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Course Information

Course: HONR-300TK The Psychology of Happiness (4 Credits)

Required Texts and Materials

You do not need to purchase any textbooks for this course. Z] v P • CE o À v š š } Z Á I [• š } ‰] journal articles, chapters from edited books, or other materials) will be posted on Moodle and/or Perusall for you to read and comment on before each class meeting.

Course Assessments

The following table lists the assessments in this course and how they are connected to the course outcomes and program and general education outcomes listed above.

		General	% of
Assessments	Course Outcomes	Education Outcomes	Final Grade
Weekly Activities and Reflection Papers	1, 2, 3, 4	1, 2	20%
Participation in Online Discussion of Readings	1, 2, 4	1, 2	20%
Leading Discussion	2, 4, 6	1	5%
In-Class Participation	1, 2, 4	1	10%
Mini-Midterm and Integrative Reflections	1, 2, 4	1	10%
Major Paper(s) / Project(s)	4, 5, 6	1, 2	35%

Assignments and Grading

Participation (55% of total)

This is a discussion-based course and you MUSTactively participate to do well. Your participation grade will be determined by the following components:

Weekly Activities and Reflection Papers (20%total)

At the end of most class meetings, you will be assigned an activity or topic for you to consider for the next week. This assignment will usually include a brief reflection paper (at least 300 words) on the activity or topic that will be due by the beginning of the next class meeting.

Participation in Online Discussion of Reading (20% of total)

You will participate in discussion for each of our weekly readings using the Persuall platform. You will receive credit for posting thoughtful questions and comments that engage with the material. Your questions and comments should be posted by the end of the day before we discuss a reading in class.

Leading Discussior5% of total)

You will lead discussion for one or more of our weekly readings. Using the questions and comments posted online for the reading, you will guide and facilitate the discussion of that reading for the class. You should be very familiar with your reading in order to identify the key points and answer potential questions from the class. When we begin discussing your paper, you may be asked to briefly summarize the key points for the class.

In-Class Participation (01% of total)

Because this is a discussion-based course, you MUSTactively participate in class discussion.

Mini-Midterm and Integrative Reflection \$10% of total)

Student Counseling Services

If you are struggling with stress, anxiety, depression, or any other personal crisis, the student counseling services offered by Wittenberg are a valuable resource. The Counseling Services website has more information about the services they offer. You can also call them at (937) 327-7946 or stop by the Counseling Center in 210 Shouvlin Center.

Course Policies

Attendance Policy

Because a large part of this course is discussion-based, you are expected to attend ach of our class meetings except in the event of an excused absence such as an illness or personal emergency. You will find yourself quickly falling behind and losing many points if you miss class, do not complete the readings, or do not submit completed assignments. If you know ahead of time that you will be unable to attend a class meeting, or if you miss class due to an unanticipated event, please inform me as soon as possible so we can consider our options. You are still responsible for any material covered on a day you are absent. If you have more than two unexcused absences, your final grade in the course may be reduced by one-third of a full letter grade for each additional unexcused absence (e.g., a B would become a B-).

To help with contact tracing in the event of possible coronavirus cases on campus, this semester you will be required to sit in the same seat for every in-

Calendar of Course Topics, Assignments, and Activities

A preliminary list of course topics and associated readings is provided below. Topics and readings may change throughout the semester based on the interests of the class members and our class discussions. Any changes to the assigned readings or calendar will be posted on Moodle and announced in class.

Course Topics, Calendar of Activities, Major Assignment Dates

Week 1 1/19	Introduction to the Course and Foundations First Day t No Readings	s, Major Assignment Dates
1/21	^, } Á š } Z : } μ Œ v o Œ š] o _ ^ Seligman & Csikszentmihalyi, 2000 Gable & Haidt, 2005	Perusall Discussion of Readings (Practice) Add a profile picture to Office and Moodle Submit a brief autobiography Post a video introducing yourself to the dass
Week 2 1/26	Hedonic and Eudaimonic Weßeing Lucas & Diener, 2008 Ryan & Deci, 2001	Perusall Discussion of Readings
1/28	Ryff & Singer, 2008	Perusall Discussion of Readings
Week 3 2/2	Second Wave Positive Psychology Linley, Joseph, Harrington, & Wood, 2006 Wong, 2011	Perusall Discussion of Readings
2/4	Lomas & Ivtzan, 2016	Perusall Discussion of Readings Reflection: Positive Psychology Measure
Week 4 2/9	The New Science of SW/EV/EIRD People Diener et al., 2017	Perusall Discussion of Readings Perusall Discussion of Readings
2/11	Henrich, Heine, & Norenzayan, 2010	Mini-Midterm Due
Week 5 2/16	National Accounts of SWB, The Happiest People Diener, 2000 Diener, Oishi, & Lucas, 2015	Perusall Discussion of Readings
2/18	Diener & Seligman, 2002 Diener, Seligman, Choi, & Oishi, 2018	Perusall Discussion of Readings Reflection: Savoring Expedition (Due 9/21
Week 6	Individualism, Culture, and WelBeing	Parusall Discussion of Pacelines
2/23	Becker & Marecek, 2008 Kitayama, Berg, & Chopik, 2020	Perusall Discussion of Readings Reflection: TheGood Life inDifferent Cultures Submit Paper/Project Proposal Draf

2/25

NO CLASSBreak Day

Week 7 3/2	Positive EmotionsCoping with Changes Fredrickson, 2013	Perusall Discussion of Readings
3/4	Diener, Lucas, & Scollon, 2006 Bonanno, 2006 Kashdan, 2017	Perusall Discussion of Readings Reflection: Observing Emotional Expression Paper/Project Proposal Draft Feedback Returns
Week 8 3/9	The Need to Belong and The Need to Be Different Baumeister & Leary, 1995	Perusall Discussion of Readings
3/11	Hornsey & Jetten, 2004	Perusall Discussion of Readings Reflection: Meditation Practice
Week 9 3/16 3/18	Relationships, MiniPresentations Finkel, Smpson, & Eastwick, 2017 McNulty, 2010 Project/Paper Mini-Presentations	Perusall Discussion of Readings Project/Paper MiniPresentations
Week 10 3/23	Spending Money for Happiness, Gratitude Glovich & Gallo, 2020 Dunn, Aknin, & Norton, 2014	Perusall Discussion of Readings
3/25	Wood, Froh, & Geraghty, 2010	Perusall Discussion of Readings Reflection: GratitudeIntervention
Week 11	Narrative Identity and Nostalgia, Expressive Wre Ne	

Week 14 Personality, Soc 4/20 Friedman & Kern,	ial Media and FOMO 2014	Perusall Discussion of Readings
4/22 Verduyn, 2017 Przybylski et al., 2	013	Perusall Discussion of Readings Reflection: Commercial Media Fas
Week 15 Religion/Spiritua 4/27 NO CLASSBrea		
4/29 Fave et al., 2013 Niemiec, 2013		Perusall Discussion of Readings Reflection: Applying Character Strengths
Week 16 Positive Univers 5/4 Oades, Robinson,	ities Green, & Spence, 2011	Perusall Discussion of Readings Final Paper/Project Due During Final