

- 4 Acquire insight into their own strengths and virtues and learn strategies to increase their happiness and overall quality of life.
 - 5 Develop an understanding of the dimensions of subjective well-being and the application to their lives.
 - 6 Comprehend research that supports and critiques the principles, strategies, and skills of positive psychology.
-

If you have any documented disability-related concerns that may have an impact upon your performance in this course, please meet with me within the first two weeks of the current semester, so that we can work out the appropriate accommodations. Accommodations are provided on an individualized, as-needed basis after the needs, circumstances, and documentation have been evaluated by the appropriate office on campus. For more information on services

<http://www.queensu.ca/studentwellness/accessibility-services/>.

Or please contact: Accessibility Services, 146 Stuart St, Kingston, Ontario, K7L 3N6

Phone: 613-533-6467; Fax: 613-533-6284; accessibility.services@queensu.ca

All disability-related information will be kept confidential.

The course is presented as a series of activities, assignments and lectures

Missed Examination Policy - Students will be excused from a midterm or a final examination for documented compassionate reasons. These would include situations such as major illnesses, accident, or a death in the family. You must contact both the professor and the teaching assistant as soon as you become aware you will miss an exam and you must provide your documentation in a timely manner. Students who are exempted from an exam for an approved reason will have their remaining exams re-weighted. Students who are not able to meet the criteria of written documentation, timely provision of documentation, or alerting the professor and teaching assistant will receive a grade of zero for a missed examination.

Students who cannot write an exam during the December or April exam period due to a serious,

psychology researchers might conduct in a lab or the field and that positive psychology practitioners might assign to their clients for homework. Some of these experiments take less than 30 minutes to complete, whereas some will stretch out over a week. Most of these exercises are to be completed outside of class, but a few are appropriate to conduct in the classroom and we may do so if time permits. You will be discussing these during class times with the professor and with students in small clusters.

Students are required to complete a write-up for each experiment throughout the semester with the goal being to apply the material of the course to their lives. A 1-2 page, typed, double-spaced, 12point font, paper will be written about their experience with the exercise. The ultimate goal here is for you to experience the positive psychology construct first hand, self-reflect in a meaningful way and, as a result

Please note that I reserve the right to modify the course syllabus during the semester as the course progresses and external events may dictate. Any changes made will be communicated to you either via