

Online Psychology 443: Science of Happiness

Instructor:

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Virtual Office Hour: As requested.

Textbooks and Materials:

Optional Text: Lopez et al. (2014). Positive Psychology: The Scientific and Practical Explorations of Human Strengths (3rd Ed.). Sage Publications Inc.

Course objectives: The Science of Happiness course aims to provide students with a comprehensive understanding of the field of positive psychology and its applications. Throughout the course, we will explore major positive psychology theories and delve into empirical research on key topics such as optimism, hope, mindfulness, spirituality, altruism, gratitude, and forgiveness. Additionally, we will examine psychological studies from different cultures, enabling students to gain insights into the environmental, societal, and cultural factors that contribute to leading a fulfilling life. By the end of the course, students will be equipped with a solid foundation in the science of happiness and the practical tools to enhance their own well-being. This course offers a unique opportunity to gain insights into the factors that contribute to leading a fulfilling life and to develop practical strategies for personal growth and well-being.

Student Learning Outcomes:

By the end of this course, students will be able to:

1. Discuss the influence of cultural factors on the definition of positivity and its implications for individual well-being.
2. Explain how surrounding societal and environmental factors shape the pursuit of a good and fulfilling life.
3. Illustrate the connection between childhood activities and their impact on a person's adaptability in adulthood.
4. Interpret and critically evaluate research findings on key topics such as optimism, hope, mindfulness, spirituality, altruism, gratitude, and forgiveness.
5. Describe practical applications derived from studying human psychological strengths that can be applied to improve personal circumstances and promote overall well-being.

Course Requirements and Grading

Online Quizzes (300 points):

1. There will be a total of 15 online quizzes, each worth 20 points.
2. Students will have the opportunity to take each quiz up to three times, allowing for mastery of the content.

Mini-Interventions and Personal Reflections (200 points):

1. Active participation in 10 mini-interventions designed to enhance various aspects of well-being.
2. Writing 10 personal reflections, with each reflection worth 20 points, to reflect on the experiences and insights gained from the interventions

Self-Improvement Project (100 points):

1. Completion and submission of a self-improvement project that applies the principles and practices covered in the course.
2. The self-improvement project encourages students to integrate their knowledge and skills to make positive changes in their own lives.

Note: The class is out of 600 points.

Grading Scale (as a raw number of points):

558-600 = A	480-497.9 = B-	402-419.9 = D+
540-557.9 = A-	462-479.9 = C+	360-401.9 = D
522-539.9 = B+	438-461.9 = C	00-359.9 = F
498-521.9 = B	420-437.9 = C-	

Course Schedule

Task Topic / Task-

1	Online lecture # 1: What is positive psychology (Read Lopez: 1)?	Take Quiz #1
2	Personal reflection #1: How happy are you?	Upload reflection on Canvas
3	Online lecture #2: Eastern and Western perspectives (Read Lopez: 1).	Take Quiz #2
4	Online lecture #3: Measures of Strengths (Read Lopez: 3).	Take Quiz #3
5	Personal reflection #2: Use your signature strengths.	Upload reflection on Canvas
6	Online lecture #4: Cross-cultural Positive Psychology (Read Lopez: 4)?	Take Quiz #4
7	Personal Reflection #3: Developing shared identity.	Upload reflection on Canvas
8	Online lecture #5: Living well at every stage of life (Read Lopez: 5).	Take Quiz #5
9	Personal Reflection #4: Three good things	Upload reflection on Canvas
10	Online lecture #6: Dimensions of well-being (Read Lopez: 6).	Take Quiz #6
11	Online Lecture #7: Emotion-related goals (Read Lopez: 7)	Take Quiz #7
12	Personal Reflection #5: Expressive writing	Upload reflection on Canvas
13	Online Lecture #8: Self-Efficacy, Optimism, and Hope (Read Lopez: 8).	Take Quiz #8
14	Personal Reflection #6: Best Possible Self	Upload reflection on Canvas
15	Online Lecture #9: Wisdom (Read Lopez: 9).	Take Quiz #9
16	Online Lecture #10: Mindfulness and Flow (Read Lopez: 10).	Take Quiz #10
17	Personal Reflection #7: A mindfulness intervention	Upload reflection on Canvas
18	Online Lecture #11: Altruism, gratitude, and forgiveness (Read Lopez: 11).	Take Quiz #11
19	Personal Reflection #8: A gratitude intervention	Upload reflection on Canvas
20	Online Lecture #12: Creating flourishing relationships (Read Lopez: 12).	Take Quiz #12
21	Personal Reflection #9: A Capitalizing Intervention	Upload reflection on Canvas
22	Online Lecture #13: Going beyond the DSM-V (Read Lopez: 13)	Take Quiz #13
23	Online Lecture #14: Preventing bad; Promoting Good (Read Lopez: 14).	Take Quiz #14
24	Personal Reflection #10: Finding meaning in photos	Upload reflection on Canvas
25	Online Lecture #15: Positive Environments (Read Lopez: 15).	Take Quiz #15.

Complete the Self-improvement project (an experiential final).

Upload plan on Canvas.