. Acquire insight into their own strengths and virtues and learn strategies to increase their happiness and overall quality of life.
- E. Develop an understanding of the dimensions of subjective well-being and the application to their lives.
- F. Experience a stable increase in happiness, as a result of practicing the happiness inducing techniques discussed in class and in the readings.
- G. Comprehend research that supports the principles, strategies, and skills of positive psychology.
- H. Develop an excitement and passion for positive psychology.
- I. Develop a zest for living a virtuous, satisfying, and meaningful life!

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES

- A. Student Learning Outcomes: *Student will be able to:*
- 1. Demonstrate an understanding of psychology from a positive perspective.
 - 2. Understand how the major positive psychological principles and theories can be applied to real life situations.
 - 3. Gain a working knowledge of the concepts, theories, methods, terminology, and research findings appropriate to the field of positive psychology.
 - 4. Demonstrate the ability to use resources to locate relevant psychological materials and to critique psychological articles.
 - 5. Describe and explain various components of positive psychology to include the following:
 - a. Positive emotional states and processes
 - b. Positive cognitive states and processes
 - c. Prosocial behavior
 - d. Balanced views of mental health behavior
 - e. Positive environments
 - f. Describe a positive look to the future

- B. General Education Learning Outcomes**
 - 1. GELO #2: Written Communication**
Outcome: Comprehend, analyze, and evaluate a given text.
 - 2. GELO #6: Career and Life Skills**
Outcome: Employ effective interpersonal and intrapersonal communication skills.
Outcome: Develop knowledge and habits that will foster physical, emotional, social, spiritual, intellectual, and environmental wellness.
Outcome: Develop skills that will support positive and fulfilling relationships with others.

IV. CONTENT/TOPICAL OUTLINE (*course outline may provide more detailed information*)

- A.** What is Positive Psychology?
- B.** Well-Being
- C.** Competence, Relatedness, Autonomy
- D.** The Pursuit of Happiness
- E.** Laughter is Good Medicine
- F.** Positive Emotion
- G.** Stress Reduction
- H.** Spirituality & Flow
- I.** Human Strengths & Strength Stories
- J.** Love & Belongingness
- K.** Sternberg's Triangle
- L.** Empathy, Gratitude & Forgiveness
- M.** Resilience
- N.** Creativity
- O.** The Future of Positive Psychology

V. INSTRUCTIONAL MATERIALS

- A.** Required Text(s):
 - 1.** Open source links provided by instructor. No required textbook needed.
- B.** Other resources:
 - 1.** Supplemental handouts supplied by instructor.
- C.** Outside Reading/Research Required:
 - 1.** Psychological articles, written critiques or other approved research project.

VI. METHODS OF PRESENTATION/INSTRUCTION

- A.** Methods of presentation typically include a combination of the following:
 - 1.** Required textbook
 - 2.** Other resources: Handouts supplied by instructor

VII. METHODS OF EVALUATION

- A.** Methods of evaluation typically include a combination of the following:
 - 1.** Attendance, class involvement, attitude (on campus classes)
 - 2.** Critiques and journal article reviews
 - 3.** Assignments
 - 4.** Assessments & Portfolio Pieces

B. SCC STANDARD GRADING SCALE POLICY

A+	95-100	C+	75-79	F	59 or less
A	90-94	C	70-74		
B+	85-89	D+	65-69		

B 80-84 D 60-64

VIII. SPECIFIC COURSE REQUIREMENTS

- A. Attendance
- B. Examinations/Quizzes
- C. Writing Assignment