

Montgomery County Community College
 PSY 232
 Positive Psychology
 3-3-0

COURSE DESCRIPTION:

This course provides an overview of the field of Positive Psychology. The course is designed to broaden the scope of traditional Psychology by examining the circumstances under which humans, institutions, and communities thrive. It presents theory and research related to strengths, optimism, happiness, and resiliency. A strong emphasis is placed on the application of empirically-based knowledge. Information is delivered through lectures, readings, in-class exercises, out-of-class activities, and class discussion.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Describe the purpose and scope of the field of Positive Psychology.	Lecture Written Assignments Multimedia Demonstrations (WEB/AV) Self-Assessment Small Group Projects	Written Exams Term Paper Project
2. Identify the empirically-validated dimensions of happiness.	Lecture Written Assignments Multimedia Demonstrations (WEB/AV) Self-Assessment Small Group Projects	Written Exams Term Paper Project
3. Describe the causes and consequences of optimism.	Lecture Written Assignments Multimedia Demonstrations (WEB/AV) Self-Assessment Small Group Projects	Written Exams Term Paper Project

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
4. Identify personal character and intellectual strengths.	Lecture Written Assignments Multimedia Demonstrations (WEB/AV) Self-Assessment Small Group Projects	Written Exams Term Paper Project
5. Identify factors associated with resiliency.	Lecture Written Assignments Multimedia Demonstrations (WEB/AV) Self-Assessment Small Group Projects	Written Exams Term Paper Project
6. Explain the relationship between positivity and physical health.	Lecture Written Assignments Multimedia Demonstrations (WEB/AV) Self-Assessment Small Group Projects	Written Exams Term Paper Project
7. Identify the characteristics of positive institutions.	Lecture Written Assignments Multimedia Demonstrations (WEB/AV) Self-Assessment Small Group Projects	Written Exams Term Paper Project
8. Apply concepts of positive psychology to their own lives.	Lecture Written Assignments Multimedia Demonstrations (WEB/AV) Self-Assessment Small Group Projects	Written Exams Term Paper Project

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

1. History/Overview of Positive Psychology
2. Goals
3. Beliefs/Focus
4. Character and Intellectual Strengths
5. Mindfulness
6. Health

7. Positive Emotions
8. Optimism
9. Happiness
10. Meaning and Purpose
11. Resiliency
12. Interpersonal Relationships
13. Positive Institutions
14. Positive Communities

LEARNING MATERIALS: Update as needed

Peterson, C. (2012). *A Primer in Positive Psychology*. New York: Oxford University Press.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: Deborah Greenspan	Date: 9/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.	Date: 12/22/2009

Revised by: Deborah Greenspan	Date: 7/8/2013
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 7/30/2013

Revised by: Mary Lou Whitehill	Date: 2/27/2018
VPAA/Provost or designee Compliance Verification:	Date: 2/27/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.