

ARIZONA WESTERN COLLEGE
SYLLABUS

PSY 140 POSITIVE PSYCHOLOGY/GE
Credit Hours: 3 Lecture 3

PREREQUISITE: None

COURSE DESCRIPTION

This course provides an overview and application of psychological principles based on resilience and happiness of human beings. This course focuses on individual strengths as opposed to dysfunction and symptoms of mental disorders in order to understand human growth and development. Topics include happiness, relationships, mindfulness, well-being, and research supporting the application of methods that increase happiness.

1. COURSE GOALS

- 1.1 To develop an understanding of key concepts in happiness research
- 1.2 Have a hands-on experience with many of these concepts
- 1.3 Gain a solid sense of how to distinguish between science and intuition
- 1.4 Experience reading and discussing content of empirical sources relating to happiness
- 1.5 Introduce the practice of mindfulness as it relates to well-being
- 1.6 Explore how culture plays a role in defining and understanding key components of happiness and its importance in a society

2. COMPETENCIES

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

- 2.1 Analyze trends and changes of the past and present in the U.S. and use critical thinking to explain the effects on happiness
- 2.2 Identify and explain the biological and psychological influences and correlates of happiness and well-being, including the role of positive emotions, meaning and purpose, and coping strategies play in creating a sense of happiness and well-being
- 2.3 Demonstrate the ability to apply specific interventions and strategies based on the research of positive psychology to real life decisions and choices
- 2.4 Identify and distinguish relevant research and movements pertaining to happiness
- 2.5 Describe and explain the major characteristics of mindfulness and its role in well-being.
- 2.6 Analyze and describe the role culture plays on the development of individual happiness

3. AWC GENERAL EDUCATION (GE) CATEGORY & CRITERIA
SOCIAL & BEHAVIORAL SCIENCES

- The importance of understanding and respecting cultures through social, family, historical, political events and/or processes using social scientific theories, methods, principles, and/or perspectives
- How to apply social scientific methods of inquiry to generate knowledge about human behavior within individuals, societies, and across cultural groups
- The diversity of human development for individuals and/or social groups, including behaviors across time, culture, and historic/social/political/economic contexts
- The challenges of understanding the diverse natures of individuals and cultural groups who live together in a complex and evolving world
- How to think critically to better understand the range of human experience through time and to navigate stressful challenges inherent in the human condition

- The importance of global awareness, intercultural knowledge, and intellectual humility, objectivity, and/or curiosity, by situating cultural, social, and/or intellectual artifacts in a diverse range of cultural, historical, and intellectual contexts

4. METHODS OF INSTRUCTION

Instructional objectives will be met by the use of lectures, films, class discussion, guest speakers, quizzes, class summaries, happiness journals, and presentations

5. LEARNING ACTIVITIES

- 4.1 Reading assignments, Blackboard, and supplemental materials
- 4.2 Participation in class discussions, presentations, and activities
- 4.3 Written journals and homework application
- 4.4 Weekly mindfulness exercises

6. EVALUATIONS

- 5.1 Written assignments and papers
- 5.2 Participation

7. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.3 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.4 Academic Integrity: Any student participating in acts of academic dishonesty—including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.5 Texts and Notebooks: Students are required to obtain the class materials for the course