

Special Topics: Psychology of Happiness (Cr.3) 50:830:461:01

CANVAS Course Site <https://rutgers.instructure.com/courses/148366>

Course Description

This course will examine the history of and recent empirical research that has been conducted in the field of Positive Psychology. Through the examination of happiness and its relationship to character strengths, social relationships, optimism, and growth mindset students will better understand how psychological and physical well-being can be enhanced. Perspectives on how to thrive, deal with stress and develop resilience will be studied and students will practice positive psychology interventions to develop their own personal knowledge base and skills relevant to their own lives.

Learning Goals

The goal of the undergraduate program in Psychology is to provide students with:

1. knowledge of the fundamental concepts and theories of psychology.
2. an understanding of the methods used to examine psychological processes.
3. mastery of discipline specific skills in reading, writing and analysis.
4. an educational experience that students perceive as challenging, enriching, and worthwhile.

Learning Outcomes

The learning objectives of this course are consistent with the goals of the department. Course activities are designed to assess these learning objectives. Upon successful completion of this course, you should be able to:

- Discuss the history of and the scientific research that has been conducted in the field of Positive Psychology
- Explain the elements of the research that has been conducted and how they relate to habits of healthy living
- Remain open-minded, curious and critical of the research findings and the applications of the research to determine the effectiveness of the interventions recommended by the psychologists studied in this course.
- Be more aware of your own habits and use the results of the inventories you take to analyze how you can improve your own level of well –being to affect your way of life.
- Use your own personal reflections to bring the learnings of this class into real-world practice, to tie the concepts to your own lives and the world you live in.

Required Books

The How of Happiness by Sonja Lyubomirsky (SL)

Paperback

- Publisher: Penguin Books; Reprint edition (December 30, 2008)
- **ISBN-10:** 0143114956/**ISBN-13:** 978-0143114956

This book must be purchased ASAP Available from the RU bookstore, BN, Amazon, other sites

Positive Psychology: Living Life with Meaning and Purpose (NOBA)

- <http://noba.to/eantwbhq> (direct link to the book online)
- This book is provided in a pdf format on your Canvas course site as well

Supplemental Readings for this course may include current empirical journal articles and other online readings.

Websites you will use

REQUIRED <http://www.authentichappiness.org>. **You must sign up for a free account on this website.** You will be required to complete online surveys and questionnaires that are relevant to lessons/readings. ***View the VoiceThread on Canvas that explains how to use this site**

<http://ggia.berkeley.edu/> Greater Good Science Center (articles, videos and other resources) will be provided in modules

VIA Institute on Character <https://www.viacharacter.org/character-strengths>

Accommodations Statement

Rutgers University welcomes students with disabilities into all the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation:

<https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form at <https://webapps.rutgers.edu/student-ods/forms/registration>.

<https://success.camden.rutgers.edu/disability-services>

ATG Plagiarism Statement

Please be aware of the content reflected in the following website:
<https://deanofstudents.camden.rutgers.edu/academic-integrity>

Grading Policy/Description of Assessments

Class Participation activities and lectures – ATTENDANCE is required to receive credit

ZOOM meetings – will be scheduled when needed and required

ONLINE Inventories <http://www.authentichappiness.org> related to readings/research

ONLINE Discussions related to readings/activities

How of Happiness Q/A Assignments – written responses

(NOBA) Positive Psychology: Living Life with Meaning and Purpose Q/A Assignments – written responses

VoiceThread lectures – some require viewing and student responses for credit

Final Activity Reflection

SEE READING/ASSIGNMENTS doc in the SYLLABUS file , menu on Canvas, for details and how grades will be determined.

Technology Policy



It is your responsibility to ensure that you have the appropriate technology capabilities to successfully complete assignments and activities. Rutgers University does provide technology assistance for Canvas <https://canvas.rutgers.edu/canvas-help/> and I am available to assist you whenever I can.

Murphy’s Law states, “Anything that can go wrong, will go wrong.” Computers crash, Internet access can be limited during a thunderstorm. *All of these issues cannot prevent you from submitting assignments on time.* My advice to you is:

- Aim to complete all assignments early.
- Be sure your computer is in good working order. If it has any problems or issues you want to make sure those are ironed out BEFORE the course begins. Technical glitches are not justifications for late work.
- **Test the websites you are assigned to use as soon as you receive the assignment.** Our **Canvas course website** may work at your place of business; however, you may find that later in the course a social networking site is filtered (not accessible from your place of business). Some sites don’t work on older computers while others don’t work on newer computers. Videos may not play. **VOICETHREADS MAY NOT PLAY ON YOUR PHONE UNLESS YOU DOWNLOAD THE APP.** Security settings may need to be checked. It only takes a moment to click around and try this out. Contact the CANVAS help desk if you have questions <https://canvas.rutgers.edu/canvas-help/>
- Double-check work. Create back-ups!
- In an EMERGENCY you may email me assignments if you cannot use Canvas to submit them. *They must be PDF or Word docs.*

Netiquette: Please remember that communicating online should not be any different from when you communicate in a face-to-face class. Although some of your writing assignments/discussions do allow for less “academic” and more informal conversations, please refrain from using Internet slang, abbreviations, and acronyms. We cannot assume that everybody understands them.

All communications should be courteous and professional.