

Syllabus

Code: PSYC 219 **Title:** Positive Psychology

Institute: Business and Social Sciences **Department:** Psychology

Course Description:

Positive psychology is a new, emerging subfield that addresses important questions about how we lead our lives, find happiness and satisfaction in life, and deal with life's challenges. The main goal of this course is to review and summarize the major empirical findings and theories within each major area of positive psychology. A basic psychology premise in positive psychology is that the field of psychology is out of balance, with more focus on the negatives in human behavior than on the positives. Firmly rooted in modern research and theory-building, students studying Positive Psychology will study, among other things, hope, forgiveness and the physical and mental benefits of positive emotions.

Prerequisites: PSYC 105 or PSYC 106

Credits: 3

Lecture Hours: 3

Lab/Studio Hours: 0

Required Textbook/Materials:

Required textbook(s)/materials may vary from instructor to instructor. Required textbook(s)/materials for each instructor's section(s) may be found here:

<https://www.bkstr.com/brookdaleccstore/shop/textbooks-and-course-materials>

Additional Time Requirements:

For information on Brookdale's policy on credit hour requirements and outside class student work refer to [Academic Credit Hour Policy](#).

Course Learning Outcomes:

Upon completion of this course, students will be able to:

- Explore the important methods, terms, theories and findings in the field of positive psychology through journal writing, participation in regular and formal group discussions, presentations, quizzes, mid-term and final exams, and a research report
- Summarize the most important research related to the psychological definition and measurement of well-being and happiness, the importance of self-regulation of thoughts and emotions in goal-directed behavior, the relationship between personal traits and happiness, the importance of relationships to well-being and happiness, and the contributions of religious beliefs to happiness, personal development, and coping with adversity

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- Apply the basic concepts from the discipline to an analysis of their own lives, personal strengths and values

Grading Standard:

A = 100-93%; A- = 92-90%; B+ = 89-87%; B = 86-83%; B- = 82-80%; C+ = 79-77%; C = 76-70%; D = 69-60%; F = below 60%

Students should expect to be assigned quizzes, examinations, activities, and short and or long form written work, which includes but is not limited to research papers that are designed to assess the student's ability to define, conceptualize, apply, and analyze the various content areas and to synthesize these elements using APA format. Graded assignments and or assignment grades, including final course grades, may be returned/communicated in person during class time or posted in the college's Course Learning Management System. Details vary from instructor to instructor. Individual Instructor Addendums are available from the Instructor. Instructor contact information may be found here: <https://www.brookdalecc.edu/contacts/>

Course Content:

Students should expect course content consistent with the course description and course learning outcomes (CLOs). Course content may vary slightly from instructor to instructor. Individual Instructor Addendums are available from the Instructor. Instructor contact information may be found here: <https://www.brookdalecc.edu/contacts/>

Department Policies:

The Psychology Department supports the academic freedom of every instructor. Course/section policies are subject to vary by instructor based on pedagogy and instructional modality. Students should expect policies on attendance, notification of absences, requests for extensions on assignment deadlines, tardiness and or early departure, engagement/participation, use of technology in the class, appropriate personal and interpersonal conduct in class, plagiarism, and paper formatting that includes the use of citations and referencing. Students are strongly encouraged to review their instructor's course addenda and familiarize themselves with their instructor's individual policies and expectations. Instructor contact information may be found here: <https://www.brookdalecc.edu/contacts/>

College Policies:

As an academic institution, Brookdale facilitates the free exchange of ideas, upholds the virtues of civil discourse, and honors diverse perspectives informed by credible sources. Our College values all students and strives for inclusion and safety regardless of a student's disability, age, sex, gender identity, sexual orientation, race, ethnicity, country of origin, immigration status, religious affiliation, political orientation, socioeconomic standing, and veteran status. For additional information, support services, and engagement opportunities, please visit www.brookdalecc.edu/support.

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For information regarding:

- ◆ Brookdale's Academic Integrity Code
- ◆ Student Conduct Code
- ◆ Student Grade Appeal Process

Please refer to the [BCC STUDENT HANDBOOK AND BCC CATALOG](#).

NOTIFICATION FOR STUDENTS WITH DISABILITIES:

Brookdale Community College offers reasonable accommodations and/or services to persons with disabilities. Students with disabilities who wish to self-identify must contact the Disabilities Services Office at 732-224-2730 (voice) or 732-842-4211 (TTY) to provide appropriate documentation of the disability, and request specific accommodations or services. If a student qualifies, reasonable accommodations and/or services, which are appropriate for the college level and are recommended in the documentation, can be approved.

ADDITIONAL SUPPORT/LABS:

See the Tutoring Center for information <https://www.brookdalecc.edu/academic-tutoring/tutoring-center/>.

MENTAL HEALTH:

- Mental Health Crisis Support: From a campus phone, dial 5555 or 732-224-2329 from an external line; off-hours calls will be forwarded to BCC police (2222 from a campus phone)
- Psychological Counseling Services: 732-224-2986 (to schedule an appointment during regular hours)

The syllabus is intended to give student guidance in what may be covered during the semester and will be followed as closely as possible. However, the faculty member reserves the right to modify, supplement, and make changes as the need arises.