

University of North Texas at Dallas
SPRING 2018
SYLLABUS for Distance Learning

PSYC 3000 Positive Psychology			
Department of	Sociology and Psychology	School of	Liberal Arts and Sciences
Instructor Name:	Jessica Cintrón, PHD		
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Office Hours:	Online		
Classroom Location:	Online		
Class Meeting Days & Times:	Online		
Course Catalog Description:	Nature of psychology with emphases on the development of strengths and virtues, positive emotion, positive cognition, prosocial behavior, positive interventions, and positive environments.		
Prerequisites:	PSYC 1100 or equivalent		
Required Text:	<i>Positive Psychology: The Scientific and Practical Explorations of Human Strengths (3rd edition)</i> by Snyder, Lopez, & Pedrotti Sage Publications, 2015		
Access to Learning Resources:	UNT Dallas Library: phone: (972) 780-1616 web: http://www.untdallas.edu/library email: library@untdallas.edu UNT Dallas Bookstore: phone: (972) 780-3652 web: http://www.untdallas.edu/bookstore e-mail: untdallas@bkstr.com		
Course Goals or Overview: The goals of this course are as follows -			
	Recognize and demonstrate understanding of terminology, concepts, and theories. Evaluate and integrate the positive psychology scientific literature in informed science-based conclusions. Use positive psychology principles to enhance personal and professional interactions. Exhibit skill in recognizing human strengths in generating positive outcomes. Exercise efficient and productive management of projects on both an individual and group level.		
Learning Objectives/Outcomes: At the end of this course, students will be able to:			
1	Recognize and demonstrate understanding of terminology, concepts, and theories in positive psychology.		
2	Describe differences between positive psychology and traditional orientations in psychology.		
3	Identify most prominent contributors to the positive psychology literature.		
4	Evaluate and integrate the positive psychology scientific literature in informed science-based conclusions.		
5	Apply positive psychology to address psychological questions and problems.		
6	Use positive psychology principles to enhance personal and professional interactions.		
7	Exhibit skill in recognizing human strengths in generating positive outcomes		

Online/Hybrid Course Outline

This schedule is subject to change by the instructor. Any changes to this schedule will be communicated in class or via class email or Blackboard announcement. Additional readings and activities may be added, these will be noted in the Readings and Activities/Assignments sections.

Week	Dates	Activity	Chapter	Title
1	Jan 16 - 21	Welcome Syllabus GROUP DISCUSSION 1 DUE	1	Welcome to Positive Psychology
2	Jan 22 - 28	Read/Review	1	"
3	Jan 29 - Feb 4	Read/Review	2	Eastern and Western Perspectives on Positive Psychology: How 'ME + WE = US' Might Bridge the Gap
4	Feb 5 - 11	Read/Review	3	Classifications and Measures of Strengths and Positive Outcomes
5	Feb 12 - 18	Read/Review TEST 1 (Ch 1, 2, 3) DUE	4	The Role of Culture Developing Strengths and Living Well
6	Feb 19 - 25	Read/Review GROUP DISCUSSION 2 DUE	5	Living Well at Every Stage of Life
7	Feb 26 - Mar 4	Read/Review	6	The Principles of Pleasure: Understanding Positive Affect, Positive Emotions, Happiness and Well-Being
8	Mar 5 - 11	Read/Review TEST 2 (Ch 4, 5, 6) DUE	7	Making the Most of Emotional Experiences: Emotion-Focused Coping, Emotional Intelligence, Socioemotional Selectivity, and Emotional Storytelling
9	Mar 12 - 18	SPRING BREAK NO CLASS		
10	Mar 19 - 25	Read/Review GROUP DISCUSSION 3 DUE	8	Seeing Our Futures Through Self-Efficacy, Optimism, and Hope
11	Mar 26 - Apr 1	Read/Review	9	Wisdom and Courage: Characteristics of the Wise and the Brave

12	Apr 2 - 8	Read/Review TEST 3 (Ch 7, 8, 9) DUE	10	Mindfulness, Flow, and Spirituality: In Search of Optimal Experiences
13	Apr 9 - 15	Read/Review GROUP DISCUSSION 4 DUE	11	Empathy and Egotism: Portals to Altruism, Gratitude, and Forgiveness
14	Apr 16 - 22	Read/Review	12	Attachment, Love, and Flourishing Relationships
15	Apr 23 - 29	Read/Review TEST 4 (Ch 10, 11, 12) DUE	13	Balanced Conceptualizations of Mental Health and Behavior
16	Apr 30 - May 6	Read/Review GROUP DISCUSSION 5 DUE	14	Preventing the Bad and Promoting the Good
17	May 7 - 13	Read/Review TEST 5 (Ch 13, 14, 15) DUE	15	Positive Schooling and Good Work: The Psychology of Gainful Employment and the Education That Gets Us There
	May 14 - 16	NO CLASS		

Course Evaluation Methods

This course will utilize the following instruments to determine student grades and proficiency of the learning outcomes for the course.

Modules/Weekly units: The course will be set up in 17 modules (WEEK 1, WEEK 2, etc.) found on the Blackboard tab that says *Resources for Class*. Each chapter power point will be available to you at the beginning of the week. All course assignments will be compiled in each weekly section, including textbooks readings, power points, group discussion board activities, and tests. Each activity should be completed in the order it is presented and all assignments should be completed and delivered by the due date.

Group Discussion: Students will respond to the discussion and comment on two of their classmates' posts to encourage engagement and interaction on Blackboard. Full credit is earned if you complete all parts of the questions and respond to two other classmates' work. Due dates for the Group Discussions are included in the Online/Hybrid Course Outline, and should be completed by Sunday at 11:59PM Central Time. Groups discussion is 50% of your grade.

Tests: Students will complete online chapter tests independently. Tests are located on the Blackboard tab that says, *Tests*. These exams will cover the assigned chapters in the textbook. Therefore, all answers for the test should be in the assigned textbook. The exams will contain 60 multiple choice responses (20 questions per chapter). You will be given one week to complete the test, and the test is limited to **two attempts**. The highest score will be recorded. Due dates for test completion are included in the *Online/Hybrid Course Outline*, and tests should be completed by Sunday at 11:59PM Central Time. Tests are 50% of your grade.

Grading Scale

Below is a table that you can use to track your assignments and determine your final grade:

Assignments:	Due Dates:	Score:
Group Discussion		
1	Sunday, 1/21	
2	Sunday, 2/25	
3	Sunday, 3/25	
4	Sunday, 4/15	
5	Sunday, 5/6	
Average Grade for Group Discussion (50%)		
Tests		
Ch 1, 2, 3	Sunday, 2/18	
Ch 4, 5, 6	Sunday, 3/11	
Ch 7, 8, 9	Sunday, 4/8	
Ch 10, 11, 12	Sunday, 4/29	
Ch 13, 14, 15	Sunday, 5/13	
Average Grade for Test (50%)		
FINAL GRADE: Based on your average group discussion and test scores		

Letter Grade	Percentage
A	90% and above (Excellent)
B	80 – 89% (Good)
C	70 – 79% (Average)
D	60 – 69% (Poor)
F	0 – 59% (Failing)

University Policies and Procedures

Students with Disabilities (ADA Compliance):

Chapter 7(7.004) Disability Accommodations for Students

The University of North Texas at Dallas makes reasonable academic accommodation for students with disabilities. Students seeking accommodations must first register with the Disability Services Office (DSO) to verify their eligibility. If a disability is verified, the DSO will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, DSO notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet/communicate with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Disability Services Office website at <http://www.untDallas.edu/disability>. You may also contact them by phone at 972-338-1777; by email at UNTDdisability@untDallas.edu or at Building 2, room 204.

Blackboard Learn Accessibility Statement:

University of North Texas at Dallas is committed to ensuring its online and hybrid courses are usable by all students and faculty including those with disabilities. If you encounter any difficulties with technologies, please contact our ITSS Department. To better assist them, you would want to have the operating system, web browser and information on any assistive technology being used. Blackboard Learn course management system's accessibility statement is also provided: <http://www.blackboard.com/Platforms/Learn/Resources/Accessibility.aspx>

NOTE: Additional instructional technology tools, such as Turnitin, Respondus, Panopto, and publisher cartridge content (i.e. MyLab, Pearson, etc.) may NOT be fully ADA compliant. Please contact our Disability Office should you require additional assistance utilizing any of these tools.

Course Evaluation Policy:

Student's evaluations of teaching effectiveness is a requirement for all organized classes at UNT Dallas. This short survey will be made available to you at the end of the semester, providing you a chance to comment on how this class is taught. I am very interested in the feedback I get from students, as I work to continually improve my teaching. I consider students' evaluations to be an important part of your participation in this class.

Assignment Policy: Assignments should be taken as scheduled. Students will be provided with enough time to complete the tasks. Therefore, please do not ask for extensions. Assignments like group discussions and tests are online, and if your computer freezes up when you are taking your test, have a back-up plan such as using the campus computer or public library. It is your responsibility to submit your work on a reliable computer with a compatible browser for Blackboard. Make-up activities are allowed under extreme circumstances and with proper documentation (e.g., doctor's note, accident report, funeral announcement, court letter, religious holy day flyer, etc.). Make-ups will be allowed once the documentation is verified by the instructor. Again, no makeup assignments will be allowed except for documented emergencies (See Student Handbook).

Exam Policy: Exams should be taken as scheduled. No makeup examinations will be allowed except for documented emergencies (See Student Handbook).

Academic Integrity:

Academic integrity is a hallmark of higher education. You are expected to abide by the University's code of Academic Integrity policy. Any person suspected of academic dishonesty (i.e., cheating or plagiarism) will be handled in accordance with the University's policies and procedures. Refer to the Student Code of Academic Integrity at

http://www.untDallas.edu/sites/default/files/page_level2/pdf/policy/7.002%20Code%20of%20Academic_Integrity.pdf for complete provisions of this code.

Academic dishonesty includes, but is not limited to, cheating, plagiarizing, fabrication of information or citations, facilitating acts of dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students.

Web-based Plagiarism Detection: Please be aware in some online or hybrid courses, students may be required to submit written assignments to Turnitin, a web-based plagiarism detection service, or another method. If submitting to Turnitin, please remove your title page and other personal information.

Classroom Policies

Online Attendance and Participation:

The University attendance policy is in effect for this course. Class attendance in the Blackboard classroom and participation is expected because the class is designed as a shared learning experience, and because essential information not in the textbook will be discussed in the discussion board. Online presence and participation in all class discussions is essential to the integration of course material and your ability to demonstrate proficiency.

Attendance for this online or hybrid course is considered when you are logged in and active in Blackboard, i.e., viewing power point and videos, taking tests, and/or completing Discussion Boards. To maintain financial aid award eligibility, activity must occur before the census date of the session or term of the course. Refer to <http://www.untDallas.edu/registrar> for specific dates. If you are absent/not active in the course shell, it is YOUR responsibility to let the instructor know immediately, upon your return, the reason for your absence if it is to be excused. All instructors must follow university policy 7.005 covering excused absences; however, it is the instructor's discretion, as outlined in the course syllabus, of how unexcused absences may or may not count against successful completion of the course.

Confidentiality Information: In the event that anyone discloses something of a personal or confidential nature, please do not share this type of information with anyone outside of the classroom.

Disputes: If there are any concerns about the assignments, grades, or class in general, please talk with your instructor first to see how the situation could be handled.

Keep track of your grades: It is the student's responsibility to monitor his/her progress. Your grades are located on the Blackboard tab that says, *My Grades*. Please contact your instructor if you have any questions about how to calculate your grade.

Read and ask questions: Read all assigned chapters and review power points before taking your tests. General questions about the course or materials in class could be asked in the Group Discussion tab. You may also email me with your questions/concerns.

Inclement Weather and Online Classes: Online classes may or may not be affected by campus closures due to inclement weather. Unless otherwise notified by your instructor via e-mail, online messaging, or online announcement, students should assume that assignments are due as scheduled.

Online "Netiquette:

In any social interaction, certain rules of etiquette are expected and contribute to more enjoyable and productive communication. Emails, Discussion Board messages and/or any other forms of written communication in the online environment should use proper "netiquette" (i.e., no writing in all caps (usually denotes yelling), no curse words, and no "flaming" messages (angry, personal attacks).

Racial, ethnic, or gender slurs will not be tolerated, nor will pornography of any kind.

Any violation of online netiquette may result in a loss of points or removal from the course and referral to the Dean of Students, including warnings and other sanctions in accordance with the University's policies and procedures. Refer to the Student Code of Student Rights Responsibilities and Conduct at <http://www.untDallas.edu/osa/policies>.

Respect is a given principle in all online communication. Therefore, please be sure to proofread all of your written communication prior to submission.

Diversity/Tolerance Policy:

Students are encouraged to contribute their perspectives and insights to class discussions in the online environment. However, offensive & inappropriate language (swearing) and remarks offensive to others of particular nationalities, ethnic groups, sexual preferences, religious groups, genders, or other ascribed statuses will not be tolerated. Disruptions which violate the Code of Student Conduct will be referred to the Dean of Students as the instructor deems appropriate.

Technology Requirements: To successfully access the materials in an online or hybrid course, UNT Dallas advises that your computer be equipped with the minimum system requirements.

Blackboard Learn 9.1 is the platform software for this course. Blackboard Learn supports major web browsers such as Windows Internet Explorer, Apple Safari, Mozilla Firefox, and Google Chrome. However, since the latter two are updated continually, some recent versions may not be compatible. If you experience difficulty accessing or using components of the course, try using Internet Explorer. Also, no matter what browser you use, always enable pop-ups. For more information see:

- <http://www.untdallas.edu/dlit/ecampus/requirements>
- <https://blackboard.secure.force.com/publickbarticleview?id=kAB700000008Oom>
- https://learn.unt.edu/bbcswebdav/institution/BrowserCheck/check_full.html

Resources

The following resources MAY help you be successful in this class and throughout your college career:

Career Services: Students are provided with career planning and job search services. Students can also learn job skills, including establishing employment contacts; completing job applications; preparing a resume and cover letter; and interviewing for a job. Further, career assessments and computerized career guidance programs are available to assist you with choosing a major and making career decisions. Check out UNT-Dallas Career Services at <http://www.untdallas.edu/careers>.

Computer Lab: Students may go to the computer lab if they need assistance. Check out the lab's website at <http://www.untdallas.edu/itss/galabs>.

Counseling and Wellness Services: UNT – Dallas recognize that you're a whole person – not just a student. Your academic success depends on your personal development and emotional health. A professional counselor can help you identify, understand and develop skills to resolve your educational, career and personal issues. He or she will assist you in learning how to find your journey to success in college and in the workplace. Check out UNT – Dallas counseling services at <http://www.untdallas.edu/wellness>.

Fitness Center: Successful students may benefit from taking care of their physical and mental health by doing stress relieve activities like exercise. Check out UNT- Dallas fitness center website at <http://www.untdallas.edu/ao/guidelines>.

Library: Students may use the library's computers, study rooms, reading materials – including the psychology book for this course, which is on reserve, and the librarians to guide students. Check out UNT-Dallas library website at <http://www.untdallas.edu/library>.

Network: Successful students network with their peers, help each other to understand the work, and share their perspectives. Students will be placed in a team by the instructor. Work with your teammates and get to know them. Your teammates are:

Teammate:	Name:	Email/Phone Number:
1		
2		
3		
4		
5		

Writing Center: Students may use the writing center when they need help with writing essays and research papers. Check out the LC writing center's website at <http://www.untdallas.edu/wc>.