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*Positive Psychology 335*

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Instructor: Dean A Tripp, PhD.  
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Course: PSY 335: Positive Psychology

Bioscience Rm 1102

Teaching Assistant: Louisa Man, MSc Candidate  
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T.A. Office: Humphrey Hall 323  
T.A. Office Hours: Friday 8:30am - 9:30am (alternate weeks)

Teaching Assistant: Mike Best, Ph.D. Candidate  
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T.A. Office: Humphrey Hall 323  
T.A. Office Hours: Friday 8:30am - 9:30am (alternate weeks)

Textbook (Required): Positive Psychology 3<sup>rd</sup> Ed., Lopez, Teramoto Pedrotti, Snyder (2015).  
Sage Publications, ISBN 978-1-4522-7643-4

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*Course Grading:*

*Exams\* (50% of final grade)* The Exams may consist of multiple

C-	62
D+	58
D	55
D-	52
F48 (F+)	48
F24 (F)	24
F0 (0)	0

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Grade	Numerical Course Average (Range)
A+	90-100
A	85-89
A-	80-84
B+	77-79
B	73-76
B-	70-72
C+	67-69
C	63-66
C-	60-62
D+	57-59
D	53-56
D-	50-52
F	49 and below

*Moderated Research Presentation Day (30%)*

You will be randomly assigned to a research group of approximately 5 students. Each group will be responsible for creating a power point presentation for evaluation at a moderated conference for 3 RVLWLYH 3V\FKRQ of the semester. Your group should select one or more positive psychology constructs (e.g., altruism, gratitude, forgiveness, mindfulness) or theories (e.g., broaden and build theory of positive emotions) and develop a plan to bring these constructs to life through research.

The presentation must be constructed in Powerpoint or Keynote and include a:

- 1) Title and Authors of the project. (2%)
- 2) A construct definition and a basic introduction to that construct (i.e., What is it? How can people identify it? How can we measure it?)

poster presentation like they do at research conferences) then answering questions for a couple of minutes. You will only get 5 minutes to present and at the end of this time you will be cut off. A strict time limit will apply.

*Personal Mini-Experiments (20%)*

You will be asked to conduct 3 assigned

Mon Nov 7	Chapter 11 Empathy / Egotism
Thur Nov 10	Mini -Experiment 3 Due @6pm; Group project time
Mon Nov 14	Guest lecture (Mindfulness ±Dr Symthe)
Thur Nov 17	Chapter 12 Attachment, Love, Flourishing
Mon Nov 21	Chapter 13 Balance between Mental Health and Behaviour
Thur Nov 24	Chapter 14 Interceding to Prevent the Bad enhance the Good
Mon Nov 28	RESEARCH DAY
Thur Dec 1	RESEARCH DAY

TBA FINAL EXAM (In Final Exam Period: December 7-21)

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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

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