

Positive Psychology

LEAD6241

Course Outline (online)

Description: Positive psychology is the science of well-being. This course will explore scientifically based methods to develop your own positive emotions, behaviours and personal practices. Using the simple and practical approaches from this course, you can learn to create a better life.

Topics

- Positive Emotions and the 'Broaden and Build' Theory
- Positivity Resonance and the Impact on Relationships
- The PERMA Model of Flourishing
- Optimism
- Grit and Goal Attainment
- Increasing Resilience and Stress Tolerance
- Combating Thinking Traps
- Character Strengths
- Flow
- Mindfulness

Course Goals: Increase positivity; build solid relationships; increase grit, resilience and engagement; and use goal-setting, signature strengths and good habits to achieve desired outcomes.

Course Objectives: At the completion of this course, students will be able to:

- Distinguish between traditional psychology and positive psychology
- Recognize the five elements of PERMA model of flourishing
- Identify positive emotions and appreciate the value of savouring them
- Understand broaden and build theory and consider its application in workplaces
- Use active constructive responding to connect to others and build relationships
- Recognize and facilitate positivity resonance at home and at work
- Appreciate the value of gratitude
- Connect mindfulness to wellbeing
- Understand the difference between pessimistic and optimistic explanatory styles and appreciate the value of optimism to well-being
- Recognize five common thinking traps and understand how to combat them
- Understand the value of flow and use techniques to generate it
- Incorporate resilience strategies in their lives
- Appreciate their signature character strengths and consider how to leverage these
- Use goal setting techniques to their advantage
- Implement the techniques they chose to practice each week

Texts: No text required. Additional resources will be provided to you through the online course site.

Evaluation: This is a graded course where a complete or incomplete will be issued. In order to receive a completion for this course, a student must:

This course outline is a sample only and is subject to change.

- **Attend three of four** Zoom sessions.
- Post at least one response in at least three forums
- Complete a personal reflection or exercise on a topic relevant to that week and submit a paragraph about your experience. (Minimum requirement is three out of four.)
- Score at least 70% on a quiz based on the Zoom session, pre-recorded videos and readings for each week

Policy on Cheating and Academic Misconduct:

Academic honesty is a cornerstone of conduct at Western University. We cannot have freedom of expression without integrity. Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences; please refer to the section on “Scholastic Offences” in the current University Academic Calendar, or on the web at <http://www.westerncalendar.uwo.ca>. Such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course any academic work for which credit has previously been obtained or is being sought in another course in this University or elsewhere (without the knowledge and approval of the instructor to whom the work is submitted). Students enrolled in non-degree courses are expected to abide by the University’s code of conduct.

Code of Student Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For the complete Code of Student Conduct: <http://www.uwo.ca/univsec/board/code.pdf>

Plagiarism:

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (<http://www.turnitin.com>).

How often will the instructor communicate with me?

The instructor will respond to individual emails within two business days. Questions that have general application should be posted to the General Questions and Comments Forum so that all students can receive the same information.

Policy on Late Assignments:

Forum participation must take place during the relevant week of the course (ending Sunday evening).

Please make every effort to submit your assignments by the due date, so that your reflection or exercise coincides with the week where that topic is covered. However, we recognize that adult learners have many responsibilities so if you are delayed in submitting an assignment, you will not be penalized so long as it is submitted no later than Sunday evening of Week 4.

When will I receive my grades?

Final grades will be available 2 weeks after the last scheduled day of the course. A grade report can be printed from myWCS.

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How do I hand in assignments?

All assignments will be submitted electronically through OWL using the assignment tool. Failure to meet deadlines without the instructor's written permission will be subject to the late assignment policy. It is the student's responsibility to ensure that all assignments forwarded to the instructor arrive before the due date. If you experience difficulty in submitting assignments through OWL, you are responsible for contacting the instructor and arranging an alternate method of delivery (e.g. e-mail attachment) for the assignment. NOTE: do not resubmit assignments after they have been graded. (1/1 = Complete)

Course Schedule:

Students must attend **three live sessions** but may choose to watch the recording of any one live session. Check Lessons for the Zoom link.

In this course you will be required to engage in three or more hours of required and optional activities each week. Required activities may include any of the following: quizzes, discussion forums, assignments requiring individual reflection or activities, listening to pre-recorded lectures, readings.

Week 1: Flourishing and Positive Emotions

Introduction of program, instructor and participants
Red Cape Green Cape
PERMA
Positive Emotions
Mindfulness

Week 2: Relationships

Broaden and build
Positivity Resonance
Active Constructive Responding
Positive Relationships and Expressing Gratitude and Appreciation

Week 3: Optimism and Resilience

Optimism
5 Thinking Trap
Resilience
Role of Mindfulness
Flow

Week 4: Engagement and Meaning

Signature Strengths
Good Habits
Goals
Grit
Altruism
Course Wrap-up