

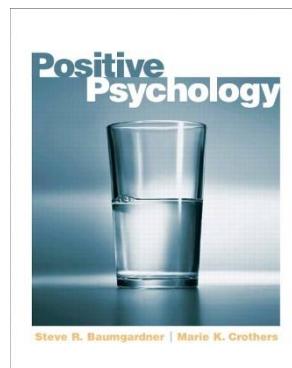
Instructor: Maggie Seibel  
E-Mail: Use Canvas email for all correspondence  
Phone: 425-564-2072 (Direct Line to Voice Mail)  
Online Office Hours: Refer to the Canvas Getting  
Started Module for specific times

Social Science Division Office Location: D110  
Social Science Division Phone: 425-564-2331  
Social Science Division Website:  
<http://www.bellevuecollege.edu/socsci/>

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### **REQUIRED TEXT BOOK:**

Baumgardner, Steve and Crothers, Marie. *Positive Psychology*, first edition, Pearson Publishers, 2009. Paperback is the only format available at this time. See the BC Bookstore for pricing and availability.



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### **COURSE DESCRIPTION:**

Historically, the field of psychology has placed a lot of attention on what's wrong with people and what we can do to treat mental disorders. More recently, however, the field has broadened its scope to give more attention to the positive side of human nature and the most effective ways to pursue a good, meaningful life. This course will focus on the scientific research centered on the nature of happiness, well-being and leading a flourishing life. Throughout the course we will also engage in experiential learning and practical exercises to increase well-being, which will inform our theoretical and empirical understanding of positive psychology. This course will involve some potentially provocative material framed within an academic context. Keep in mind that finding oneself in a space outside of one's comfort zone is an opportunity for learning. Students may be confronted with difficult material in this course. If you have any questions or concerns about course content or online climate, please speak with me immediately.

### **COURSE FORMAT:**

This is an online course with all assignments and exams completed on our Canvas website. To succeed in this course, you must regularly use a computer with Internet access. If you don't have a home computer with Internet access, and you live close to campus, you can access the location and times of computer labs by following this link. [BC Campus Computer Labs](#)

Most of your questions about the course can be answered by referring to the Getting Started module. You can always feel free to message me through Canvas with your questions or concerns. Read the weekly chapters before completing the assignments. Challenge your assumptions, and consider the implications and applications of the course material. Thinking deeply about the course material will not only help you remember it better – it will be more fun!

## **PREREQUISITE:**

None

## **COURSE OUTCOMES:**

Upon completion of this course, the successful student will be able to:

- Describe key concepts, principles, findings, and controversies in the emerging field of positive psychology.
- Apply scientific reasoning to demonstrate an understanding of research methods employed in positive psychology
- Critically examine empirical research claims in contemporary positive psychology
- Apply positive psychology principles to build effective interpersonal relationships
- Communicate first-hand experiences with positive psychology activities and how positive psychology is relevant to your personal and professional life.



## **COURSE REQUIREMENTS & GRADES:**

<b>The final grade is based on a total of 940 points. These points are calculated as follows:</b>		
Exams	4 x 100 points each	400 Points
Lab Reports	9 x 20 points each	180 Points
Written Assignment	Course Synthesis	100 Points
Weekly Quizzes	8 x 5 points each 2 x 10 points each	60 Points
Discussions	10 Individual Posts x 10 points 10 Responses x 10 points	100 Points 100 Points
<b>Total</b>		<b>940 Points</b>



In conformity with BC's grading policy, the grades will be assigned as follows:

A 100% – 94% (4.0)	B+ 89% – 87% (3.3)	C+ 79% – 77% (2.3)	D+ 69% – 67% (1.3)
A- 93% – 90% (3.7)	B 86% – 84% (3.0)	C 76% – 74% (2.0)	D 66% – 60% (1.0)
	B- 83% – 80% (2.7)	C- 73% – 70% (1.7)	F 59% – 00% (0.0)

## **EXAMS:**

There will be four (4) exams, each worth 100 points. Each exam will cover information that is contained in the study guide. The exam format may contain multiple choice, fill-in-the-blank, or short answer questions. No exams will be available outside of the regular open exam window without written documentation. **It is expected that no matter where you are, you will find a way to access the Internet** (free Wi-Fi spots, hotel offices, public libraries, etc.) in order to take your exams during the open exam window. *There will be no comprehensive final exam.*



## **REAL-LIFE LAB EXPERIMENTS:**

While studying the weekly modules, students will conduct Real-Life Experiments and write an analysis corresponding to that module. Each experiment and specific details, including how to write a lab report, are located in the course modules.

## **SYNTHESIS PAPER:**

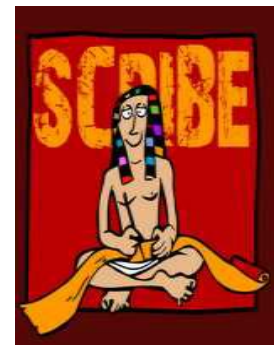
Students will need to write a paper integrating their personal experiences, including the effect of the course experiments and theoretical basis of positive psychology presented in this course. Students will incorporate their first-hand experiences, apply the principles, and describe their findings in terms of positive psychology studied in this course. Formal experiments help students learn information and easily incorporate it into a new perspective. Instructions for completing the synthesis paper can be found in the course modules.

## **WEEKLY QUIZZES:**

These short weekly quizzes are incorporated into the various chapters of the textbook and used to help integrate terms and concepts to further learning. There will be ten quizzes over the course of the quarter.

## **DISCUSSIONS:**

The discussions are intended to increase your experience in a learning community as well as deepen your understanding and thinking about the subject matter. New topics and discussion questions are open all quarter, so you can work at your own pace after reading the corresponding chapters. Specific details on how to write discussion responses are available in the course modules.



## **POWERPOINT SLIDES:**

Each module of the course contains PowerPoint slides that you can download and/or print. The PowerPoint slides come from the textbook publisher are not narrated so that you can proceed at your own pace.

## IMPORTANT LINKS:

Click [here](#) for Important Links regarding E-mail and MyBC, Public Safety, the Academic Calendar, the Academic Success Center, and more.

Canvas is Bellevue College's "Learning Management System" or "LMS". It enables instructors to build and maintain a secure workspace to share course content, communicate with students, provide online learning activities and assessments, and keep track of their students' progress. [Visit Canvas Resources](#)

## DUE DATES AND DEADLINES:

All assignments for the course will be open from the first day of the quarter, but have weekly dates and times when work is due. *Because of this generous and open schedule, no late work will be accepted, except under the following circumstances:*

- If you are able to provide written documentation, such as a letter from your health care provider, which explains your need for an exception, it will be considered.
- It is each student's responsibility to know the due dates and times for all assignments and make sure there is an alternate computer (public library, on campus, friend or family member) from which to complete assignments and take exams.
- Computer malfunction or technical problems are not valid excuses to grant an exception to the due date.

Plan ahead. **Put all due dates and exam times in your phone** to help manage your time efficiently. Save your work early, often, and in multiple locations, such as the cloud, a memory stick, or another computer.

**Note:** You will be allowed to submit one late assignment for credit without any documentation this quarter. This can be any assignment, so you may wish to choose one worth a lot of points, or you can save it for later in the quarter, just in case you need it.

## INCOMPLETE:

If a student fails to complete all the required work for a course, they may request a grade of Incomplete ("I"). To qualify, the student must have completed 85% of the required coursework by the end of the quarter, and earned at least a "C" on all completed work. Approval is at the discretion of the instructor.

**MORE CANVAS RESOURCES**  
From basic concepts to advanced tips and tricks for learning Canvas.

**SINCE ITS LAUNCH,**

**300+ STUDENTS**  
Today more than 300 colleges and universities use Canvas as their learning management system.

**WORKSHOPS**  
Listen to audio files or watch videos anytime. Join a workshop at the start of each new quarter.

**THEY'RE FREE!**  
All Canvas tutorials and workshops are FREE to Bellevue College students.

**RESOURCES \$12M**  
Click the Resources button for links to additional Canvas resources.

**BE A CANVAS MASTER STUDENT!**  
Sign up and join us! Visit Canvas Resources email us at [servicedesk@bellevuecollege.edu](mailto:servicedesk@bellevuecollege.edu)

## **WITHDRAWAL FROM CLASS:**

College policy states that students must formally withdraw from a class by the end of the seventh week of the quarter during the standard academic year (Registration Office, B125). If a student has not withdrawn by that date, an appropriate letter grade will be assigned for the course. *Merely stopping participation does not qualify as withdrawal.* Check Enrollment Calendar Deadlines, Refunds/Withdrawals, for additional details. As with most enrollment deadlines, it is the student's responsibility to be aware of these dates and act accordingly.



Eat



Sleep



Psychology

## **INSTRUCTOR AVAILABILITY:**

As your instructor for this course, I will make every effort to answer your email questions in a timely manner. My goal is to respond to a question within 24 hours of receiving it Monday through Thursday between the hours of 9am and 7pm, and on Friday between 9am and noon. Outside of these times I will reply only if I happen to visit the course site. Note that this response time is only applicable to email questions, not to graded assignments.

I will also hold online office hours on our Canvas website. Instructions for participating in online office hours are available in the Getting Started module. All email communication must be done through the Canvas learning system during the quarter. My regular BC email is only in the event of an emergency when Canvas is down. No communication regarding course work or grades will be sent to student's personal non-Bellevue College email accounts.

## **SAFE SPACE:**

This class is a Safe Space for all students. Lesbian, gay, bisexual, questioning, queer-identified, and transgender students along with students of all cultures, nationalities, and spiritual beliefs are welcome in this classroom and encouraged to share your thoughts and be an integral part of this course. If a student has any questions or concerns about this, feel free to speak with me or email me about it immediately. **All are welcome in this class!**

## **ADVISING:**

The Psychology Department has an in-house advisor, Deanne Eschbach, located in D110C. Call 425-564-2216 or 425-564-2212 for a personal appointment.

## **BELLEVUE COLLEGE'S AFFIRMATION OF INCLUSION:**

Bellevue College is committed to maintaining an environment in which every member of the campus community feels welcome to participate in the life of the college, free from harassment and discrimination. We value our different backgrounds at Bellevue College, and students, faculty, staff members, and administrators are to treat one another with dignity and respect.



## **BELLEVUE COLLEGE ANTI-DISCRIMINATION STATEMENT (TITLE IX):**

Bellevue College does not discriminate on the basis of race or ethnicity; color; creed; national origin; sex; marital status; sexual orientation; age; religion; genetic information; the presence of any sensory, mental, or physical disability; gender identity or veteran status in educational programs and activities which it operates. For further information and contacts, please consult [College Anti-Discrimination Statements](#)

## **RELIGIOUS HOLIDAY OBSERVANCE:**

Students who expect to miss classes, examinations, or any other assignments because of their religious observance should be provided with a reasonable alternative opportunity to complete such academic responsibilities. It is the obligation of students to provide faculty with reasonable notice of the dates of religious holidays on which they will be absent, preferably at the beginning of the term. The [Request for Accommodations for Reasons of Faith or Conscience Form](#) provides more information about and the steps to request this accommodation.

Students who are absent on days of examinations or class assignments will be offered an opportunity to make up the work without penalty (if they have previously arranged to be absent), unless it can be demonstrated that a makeup opportunity would constitute an unreasonable burden on a member of the faculty. Should disagreement arise over what constitutes an unreasonable burden or any element of this policy, parties involved should consult the department Chair, or Dean.



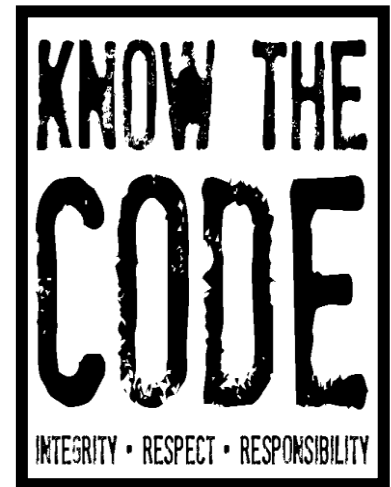
## **CONFIDENTIALITY AND MANDATORY REPORTING:**

One of my responsibilities is to help create a safe learning environment on our campus. It is my goal that you feel able to share information related to your life experiences in class discussions, in your written work, and in any possible one-on-one meetings. I will seek to keep information you share private to the greatest extent possible. However, I am required to share with the Title IX Coordinator any and all information regarding sexual assault and other forms of sexual misconduct (e.g. relationship violence, stalking) that may have occurred on campus or that impacts someone on campus. Students may speak to someone confidentially by contacting the BC Counseling Center at (425) 564- 5747. The Title IX Office can be contacted at 425-564-2641 and more information can be found at Title IX. If you have any concerns, you may report to: [Report Concerns](#).

## **STUDENT CODE OF CONDUCT AND ACADEMIC INTEGRITY:**

Any act of academic dishonesty, including cheating, plagiarism (using the ideas or words of another as one's own without crediting the source), and fabrication and inappropriate/disruptive classroom behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to, talking out of turn, arriving late or leaving early without a valid reason, allowing cell phones/pagers to ring, plagiarizing material from the Internet, posting rude or personal attacks in discussions, and inappropriate behavior toward the instructor or classmates.

When you are in doubt about any behavior, please consult your instructor. In addition, you may wish to review the general applicable rules of cyberspace, such as in the [Core Rules of Netiquette](#). The instructor reserves the right to remove posted messages, and downgrade assessments as a result of these types of behaviors. The instructor can refer any violation of the Student Code of Conduct to the Vice President of Student Services for possible probation or suspension from Bellevue College. The instructor can refer any violation of the Student Code of Conduct to the Dean of Student Success for investigation. Specific student rights, responsibilities, and appeal procedures are listed in the Student Code of Conduct at: [Student Code](#)



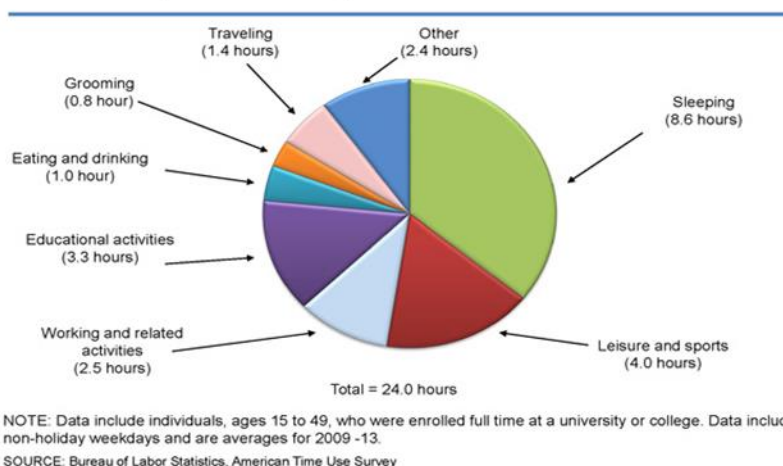
### **DISABILITY RESOURCE CENTER (DRC):**

The Disability Resource Center serves students with disabilities. Common disabilities include physical, neurological (e.g. Autism, ADD/ADHD), and mental health (e.g. depression, anxiety). If you are a student who has a disability, or if you think you may need accommodations in order to have equal access in your classes, programs, activities, and any other services, please contact the DRC.

If you require assistance in an emergency, please meet with your individual instructors to develop a safety plan for while in class and contact the DRC to develop a safety plan for while you are elsewhere on campus.

The DRC office is located in building B Room 132. You can contact the DRC by stopping by the office at B132, calling their front desk phone number (425) 564-2498, emailing [drc@bellevuecollege.edu](mailto:drc@bellevuecollege.edu). Deaf students can reach them by calling TTY: (425) 564-4110, or by Skype (account name DRCatBC). For more information about the services they offer, including their Initial Access Application, visit our website at [Disability Resource Center](#)

**Time use on an average weekday for full-time university and college students**



### **COURSE SCHEDULE:**

<b>Week</b>	<b>Chapters</b>	<b>Discussions</b>	<b>Real-Life Experiments</b>	<b>Quizzes &amp; Exams</b>
Week 1	Syllabus & Schedule Review Avatar (5 EC Points) Open All Modules			
Week 2	<b>Chptr 1:</b> What is Positive Psychology?	Disc 1, Pt 1 & 2		Quiz 1
Week 3	<b>Chptr 2:</b> The Meaning and Measure of Happiness	Disc 2, Pt 1 & 2	Lab #1	Quiz 2
Week 4	<b>Chptr 3:</b> Positive Emotions and Well-Being	Disc 3, Pt 1 & 2	Lab #2	Quiz 3 Exam 1
Week 5	<b>Chptr 4:</b> Resilience <b>Chptr 5:</b> Happiness and the Facts of Life	Disc 4, Pt 1 & 2	Lab #3	Quiz 4
Week 6	<b>Chptr 6:</b> Money, Happiness, and Culture	Disc 5, Pt 1 & 2	Lab #4	Quiz 5 Exam 2
Week 7	<b>Chptr 7:</b> Personal Goals as Window to Well-Being <b>Chptr 8:</b> Self-Regulation and Self-Control	Disc 6, Pt 1 & 2	Lab #5	Quiz 6
Week 8	<b>Chptr 9:</b> Positive Traits	Disc 7, Pt 1 & 2	Lab #6	Quiz 7 Exam 3
Week 9	<b>Chptr 10:</b> Virtue and Strengths of Character	Disc 8, Pt 1 & 2	Lab #7	Quiz 8
Week 10	<b>Chptr 11:</b> Close Relationships and Well-Being	Disc 9, Pt 1 & 2	Lab #8	Quiz 9 Paper Due
Week 11	<b>Chptr 12:</b> Life Above Zero	Disc 10, Pt 1 & 2	Lab #9	Quiz 10
Finals		Farewell & Best Wishes		Exam 4