**Positive Psychology (PSYC 300)**

**Spring 2023**

**Instructor Information:**

**Instructor: Aisha Ateeq**

**Email: aishaateeq@fccollege.edu.pk**

**Office: E-348**

**Office Hours: Office Hours (by appointments): TBD**

**Course Information:**

**Credits: 3**

**Prerequisites: Psyc 100**

**Class timings: MWF 9:00 – 9:50 AM Room No: E 230**

**Textbook:**

Snyder, R.C. & Lopez, S.J. (2007) Positive Psychology: The Scientific and Practical

Explorations of Human Strengths .Sage publications, Inc. U.K.

**Readings:**

1. Hafferson, K & Boniwell, I. (2011). Positive Psychology: Theory, Research and

Applications. McGraw-Hill Education.

2. Baumgardner S & Crothers, M. (2015). Positive Psychology. Dorling Kindersley (India).

3. Peterson C. (2006). A Primer in Positive Psychology. Oxford University Press.

**Learning Outcomes:**

At the end of the course the students should be able to:

• Demonstrate an understanding of basic terminology, concepts and foundation of

knowledge in the subject of Positive Psychology.

• Demonstrate the understanding of theoretical and practical application of experiential

techniques of Positive Psychology

• Apply the concepts, principles, and basic knowledge to everyday life situations.

• Apply the life skills to improve intra- and inter-personal aspects.

• Develop the zeal to seek more knowledge on their topics of interest.

**Course Description:**

An overview of the historical background of Positive Psychology, its perspectives and theoretical

basis. Developing an understanding of the concepts of Positive Psychology and learning

techniques and exercises used in Positive psychology to improve positivity and learn life skills are included. Some of the content enlisted in the course content will be covered in presentations.

**Course Evaluation**

|  |  |
| --- | --- |
| Criteria | Percentage |
| Class participation and attendance | 15% |
| Experiential exercises | 20% |
| Assessment | 20% |
| Group/ Pair Presentations | 20% |
| Assessment/ Final Project | 25% |

**Course Outline**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Topic** |  |  |
| 1.  | HISTORY OF POSITIVE PSCHOLOGY;  LOOKING AT PSYCHOLOGY  FROM A POSITIVE PERSPECTIVE |   |  |
| 2.  | HAPPINESS  |  |  |
| 3.  | FLOURISHINGF; SUBJECTIVE  WELLBEING (SWB)  |   |  |
| 4.  | ROLE OF POSITIVE EMOTIONS IN  HUMAN LIVES  |   | Exercise  |
| 5.  | LIFE ABOVE ZERO; LIVING WELL AT  EVERY STAGE OF LIFE  |   |  |
| 6.  | POSITIVE PSYCHOLOGY IN CONTEXT |   |  |
| 7.  | POSITIVE EMOTIONAL STATES AND  PROCESSES |   |  |
| 8.  | SELF EFFICACY, OPTIMISM AND HOPE  |  | Experiential exercise |
| 9.  | PROSOCIAL BEHAVIOR |   |  |
| 10.  | UNDERSTANDING AND CHANGING HUMAN BEHAVIOR |   |  |
| 11.  | POSITIVE COGNITIVE STATES AND  PROCESSES  |   |  |
| 12.  | POSITIVE ENVIRONMENTS |   |  |
| 13.  | Neuro linguistic Programming (NLP):  Theory & Application  |   |  |
| 14.  | Flow & its Characteristics  |  |  |
|   | Resilience  |  |  |
|   | Communication Skills  |  |  |
| 15.  | Boosting Self Confidence  |  |  |
|   | Improving Self-esteem  |  |  |
|   | Establishing Positive Thinking  |  |  |
| 16.  | Happiness and Facts of Life  |  |  |
| 17.  | Close Relationships and Wellbeing  | Any book of  Positive  Psychology  | (Self-Reading for  group discussion)  |
| 18. | Benefits of Meditation and Relaxation  Exercise  |   |  |
|  |  |  |  |
|  14  | End term Assessment |  | *(date and time will be announced)* |

**Course Policies**

**Attendance and Punctuality**

Attendance and punctuality inculcate discipline which is very important for success. Therefore, it  is the responsibility of the students to come for class meetings regularly and on time. A five  minutes long margin will be provided, after which they can attend the classes but their  attendance will be marked late. Please note that 3 late attendances will be considered as one full  absent. Students who are late for more than 5 minutes can attend the class but they will be  marked as absent. Three late presence will be considered one absence, Student who leaves the  class before it is finished will be considered late.

The required attendance to sit in the final exam is for Psyc 300 course is 85 percent. Four  absences/ leaves during the course may be excused. After exceeding the limit of excused absences one  mark per day will be deducted from attendance and class participation marks (i.e. 15 %). After  seven absences in total the Instructor reserves the right to ask the student to withdraw from the course or not allow to sit for the assessments.

**Class Participation:**

Participation makes you an active learner. You need to read the topic before coming to the class.  You must complete your reading assignments for effective participation. That is a must for meaningful participation. Classroom participation in the form of comments, asking questions, raising issues that interest you and giving feedback will not only make classroom meetings  highly productive and lively but would also contribute toward your grade. I expect and direct all  of you to pay special attention to this crucial segment of your syllabus. But at the same time students are requested to be mindful to give chance to other class fellows, so that every student  gets an equal opportunity to express their views and participate in class discussions. Please respect other’s opinion and refrain from having an argument. Healthy debate is encouraged.

***Class notes:***

If a student missed a class, s/he is responsible to get the updates on the missed class lecture, obtain class notes from their class fellows and get information about any assignment/activity  which has been announced in the class.

**Expected Classroom Behavior:**

Since the medium of instruction is English therefore, it is expected that students will  communicate in English language only. The students must be respectful of others opinions,  signal the instructor by raising hand if have anything to be contributed. Students should give  equal chance to other students to contribute and must refrain from cutting an ongoing speaker.  Behaviors such as side talking, sleeping, reading is not allowed in the class room.

***Mobile phones*** and all other electronic devices must be switched off or put on silent before  entering to the classroom and should remain so throughout the class. Further all the devices  should be kept out of sight so as not to cause distraction for anybody in the class. Checking or  using mobile phones (when not instructed by the instructor to do so) is absolutely not allowed in  the class and will be subject to deduction of marks from Attendance and Class participation clause on the basis of one mark per violation.

**Presentation/Assignment:**

The students will give a group/ pair presentation on relevant topics assigned by the instructor. A soft  copy of the presentation should be submitted to the instructor two working days prior to the  presentation. You are welcome to add creativity to your presentation/assignment but it must be  relevant to the assigned topic. Assignment must be submitted on the assigned date. Details of the presentation will be provided at least a week in advance. Also, note if you miss the presentation or do not contribute in the group you will get a zero. Late submissions will be subject to deduction in marks. You are strongly encouraged to follow the APA 7th edition style of writing for your assignments and presentations.

**Please note there will be no makeup for presentations.**

**Assessment and End term Assessment:**

There will be a assessment consisting of objective, semi objective and/ or short essay type  questions. All the students are expected to take  assessment on the announced date. In case a student has missed it due to a serious emergency resulting in hospitalization or due to death of a close relative s/he needs to inform the instructor asap with documentary evidence. Further they need to provide with sufficient documentation within two days as  evidence for their absence on the day of assessments. The evidence can be cross checked by the office.

The Final Assessment may also consist of objective, semi objective and short essay type questions.

**Please note that there will be no makeup for presentation, quizzes, midterm and the final  exam in case a student has missed it.**

**Academic Integrity:**

It is expected of the students that they will be honest in their assignments and refrain from cheating or plagiarism. Cheating is referred to offering help to other students or any consultation under exam condition, possessing any material that will aid in the quiz/exam and looking at  others answer sheets. Plagiarism is referred to use of another person’s ideas or words without acknowledging the author. This refers to any material such as websites, articles, books, or another student’s paper. Please refer to the student’s handbook for further details about plagiarism and also make a note that all such cases will be referred to the Academic Integrity  Committee.

In case student has engaged in dishonest behaviour at any point, they will be awarded a zero on  the assignment of exam.

**Note:**

Dear student please understand that this information about the course will be an overall broad sketch to follow. Positive Psychology is a very interesting emerging field. It has caught a lot of attention and interest because of its uniqueness and efficacy. If you are regular in your class and related academic work the course will be a pleasant learning experience for you. You can learn new perspective to look at events and experiences with a positive outlook. I will be pleased to offer any help or assistance in case any further clarification is needed.

Please make a note that in case of any unavoidable, necessary reasons the instructor reserves the right to modify the procedures, policies, and course outline mentioned in this document. Students will be updated on these changes.

Best Wishes

AA