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Office Hours:

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Course: PSY 335: Positive Psycho@ ETP &6.426.18.0 re\\B /F42Tf100182626.47m@@)]TET

with an overview of the theory and clinical applications of Positive Psychology: 1) Learners will analyze positive psychology principles and contrast these positions against other theoretical principles of psychology (i.e., abnormal psychology). 2) Learners will also manipulate various self-assessment tools to gain insight into their own strengths and virtues and learn strategies to increase their happiness and overall quality of life. 3) Learners will analyze and apply positive psychology domains to their life (i.e., character strength awareness, mindfulness meditation, & gratitude exercises) to enhance self-understanding through week-long graded assignments. 4) Learners will also contrast research that supports and critiques the principles, strategies, and skills of positive psychology in order to produce and defend a semester ending research poster and presentation.

Students with Disabilities

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: Kingston, Ontario, K7L 3N6 Student Wellness Services, 146 Stuart St,

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

All disability-related information will be kept confidential.

Course Format. The course is presented as a series of activities, assignments and lectures. You are responsible for the material in all required reading passages in their entirety, even if this material is not presented in lectures. Additional readings outside the class text are recommended, and may be required for some lectures. These readings will be made available on MOODLE or at least references will be provided. Students are instructed to study the relevant required readings before coming to class.

blanks. The material on the Exams will come

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F48 (F+)	48

Personal Mini-Experiments (20%)

You will be asked to conduct 3 assigned mini-experiments in total throughout the semester. In

bring positive psychology into your lives by conducting the kind of experiments that positive 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.