



# Independent Study | in Idaho

**Psyc 360:  
Positive Psychology**

*Providing independent study opportunities for more than 40 years.*



The University of Idaho in statewide cooperation with  
Boise State University — Idaho State University — Lewis-Clark State College

# Course Guide

Independent  
Study | in Idaho

*Self-paced study. Anytime. Anywhere!*

**Psyc 360**  
**Positive Psychology**  
University of Idaho  
3 Credits

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University of Idaho

1-Psyc 360  
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## Psyc 360: Positive Psychology

3 Semester-Hour Credits: U of I

### **Welcome!**

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Whether you are a new or returning student, welcome to the Independent Study in Idaho (ISI) program. Below, you will find information pertinent to your course including the course description, course materials, course objectives, as well as information about assignments, exams, and grading. If you have any questions or concerns, please contact the ISI office for clarification before beginning your course.

### **Policies and Procedures**

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Refer to the ISI website at [www.uidaho.edu/isi](http://www.uidaho.edu/isi) and select *Students* for the most current policies and procedures, including information on setting up accounts, student confidentiality, exams, proctors, transcripts, course exchanges, refunds, academic integrity, library resources, and disability support and other services.

### **Course Description**

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The scientific study of human strengths, life fulfillment, and optimal functioning. Topics include well-being, happiness, optimism, resilience, positive relationships, life meaning, gratitude, and positive development across the lifespan. Prerequisite: Psychology 101 (Introduction to Psychology)

*9 graded assignments, 3 exams*

Students may submit 3 assignments per week; however, assignments and exams must be submitted consecutively, in the order outlined in the course. Before taking exams, students MUST wait for grades and feedback on assignments, which may take up to three weeks after the date of receipt by the instructor.

ALL assignments and exams must be submitted to receive a final grade for the course.

### **Course Materials**

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#### **Required Course Materials**

- Lopez, S., Teramoto Pedrotti, J., & Snyder, C. R. (2014). *Positive Psychology, The Scientific and Practical Explorations of Human Strengths* (3<sup>rd</sup> Ed.). Thousand Oaks CA: Sage. ISBN: 1452276439

### **Course Delivery**

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All ISI courses are delivered through Canvas, an online management system that hosts the course lessons and assignments and other items that are essential to the course. Upon registration, the student will receive a *Registration Confirmation Email* with information on how to access ISI courses online.

### **Course Introduction and Objectives**

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This course is an introduction to the field of positive psychology, with an emphasis on the development of strengths and virtues, positive emotion, positive cognition, prosocial behavior, positive interventions, and positive environments. Students will gain an understanding of the field of positive psychology, which is the study of optimal human functioning, including individual strengths and values, such as optimism, resilience and courage. We will also explore subtopics, such as perceptions of meaning in life, close relationships, career development, and positive psychology interventions.

Students will gain an understanding of scientific research relating to different dimensions of happiness and subjective well-being and will be able to implement positive psychology based concepts in their everyday life. At the end of this course, students will be able to:

- Explain the history, aims, and scope of positive psychology.
- Recall terminology, concepts, and theories in positive psychology.
- Critically examine a growing body of research on happiness, subjective well-being, and character strengths.
- Assess what kinds of experiences fulfill people, what human characteristics lead to personal effectiveness, and what social conditions appear to elicit these qualities and experiences.
- Evaluate one's own well-being, strengths, and limitations based on the information covered in class.
- Apply positive psychology to important domains in one's life and in the lives of others with whom you interact.

The lectures, textbook, assignments and exams are designed to reflect these goals.

## **Course Chapters (Audio Lectures) and Assignments**

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### **Overview**

The course closely follows the information presented in the course textbook. Audio lectures of each textbook chapter are provided to highlight the most important course concepts. Although all critical information will be provided in the audio lectures, the textbook should be used as a resource to clarify course concepts and to provide additional examples on top of what is covered in the audio lectures. There are nine (9) assignments in the course. Each assignment topic is based on the material from a particular chapter in the textbook (see *Assignment Submission Log*).

### **Study Hints:**

- Keep a copy of every assignment submitted.
- Watch all audio lectures. Complete all reading assignments (strongly recommended).
- Set a schedule allowing for course completion one month before your personal deadline. An *Assignment Submission Log* is provided for this purpose.
- Web pages and URL links in the World Wide Web are continuously changing. Contact your instructor if you find a broken Web page or URL.
- **Practice quizzes** will be available for all chapters covered in the course. These quizzes will help you focus on the key concepts from each chapter and prepare you for the content that will be on the exams. You will be provided with the correct answers for each quiz once it is completed.

Refer to the **Course Rules** in Canvas for further details on assignment requirements and submission.

## **Exams**

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**You must wait for grades and comments on assignments before taking subsequent exams.** Refer to *Grading* for specific information on assignment/exam points.

## **Grading**

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The course grade will be based on the following considerations:

Your final grade in the course will be based on the three (3) examinations and 9 (nine) assignments.

### **Summary of Grading:**

Assignments (9)	100 pts
Exam 1	50 pts
Exam 2	50 pts
Exam 3	50 pts
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Total	250 pts

<b>Letter Grade</b>	<b>Percentage</b>
A	90-100%
B	80-89.9%
C	70-79.9%
D	60-69.9%
F	0-59.9%

The final course grade is issued after all assignments and exams have been graded.

Acts of academic dishonesty, including cheating or plagiarism, are considered a very serious transgression and may result in a grade of F for the course.

## **About the Course Developer**

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Your course developer is Mike Kersten, an Assistant Professor of Psychology at the University of Idaho. He received his Ph.D. in experimental psychology from Texas Christian University in 2017. He regularly teaches courses such as Positive Psychology and Psychology of Emotion. His primary interests include the emotion of nostalgia, close relationships, and the psychological resources people utilize to protect themselves from existential threat and how they contribute to well-being.

## **Contacting Your Instructor**

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Instructor contact information is posted on your Canvas site under *Course Rules*.

<b><u>Assignment Submission Log Template</u></b>				
<b>Chapter</b>	<b>Projected Date for Completion</b>	<b>Date Submitted</b>	<b>Grade Received</b>	<b>Cumulative Point Totals</b>
1 (Assignment #1)				
2				
3 (Assignment #2)				
<b>It is time to take Exam 1.</b>				
4				
5				
<b>Exam 1</b>				
6 (Assignment #3)				
7				
<b>It is time to take Exam 2.</b>				
8 (Assignment #4)				
9 (Assignment #5)				
<b>Exam 2</b>				
10 (Assignment #6)				
11 (Assignment #7)				
<b>It is time to take Exam 3.</b>				
12 (Assignment #8)				
15 (Assignment #9)				
<b>Exam 3</b>				

## Chapter 1 Welcome to Positive Psychology

### **Reading Assignment**

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*Positive Psychology: The Scientific and Practical Explorations of Human Strengths*

- Chapter 1 - Welcome to Positive Psychology

### **Important Terms**

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Underlined/bolded terms in audio lectures (also listed at the end of each textbook chapter)

### **Assignment**

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Personal Mini-Experiment Assignment #1 (see *Assignments* content area in Canvas)