



## POSITIVE PSYCHOLOGY PSYO 349

---

University of British Columbia, Okanagan Campus  
Monday & Wednesday, 11:00-12:30pm  
Online Learning ♦ Winter Term 2

INSTRUCTOR: DERRICK WIRTZ, PH.D. ([DERRICK.WIRTZ@UBC.CA](mailto:DERRICK.WIRTZ@UBC.CA))

### Teaching Assistants

If your last name is A-F: Carolyn Crawford ([ccrawf11@student.ubc.ca](mailto:ccrawf11@student.ubc.ca))

If your last name is G-M: Tutku Tunalı ([tutku@student.ubc.ca](mailto:tutku@student.ubc.ca))

If your last name is N-Z: Kyle Vallido ([kvallido@student.ubc.ca](mailto:kvallido@student.ubc.ca))

*For course questions or appointments, please email the TA assigned to you by last name.*

### **Overview**

This course provides a closer look at the field of positive psychology. We will read about and discuss the origins and evolution of positive psychology from its inception. Topics covered in this course will include values and strengths, goals, mindfulness, self-compassion, social relationships, prosocial behavior, and positive psychological interventions, among others.

### **Online Learning**

This course is delivered through online learning. Lectures will be available on Canvas and you may choose to view the lectures when it is optimal for you (course delivery is asynchronous). Exams will be given synchronously at the scheduled course time (11:00am – 12:30pm) via Canvas. See the schedule at the end of this course outline for exam days.

### **Detailed Course Objectives:**

This course aims to provide both a knowledge base across the breadth of positive psychology and the know-how to practically apply these concepts in daily life. Our course objectives include:

1. Knowledge and understanding of the field of positive psychology, including its origins, theoretical basis, and its topic areas.
2. Understanding and practice in the application of positive psychology principles to daily life.
3. Comprehension of design and analysis as applied to the evaluation of positive psychological principles and interventions.
4. Ability to evaluate strengths and weaknesses of research findings in positive psychology to be an informed consumer of research.



### Course Structure:

Our classes will include lectures and individual online activities. Lectures will focus on the theoretical and empirical content related to positive psychology. Individual activities will focus on applying evidence-based well-being principles to your own life.

### Course Requirements:

You will be evaluated based on the requirements below. The dates of exams are provided in the schedule in this syllabus. Assignments will be posted on Canvas.

#### Your Well-Being Workbook (20%)

- You will have the opportunity to track your well-being through a weekly well-being workbook on Canvas. The workbook will include exercises from a validated well-being program. Examples include reflecting on your values, setting goals, or identifying your character strengths. There will be 11 total activities and will receive full credit for completing any 9 of them. Partial credit will be awarded for completing between 1 and 8 activities.

#### Midterm Exams 1-3 (40%; highest two count)

- There will be **three course exams**. Your two highest exams count for 40% of your course grade each; your lowest midterm exam score is *dropped* and *does not count toward your grade*. A missed midterm exam (for any reason) is counted as your lowest; the third midterm serves as a make-up exam or an opportunity to increase your grade by replacing a lower midterm score with a higher one. The purpose of this policy is to accommodate personal illness and other unavoidable circumstances that affect most students at one time or another during the term, without creating the added stress and pressure of making up a missed exam. You do not need to notify your instructor or TAs if you miss an exam. Exams are multiple-choice in format. The dates and coverage of these exams are indicated on the syllabus (note that the third midterm includes cumulative items reflecting content throughout the course). Exams are completed at the scheduled class time using Respondus Lockdown Browser on Canvas.

### GRADING

Highest Two Midterms:	40% each / 80% total
Canvas Assignments:	20%

### UBC GRADING SCALE

90-100 = A+
85-89 = A
80-84 = A-
76-79 = B+
72-75 = B
68-71 = B-
64-67 = C+
60-63 = C
55-59 = C-
50-54 = D
00-49 = F



## FREQUENTLY ASKED QUESTIONS & ANSWERS

Question	Answer
I missed class and want to know what was covered	All lectures are recorded and posted on Canvas. You may view them at any time to complete this course as attendance is not required.
I want to know my grade	Canvas has current grades. I try to get your exams and assignment grades online as quickly as possible, but this can take up to one week.
I want extra help with terminology and course concepts	Begin by contacting your TA (see above) via email. The TA will do what they can to help via email and/or a scheduling a Zoom meeting with you.
Something is wrong with my grade	If it looks like there is something incorrect, please email your TA. Keep track of your progress and call errors to our attention promptly.
I missed (or think I will miss) an exam	There are 3 midterm exams. Your course grade will be determined by your 2 highest midterm exams. Your lowest midterm will be dropped; if you miss a midterm, it will automatically count as your dropped midterm.
Is there a final exam in this class?	There is no final exam in PSYO 349.

## UBC OKANAGAN POLICIES & INFO

### Academic Integrity

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President's Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at

<http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>.

### UBC Okanagan Disability Resource Centre

The Disability Resource Centre ensures educational equity for students with disabilities, injuries or illness. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact Earllene Roberts, the Diversity Advisor for the Disability Resource Centre.

Location: UNC227A; Telephone: 250.807.9263; email [earllene.roberts@ubc.ca](mailto:earllene.roberts@ubc.ca); Web: [www.ubc.ca/okanagan/students/drc](http://www.ubc.ca/okanagan/students/drc)



### **UBC Okanagan Ombuds Office**

The Ombuds Office offers independent, impartial, and confidential support to students in navigating UBC policies, processes, and resources, as well as guidance in resolving concerns related to fairness.

UBC Vancouver Ombuds Office: email: [ombuds.office@ubc.ca](mailto:ombuds.office@ubc.ca); Web: [www.ombudsoffice.ubc.ca](http://www.ombudsoffice.ubc.ca)

### **UBC Okanagan Equity and Inclusion Office**

UBC Okanagan is a place where every student, staff and faculty member should be able to study and work in an environment that is free from discrimination and harassment. UBC prohibits discrimination and harassment on the basis of the following grounds: age, ancestry, colour, family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation or unrelated criminal conviction. If you require assistance related to an issue of equity, discrimination or harassment, please contact the Equity and Inclusion Office.

Location: UNC 227C; telephone: 250.807.9291; email: [equity.ubco@ubc.ca](mailto:equity.ubco@ubc.ca); Web: [www.equity.ok.ubc.ca](http://www.equity.ok.ubc.ca)

### **Health & Wellness**

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment. Web: [www.students.ok.ubc.ca/health-wellness](http://www.students.ok.ubc.ca/health-wellness)

### **SAFEWALK**

Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at 250-807-8076. For more information, see: [www.security.ok.ubc.ca](http://www.security.ok.ubc.ca).

### **SVPRO**

A safe and confidential place for UBC students, staff and faculty who have experienced sexual violence regardless of when or where it took place. Just want to talk? We are here to listen and help you explore your options. We can help you find a safe place to stay, explain your reporting options (UBC or police), accompany you to the hospital, or support you with academic accommodations. You have the right to choose what happens next. We support your decision, whatever you decide. Visit [svpro.ok.ubc.ca](http://svpro.ok.ubc.ca) or call us at 250.807.9640

### **IIO**

If you or someone you know has experienced sexual assault or some other form of sexual misconduct by a UBC community member and you want the Independent Investigations Office (IIO) at UBC to investigate, please contact the IIO. Investigations are conducted in a trauma informed, confidential and respectful manner in accordance with the principles of procedural fairness. You can report your experience directly to the IIO via email: [director.of.investigations@ubc.ca](mailto:director.of.investigations@ubc.ca) or by calling 604.827.2060 or online by visiting [investigationsoffice.ubc.ca](http://investigationsoffice.ubc.ca).

**PSYO 349 Class Schedule**

Background readings will be posted on Canvas.

<b>Week 1</b>	
<b>Monday Jan. 6</b>	Welcome to Class – No Lecture Today Read Course Outline & Week 1 Assignment on Canvas
<b>Wednesday Jan. 8</b>	<u>Topic</u> : What is Positive Psychology? The ENHANCE Program

<b>Week 2</b>	
<b>Monday Jan. 13</b>	<u>Topic</u> : Values  <u>Background Reading</u> : Values and Subjective Well-Being (Schwartz, 2018)
<b>Wednesday Jan. 15</b>	<u>Topic</u> : Goals  <u>Background Reading</u> : The Way is the Goal: The Role of Goal Focus for Successful Goal Pursuit and Subjective Well-Being (Kaftan & Freund, 2018)

<b>Week 3</b>	
<b>Monday Jan. 20</b>	<u>Topic</u> : Physical Well-Being  <u>Background Reading</u> : None
<b>Wednesday Jan. 22</b>	<u>Topic</u> : Do Positive Emotions “Broaden-and-Build?”  <u>Background Reading</u> : Fredrickson (2004)

<b>Week 4</b>	
<b>Monday Jan. 27</b>	<u>Topic</u> : Mindfulness  <u>Background Reading</u> : What are the Benefits of Mindfulness? (Davis & Hayes, 2011)
<b>Wednesday Jan. 29</b>	<u>Topic</u> : Do All Cultures Value Happiness Equally?  <u>Background Reading</u> : Predictors of Subjective Well-Being Across Cultures



Week 5	
<b>Monday Feb. 3</b>	No Lecture – Use This Time to Prepare for Midterm 1
<b>Wednesday Feb. 5</b>	<b>Midterm Exam 1</b>

Week 6	
<b>Monday Feb. 10</b>	<u>Topic:</u> Dealing with the Negative  <u>Background Reading:</u> Self-Compassion (Neff, 2003)
<b>Wednesday Feb. 12</b>	<u>Topic:</u> The Difficulty in Predicting What Will Make Us Happy  <u>Background Reading:</u> Affective Forecasting (Kurtz, 2018)

Week 7	
<b>Monday Feb. 17</b>	Midterm Break (No Class)
<b>Wednesday Feb. 19</b>	Midterm Break (No Class)

Week 8	
<b>Monday Feb. 24</b>	<u>Topic:</u> Social Relationships and Well-Being  <u>Background Reading:</u> Healthy Social Bonds: A Necessary Condition for Well-Being (Gable & Bromberg, 2018)
<b>Wednesday Feb. 26</b>	<u>Topic:</u> Close Relationships  <u>Background Reading:</u> What's Love Got to Do with It? Romantic Relationships and Well-Being (Kansky, 2018)



Week 9	
<b>Monday Mar. 3</b>	<u>Topic</u> : Gratitude  <u>Background Reading</u> : Nezlek, Newman, & Thrash (2017)
<b>Wednesday Mar. 5</b>	<u>Topic</u> : Savouring  <u>Background Reading</u> : Quoidbach et al., 2010

Week 10	
<b>Monday Mar. 10</b>	No Lecture – Use This Time to Review for Midterm 2
<b>Wednesday Mar. 12</b>	<b>Midterm Exam 2</b>

Week 11	
<b>Monday Mar. 17</b>	<u>Topic</u> : Contributing to the Happiness of Others  <u>Background Reading</u> : Social Capital and Prosocial Behaviour as Sources of Well-Being (Helliwell, Akinin, Shiplett, Huang, & Wang, 2018)
<b>Wednesday Mar. 19</b>	<u>Topic</u> : Social Interactions  <u>Background Reading</u> : Using Multiple Methods to More Fully Understand Causal Relations: Positive Affect Enhances Social Relationships

Week 12	
<b>Monday Mar. 24</b>	<u>Topic</u> : Personal Strengths  <u>Background Reading</u> : Your VIA Inventory
<b>Wednesday Mar. 26</b>	No Lecture – Use This Time to Review for Midterm 3



Week 13	
<b>Monday Mar. 31</b>	<b>Midterm 3 (Optional If Earlier Midterms Complete)</b>
<b>Wednesday Apr. 2</b>	<u>Topic:</u> Social Media and Well-Being  <u>Background Reading:</u> Wirtz, Tucker, Briggs & Schoemann (2020)

Week 14	
<b>Monday Apr. 7</b>	<u>Topic:</u> What Works? Reviewing Positive Psychology Interventions for Life, Work, and School  <u>Background Reading:</u> Diener & Biswas-Diener (2019)  <i>Last Day of Class for PSYO 349</i>

*Any updates or changes to this syllabus/course outline will be announced through Canvas.*