

## PSY 2400: Positive Psychology Winter, 2018

Instructor: Annette Feravich, Ph.D.  
Course Section #: 13603  
Class Time: MWF 12:00 – 1:07  
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Course Overview	<p><b>Course Description:</b> Scientific study of the strengths and virtues that allow individuals and communities to thrive. Review of empirical and theoretical work as it relates to positive emotions such as contentment, happiness, hope; individual traits such as optimism, self-efficacy, compassion, resilience, integrity, hope, wisdom; and institutional strengths that foster justice, parenting, leadership, purpose and tolerance. <i>This course was formerly PSY 130. Students who took PSY 130 may not repeat this course except for grade improvement.</i> <i>Prerequisite(s): PSY 100 with a grade of 2.0 or higher.</i></p> <p><b>Required:</b></p> <ul style="list-style-type: none"> <li>Bolt and Dunn, 2016. <i>Pursuing Human Strengths, 2<sup>nd</sup> Edition</i>. Worth Publishers, New York. ISBN-13: 978-1-319-00448-4; ISBN-10: 1-319-00448-2 and Readings listed in syllabus</li> <li>Website: <a href="https://www.authentic happiness.sas.upenn.edu">https://www.authentic happiness.sas.upenn.edu</a></li> <li>Video: <i>Prescription for Disaster</i> <a href="http://www.documentarytube.com/prescription-for-disaster">http://www.documentarytube.com/prescription-for-disaster</a></li> </ul>
University Policies and Special Considerations	<p><b>Academic Misconduct:</b> The University's regulations that relate to academic misconduct will be fully enforced. Any student suspected of cheating and/or plagiarism will be reported to the Dean of Students and, thereafter, to the Academic Conduct Committee for adjudication. Anyone found guilty of academic misconduct in this course may receive a course grade of 0.0, in addition to any penalty assigned by the Academic Conduct Committee. Students found guilty of academic misconduct by the Academic Conduct Committee may face suspension or permanent dismissal. The full policy on academic misconduct can be found in the General Information section of the Undergraduate Catalog.</p> <p><b>Add/Drops &amp; Incompletes:</b> The University add/drop and incomplete grade policies will be explicitly followed. It is the student's responsibility to be aware of the University deadline dates for dropping the course. Here is a link to important dates to remember: <a href="http://wwwp.oakland.edu/registrar/important-dates/">http://wwwp.oakland.edu/registrar/important-dates/</a></p> <p><b>Make-up Exams:</b> Make-up exams will be considered on an individual basis. <i>All make-up exams consist of essay questions only.</i> Verification, (a signed, written document) must be presented to me to validate your absence. Please understand that vacation, work, anxiety, sleeplessness, or over-sleeping are <b>not</b> considered valid reasons for missing an exam. It is your responsibility to arrange for a make-up exam, the time and nature of which will be determined by the professor.</p> <p><b>Resolution of Student Academic-Related Concerns:</b> The student has an obligation to attempt to resolve all academic-related concerns with the instructor. If a suitable solution cannot be reached, then the student should consult the Department of Psychology Procedure for the Resolution of Student Academic-Related Concerns at <a href="https://www.oakland.edu/Assets/Oakland/psychology/files-and-documents/Undergrad-Advising/Resolution%20of%20Student%20Concerns-04-2017-approved%20full%20doc.pdf">https://www.oakland.edu/Assets/Oakland/psychology/files-and-documents/Undergrad-Advising/Resolution%20of%20Student%20Concerns-04-2017-approved%20full%20doc.pdf</a></p> <p><b>Audio Recording Policy:</b> Students who wish to audio-record lectures may request permission to do so. These recordings may only be used for the purpose of personal study. Students may not share these recordings with other individuals without the consent of the professor. At the conclusion of the semester, students may request permission to keep these recordings if needed, otherwise it is expected that all audio-recordings will be deleted from all electronic recording and storage devices.</p> <p><b>Disability Services:</b> Students with disabilities who may require special considerations should make an appointment with campus Disability Support Services. Students should also bring their needs to the attention of the instructor as soon as possible.</p> <p><b>Veteran Support Services:</b> The office of Veteran Support Services (VSS) is responsible for giving support services to more than 300 veterans, service members, and dependents of veterans. VSS is staffed with personnel who are veterans and current or former students. Any student veteran or dependent of a veteran requiring assistance with navigating the Veterans Administration, understanding service-related benefits, or requires referrals to campus and community resources should contact one of the Veterans Liaisons by visiting 116 North Foundation Hall, or phoning 248-370-2010. <a href="http://wwwp.oakland.edu/veterans/">http://wwwp.oakland.edu/veterans/</a></p>

**Faculty Feedback:** As a student in this class, you may receive “Faculty Feedback” in your OU e-mail if your professor identifies areas of concern that may impede your success in the class. Faculty Feedback typically occurs during weeks 2-5 of the Fall and Winter terms, but may also be given later in the semester and more than once a semester. A “Faculty Feedback” e-mail will specify the area(s) of concern and recommend action(s) you should take. Please remember to check your OU email account regularly as that is where it will appear.

**Course Objectives:**

- Define positive psychology and state how it is different from other disciplines in psychology
- Describe the empirical research that supports topics related to Positive Psychology
- Master ways of changing behaviors so that you can function in optimal ways

**Grades:** Total points earned during the semester will be based on the following course material.

- Three exams. Two will consist of essay questions only worth 25 pts. and your final exam will contain both essay questions and multiple choice questions (125 pts.)
- Online surveys (10 pts. see link in Moodle)
- Chapter quizzes (12 x 15 = 180 pts.): Quizzes will be over readings, PowerPoint and video presentations.
- Mini-exercises (8 x 15 = 120 pts.): Mini-Exercises are activities that students will engage in that incorporate chapter content and practical behaviors which lead to optimal functioning. Complete 8 out of 12 mini-exercises. See list of Mini-Exercises link in Moodle for a list of exercises offered this semester.
- Writing Assignments (3 x 20 = 60 pts.) Papers are to be APA formatted and include one peer reviewed journal article. See the link, Finding Articles Online.
- Course Summary Wrap-up (10 pts.)
- There will be opportunity for extra credit throughout the semester, so students should pay attention to News Forums and Moodle for opportunities.

**Total points possible = 505**

**Grade Calculation:** The sum of points earned in all activities will be converted to a percentage of all points possible.

**Grading Scale:**

Percentage	OU Grade
100	4.0
99	4.0
98	4.0
97	4.0
96	4.0
95	3.8
94	3.7
93	3.7
92	3.6
91	3.6
90	3.5
89	3.4
88	3.4
87	3.3
86	3.3
85	3.2
84	3.2
83	3.2
82	3.1
81	3.1
80	3.0

Percentage	OU Grade
79	2.9
78	2.8
77	2.7
76	2.6
75	2.5
74	2.4
73	2.3
72	2.2
71	2.1
70	2.0
69	1.9
68	1.8
67	1.7
66	1.6
65	1.5
64	1.4
63	1.3
62	1.2
61	1.1
60	1.0
≥59	0.0

\*The percentages for your course grade are rounded to the nearest whole number. For example, 83.4% is equal to 83% and an OU grade of 3.2

**Tentative Detailed Class Schedule and Topical Outline: PSY 2400**

Date	Lesson	Assignment
Week 1 Jan. 3	Introduction	Read Syllabus Familiarize yourself with Moodle and associated websites: <ul style="list-style-type: none"> <li>View links to important websites.</li> <li>View List of mini exercises.</li> <li>View video on how to access articles online.</li> </ul>
	<b>Lesson #1: What is Positive Psychology?</b>	Read Bolt and Dunn Chapter 1: Introduction
	Seligman, 1998. APA National Press Club Speech.	Retrieve <a href="http://www.nonopp.com/ar/Psicologia/00/epidemic_depression.htm">http://www.nonopp.com/ar/Psicologia/00/epidemic_depression.htm</a> Read up to but not including Q & A
	Martin Seligman: The New Era of Positive Psychology	Watch Ted Talks video: <a href="https://www.ted.com/talks/martin_seligman_on_the_state_of_psychology?language=en">https://www.ted.com/talks/martin_seligman_on_the_state_of_psychology?language=en</a>
	Callaghan, 2004. Exercise: a neglected intervention in mental health care? <i>Journal of Psychiatric and Mental Health Nursing</i> , 11, 476-483.	Retrieve from E-Journals Online (see video posted in Moodle or contact the library for further assistance)
	Optional reading: Articles located at the Positive Psychology website and the Authentic Happiness Website	See: <a href="https://www.authentichappiness.sas.upenn.edu/resources?field_resources_category_tid_1=134&amp;sort_by=created&amp;sort_order=DESC">https://www.authentichappiness.sas.upenn.edu/resources?field_resources_category_tid_1=134&amp;sort_by=created&amp;sort_order=DESC</a>
Week 2 Due Sun. Jan. 14	View video on stress from Kelly McGonigal	Retrieve: <a href="http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend.html">http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend.html</a>
	View vides on the downside of happiness: <i>Jon Stewart's The Daily Show</i>	View: <a href="http://www.thedailyshow.com/watch/wed-october-14-2009/barbara-ehrenreich">http://www.thedailyshow.com/watch/wed-october-14-2009/barbara-ehrenreich</a>
	Diet and Exercise Plan	<b>Mini Exercise #1 REQUIRED</b>
	Online quiz #1: What is Positive Psychology	Complete in Moodle (15 pts.)
	Online Happiness surveys	Complete in Moodle (10 pts.)
<b>Jan. 15</b>	<b>Martin Luther King Jr. Day</b>	<b>NO CLASS</b>
Week 3 Due Sun. Jan. 21	<b>Lesson #2: How is Positive Psychology measured?</b>	
	Wheeler, 2013, July 30. Be Happy. Your Genes May Thank You for It. <i>Our Weekly</i> , LA.	Retrieve: <a href="http://ourweekly.com/news/2013/jul/30/be-happy-your-genes-may-thank-you-it/">http://ourweekly.com/news/2013/jul/30/be-happy-your-genes-may-thank-you-it/</a>
	Langer, E. and Rodin, J., 1976. The effects of control and enhanced personal responsibility for the aged: A field Exercise in an institutional setting. <i>Journal of Personality and Social Psychology</i> , 34 (2). 191-198	Retrieve: <a href="http://www.courses.umass.edu/psyc241/langerrodin.pdf">http://www.courses.umass.edu/psyc241/langerrodin.pdf</a>
	Azar, B., 2010. Your brain on culture.	Retrieve: <a href="http://www.apa.org/monitor/2010/11/neuroscience.aspx">http://www.apa.org/monitor/2010/11/neuroscience.aspx</a>

	Cohen, et al., 2003. Emotional style and susceptibility to the common cold. <i>Psychosomatic Medicine</i> , 65, 652-657.	Retrieve: <a href="http://www.psy.cmu.edu/~scohen/emostyle%20printfriendly.pdf">http://www.psy.cmu.edu/~scohen/emostyle%20printfriendly.pdf</a>
	Changing Emotions	Mini Exercise #2
	Online quiz #2: How is it measured?	Complete in Moodle (15 pts.)
Week 4 Due Sun. Jan. 28	<b>Lesson #3: Values, Virtues and Character Strengths</b>	
	Seligman, 2015. Chris Peterson's Unfinished Masterwork: The real mental illness	<a href="http://www.tandfonline.com/doi/pdf/10.1080/17439760.2014.888582">http://www.tandfonline.com/doi/pdf/10.1080/17439760.2014.888582</a>
	Park, Peterson, and Seligman, 2004. Strengths of character and well-being. <i>Journal of Social and Clinical Psychology</i> , 23, 603-619	Retrieve from E-Journals Online (see video posted in Moodle or contact the library for further assistance)
	Seligman, Ernst, Gillham, Reivich & Linkins, 2009. Positive education: positive psychology and classroom interventions. <i>Oxford Review of Education</i> , 35, 293-311.	Retrieve: <a href="http://citeseeerx.ist.psu.edu/viewdoc/download?doi=10.1.1.368.7898&amp;rep=rep1&amp;type=pdf">http://citeseeerx.ist.psu.edu/viewdoc/download?doi=10.1.1.368.7898&amp;rep=rep1&amp;type=pdf</a>
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	View both the <b>Values In Action Character Institute</b> and the <b>World Values Survey</b>	• <a href="http://www.viacharacter.org/www/VIAINSTITUTE/About/tabid/78/language/en-US/Default.aspx">http://www.viacharacter.org/www/VIAINSTITUTE/About/tabid/78/language/en-US/Default.aspx</a> • <a href="http://www.worldvaluessurvey.org/">http://www.worldvaluessurvey.org/</a>
	Values in Action Survey	Mini Exercise #3
	Online quiz #3: Values, Virtues and Character Strengths	Complete in Moodle (15 pts.)
Sun. Jan. 28	<b>World Values Survey</b>	<b>Hypothesis</b>
Sun. Feb. 4	<b>World Values Survey</b>	<b>Writing Assignment #1</b>
Week 5 & 6 Due Sun. Feb. 11	<b>Lesson #4: Resilience and Well-Being</b>	Read Bolt and Dunn, Chapter 11: <i>Meaning and Flourishing</i>
	Blum, D., 1998. Finding strength: How to overcome anything. <i>Psychology Today</i> , 31(3).	Retrieve: <a href="http://www.psychologytoday.com/articles/199805/finding-strength-how-overcome-anything">http://www.psychologytoday.com/articles/199805/finding-strength-how-overcome-anything</a>
	Raeburn, P., 2006, May/Jun. A case for double-edged optimism. <i>Psychology Today</i> . 74-79.	Retrieve: <a href="http://search.proquest.com.huaryu.kl.oakland.edu/docview/214479617/1341162B8327E3EDA59/7?accountid=12924">http://search.proquest.com.huaryu.kl.oakland.edu/docview/214479617/1341162B8327E3EDA59/7?accountid=12924</a>
	Video: TED Talks Gregg Steinberg: Resilience. How to Fall Up	Retrieve: <a href="https://youtu.be/WKLy71DO6CQ">https://youtu.be/WKLy71DO6CQ</a>
	Video: TED Talks Brené Brown: The Power of Vulnerability	Watch <a href="http://www.ted.com/talks/brene_brown_on_vulnerability.html">http://www.ted.com/talks/brene_brown_on_vulnerability.html</a>
	Pennebaker Paradigm	Mini Exercise #4
	Online quiz #4: Resilience	Complete in Moodle (15 pts.)

Mon. Feb. 12	Test #1	Lessons 1 - 4
Week 7 Due Sun. Feb. 18	<b>Lesson #5: Positive Emotions: Happiness</b>	Read Bolt and Dunn, Chapter 7: Happiness
	Cardoso, Silvia Helena, Dec. 15, 2006. Hardwired for happiness. <i>The Dana Foundation</i> .	Retrieved from: <a href="http://dana.org/Cerebrum/2006/Hardwired_for_Happiness/">http://dana.org/Cerebrum/2006/Hardwired_for_Happiness/</a>
	Seligman, 2004. Can happiness be taught? <i>Daedalus</i> , 133(2), 80 – 87.	Retrieve from E-Journals Online
	Kulraj, 2004. Hedonic Treadmill: What it is and How to Overcome it	Retrieve: <a href="http://kulraj.org/2014/07/15/hedonic-treadmill/">http://kulraj.org/2014/07/15/hedonic-treadmill/</a>
	Schwartz, 2004, March 17. The tyranny of choice. <i>Scientific American</i> .	Retrieve: <a href="http://www.swarthmore.edu/SocSci/bschwar1/Sci.Amer.pdf">http://www.swarthmore.edu/SocSci/bschwar1/Sci.Amer.pdf</a>
	Optional Video: <i>Happy</i>	You can find this on Netflix
	Optional video on happiness: Lyubomirski, S., <i>The How of Happiness</i>	Lyubomirski: <a href="http://www.youtube.com/watch?v=eCmjm5MvDlw&amp;feature=related">http://www.youtube.com/watch?v=eCmjm5MvDlw&amp;feature=related</a>
	Optional Reading: Brickman, Coates, & Janoff-Bulman, 1978. Lottery winners and accident victims: Is happiness relative? <i>Journal of Personality and social Psychology</i> .	Retrieve: <a href="http://education.ucsb.edu/janeconoley/ed197/document/s/brickman_lotterywinnersandaccidentvictims.pdf">http://education.ucsb.edu/janeconoley/ed197/document/s/brickman_lotterywinnersandaccidentvictims.pdf</a>
	Authentic Happiness: The Full Life	Mini-exercise #5
	Online Quiz #5: Happiness	Complete in Moodle (15 pts.)
Week 8 Feb. 19 - 25	Winter Break... Enjoy your week!	
Week 9 Due Sun., March 4	<b>Lesson #6: Positive Emotions: Love and Attachment</b>	Read Bolt and Dunn Chapter 2: Love
	McLeod, 2009. Attachment Theory. Retrieved online from <a href="http://www.simplypsychology.org">www.simplypsychology.org</a>	Retrieve: <a href="http://www.simplypsychology.org/attachment.html">http://www.simplypsychology.org/attachment.html</a>
	McLeod, 2008. Mary Ainsworth – Strange Situation. Retrieved online from <a href="http://www.simplypsychology.org">www.simplypsychology.org</a> .	Retrieve: <a href="http://www.simplypsychology.org/mary-ainsworth.html">http://www.simplypsychology.org/mary-ainsworth.html</a>
	Gottman, 1994. What makes marriage work? <i>Psychology Today</i> .	Retrieve: <a href="http://www.psychologytoday.com/articles/200910/what-makes-marriage-work">http://www.psychologytoday.com/articles/200910/what-makes-marriage-work</a>
	Sapolsky, Dopamine, Anticipation & Relationships from his Stanford lecture, <i>Human Sexual Behavior</i>	View: <a href="https://www.youtube.com/watch?v=ZIRZu1dRp8Q">https://www.youtube.com/watch?v=ZIRZu1dRp8Q</a>
	Pump, 2010, Dec. 9. A room full of yearning and regret. New York Times	Retrieve: <a href="http://www.nytimes.com/2010/12/12/fashion/12Modern.html">http://www.nytimes.com/2010/12/12/fashion/12Modern.html</a>
	View video on TED Talks from Paul Zak	View: <a href="http://www.ted.com/talks/paul_zak_trust_morality_and_oxytocin.html">http://www.ted.com/talks/paul_zak_trust_morality_and_oxytocin.html</a>
	Finding Flow	Mini-Exercise #6
	Online quiz #6: Love and Attachment	Complete in Moodle (15 pts.)

Week 10 Due Sun., March 11	<b>Lesson #7: Positive Emotions: Broaden and Build, Empathy, and Flow</b>	Read Bolt and Dunn Chapter 3: <i>Empathy</i>
	Fredrickson, 2003. The value of positive emotions. <i>American Scientist</i> , 91, 330-335.	Retrieve: <a href="http://www.bus.umich.edu/positive/pos-research/positivesessions/2003-07fredrickson.pdf">http://www.bus.umich.edu/positive/pos-research/positivesessions/2003-07fredrickson.pdf</a>
	Aknin, Hamlin, & Dunn, June 2012. Giving leads to happiness in young children.	Retrieve: <a href="http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0039211">http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0039211</a>
	Burton, 2014, Oct. 12. Empathy and Altruism: Are they Selfish? <i>Psychology Today</i> .	Retrieve: <a href="https://www.psychologytoday.com/blog/hide-and-seek/201410/empathy-and-altruism-are-they-selfish">https://www.psychologytoday.com/blog/hide-and-seek/201410/empathy-and-altruism-are-they-selfish</a>
	Miller, G. 2005. Reflecting on Another's Mind. <i>Science</i> , 308. pg. 945 – 947.	Retrieve: Retrieve from E-Journals Online
	Csikszentmihalyi, 1998. If we are so rich, why aren't we happy? <i>American Psychologist</i> , 54 (10), 821 – 827.	Retrieve: <a href="http://education.ucsb.edu/janeconoley/ed197/document/s/Csikszentmihalyiifwearsorich.pdf">http://education.ucsb.edu/janeconoley/ed197/document/s/Csikszentmihalyiifwearsorich.pdf</a>
	Intervention	Mini-Exercise #7 <b>REQUIRED</b>
	Online quiz #7: Broaden and Build, Empathy and Flow	Complete in Moodle (15 pts.)
Week 11 Due Sun., March 18	<b>Lesson #8: Positive Thinking: Optimism, Hope and Positive Illusions</b>	Read Bolt and Dunn Chapter 9: <i>Hope</i>
	Wiseman, May/June 2003. The Luck Factor. <i>Skeptical Inquirer</i>	Retrieve: <a href="http://www.richardwiseman.com/resources/The_Luck_Factor.pdf">http://www.richardwiseman.com/resources/The_Luck_Factor.pdf</a>
	Ruthig, J. C., Perry, R. P., Hall, N. C., & Hladkyj, S. (2004). Optimism and attributional retraining: Longitudinal effects on academic achievement, test anxiety, and voluntary course withdrawal in college students. <i>Journal of Applied Social Psychology</i> , 34, 709–730.	Retrieve: <a href="http://ame1.net/Ruthig_AR_2004.pdf">http://ame1.net/Ruthig_AR_2004.pdf</a>
	Duckworth, A., & Eskreis-Winkler, L., 2013. True Grit. <i>Observer</i> , 6,(4).	Retrieve: <a href="http://www.psychologicalscience.org/index.php/publications/observer/2013/April-13/true-grit.html">http://www.psychologicalscience.org/index.php/publications/observer/2013/April-13/true-grit.html</a>
	Optional Reading: Seligman & Maier (1967). Failure to escape traumatic shock. <i>Journal of Experimental Psychology</i> , 74, 1, p. 1 – 9.	Retrieve: <a href="http://psych.hanover.edu/Classes/Learning/papers/Seligman%20Maier%201967.pdf">http://psych.hanover.edu/Classes/Learning/papers/Seligman%20Maier%201967.pdf</a>
	Paradigm Shift: <i>Who Moved My Cheese?</i>	Mini-Exercise #8
	Online quiz #8: Optimism, Hope and Positive Illusions	Complete in Moodle (15 pts.)
<b>Sun., March 18</b>	<b>Love and Attachment</b>	<b>Writing Assignment #2</b>
Week 12 Due Sun., March 25	<b>Lesson #9: Positive Thinking: The Self, Humility and Forgiveness</b>	Read Bolt and Dunn Chapter 8: Self-Respect and Humility
	Seppala, E. 2013. The Compassionate Mind. <i>Observer</i> , 26(5).	Retrieve: <a href="http://www.psychologicalscience.org/index.php/publications/observer/2013/may-june-13/the-compassionate-mind.html">http://www.psychologicalscience.org/index.php/publications/observer/2013/may-june-13/the-compassionate-mind.html</a>
	Baumeister, Bushman & Campbell, 2000. Self-Esteem, Narcissism, and aggression: Does violence result from low self-esteem or from threatened egotism. <i>Current Directions</i>	Retrieve: <a href="http://www-personal.umich.edu/~bbushman/bbc00.pdf">http://www-personal.umich.edu/~bbushman/bbc00.pdf</a>

	in <i>Psychological Science</i> , 9 (1) 26 – 29.	
	View TEDx video: Nitin Nohria Practicing Moral Humility	View: <a href="https://youtu.be/NCHnK5ZK9il">https://youtu.be/NCHnK5ZK9il</a>
	APA, 2006. Forgiveness: A sampling of research results.	Retrieve: <a href="https://www.apa.org/international/resources/publication/s/forgiveness.pdf">https://www.apa.org/international/resources/publication/s/forgiveness.pdf</a>
	Doskoch, 2005. The winning edge. <i>Psychology Today</i> , 42(11), 42 – 52.	Retrieve: <a href="http://www.psychologytoday.com/articles/200510/the-winning-edge">http://www.psychologytoday.com/articles/200510/the-winning-edge</a>
	Forgiveness	Mini-Exercise #9
	Online quiz #9: The Self, Humility and Forgiveness	Complete in Moodle (15 pts.)
<b>Fri. March 30</b>	<b>Test #2 Lessons 5 - 9</b>	<b>Positive Emotions and Positive Thinking</b>
Week 13 Due Sun., April 1	<b>Lesson #10: Positive Behaviors: Mindfulness and Emotional Intelligence</b>	Read Bolt and Dunn Chapter 5: <i>Wisdom</i>
	Davidson, et al., 2003. Alterations in brain and immune function produced by mindfulness meditation. <i>Psychosomatic Medicine</i> , 65, 564 – 570.	Read: Retrieve from E-Journals Online
	Miller, 2004. The Phenomenon of Quantum Change. <i>Journal of Clinical Psychology</i> , 60. 461-470.	Read: Retrieve from E-Journals Online
	Bennett, D., 2010, Feb. 21. Mind Power: Harvard professor Ellen Langer's research transformed psychology. Now she wants to transform you. <i>The Boston Globe</i>	Retrieve: <a href="http://www.boston.com/bostonglobe/ideas/articles/2010/02/21/mind_power/">http://www.boston.com/bostonglobe/ideas/articles/2010/02/21/mind_power/</a>
	Nolen-Hoeksema, S., Wisco, B.E., & Lyubomirsky, S., 2008. Rethinking Rumination. <i>Perspectives on Psychological Science</i> , 3, 400-424.	<b>Read 400 – 403 and 406 – 412 (through Cognitive Correlates) only:</b> <a href="http://www.yale.edu/snhlab/Nature%20of%20cognition_files/Rethinking%20Rumination.pdf">http://www.yale.edu/snhlab/Nature%20of%20cognition_files/Rethinking%20Rumination.pdf</a>
	Optional video: Davidson, R. <i>Mindfulness and Education: Cultivating Emotional Intelligence</i>	View: <a href="https://www.youtube.com/watch?v=73RnSm-lybg">https://www.youtube.com/watch?v=73RnSm-lybg</a>
	Optional reading: C'de Baca, 2004. Quantum Change: Ten Years Later. <i>Journal of Clinical Psychology</i> , 60. 531-541.	
	Mindful Meditation	Mini-Exercise #10
	Online quiz #10: Mindfulness and EI	Complete in Moodle (15 pts.)
Week 14 Due Sun., April 8	<b>Lesson #11: Positive Behaviors: Self-Regulation and Self-Control</b>	Read Bolt and Dunn Chapter 4: <i>Self-Control</i> and Chapter 6: <i>Commitment</i>
	Royal Society of the Arts, 2010. Drive: The Surprising Truth about What Motivates Us	View: <a href="https://www.youtube.com/watch?v=u6XAPnuFjJc">https://www.youtube.com/watch?v=u6XAPnuFjJc</a>
	Dweck, C. Mindset: How You Can Fulfill Your Potential	View: <a href="https://youtu.be/kkE1IC4CplE">https://youtu.be/kkE1IC4CplE</a>
	University of Rochester (2012, Feb. 11). The marshmallow study revisited: Delaying gratification depends as much on nurture as on nature. <i>ScienceDaily</i> .	Retrieve: <a href="http://www.rochester.edu/news/show.php?id=4622">http://www.rochester.edu/news/show.php?id=4622</a>
	Basco, M., 1999, May. The perfect trap. <i>Psychology Today</i> . Retrieved online.	Retrieve: <a href="http://www.psychologytoday.com/articles/199905/the-">http://www.psychologytoday.com/articles/199905/the-</a>

		<a href="#">perfect-trap</a>
	Optional Reading: Chua, 2011, Jan. 8. Why Chinese mothers are superior. <i>The Wall Street Journal</i> .	Retrieve: <a href="http://online.wsj.com/article/SB10001424052748704111504576059713528698754.html">http://online.wsj.com/article/SB10001424052748704111504576059713528698754.html</a>
	Collecting stories of those aging well	Mini Exercise #11
	Online quiz #11: Self-Regulation and Control	Complete in Moodle (15 pts.)
Week 14 Due Sun., April 15	<b>Lesson #12: Positive Behaviors: Positive Institutions - Treatment</b>	
	Seligman, Rashid & Parks, 2006, March. Positive Psychotherapy. <i>American Psychologist</i> . 774-788	Retrieve: <a href="http://www.ppc.sas.upenn.edu/positivepsychotherapyarticle.pdf">http://www.ppc.sas.upenn.edu/positivepsychotherapyarticle.pdf</a>
	Goldacre, B. Battling Bad Science	View: <a href="https://youtu.be/h4MhbkWJzKk">https://youtu.be/h4MhbkWJzKk</a>
	Head Start 40 <sup>th</sup> Anniversary Short Video	View video at: <a href="http://ohs-hsicc.vzaar.me/4494281">http://ohs-hsicc.vzaar.me/4494281</a>
	Optional Reading: Snyder, C.R. and Lopez, S.J., 2007. Interceding to Prevent the Bad and enhance the Good in <i>Positive Psychology</i> , Sage Publications, Thousand Oaks, CA.	Retrieve: <a href="http://www.google.com/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=1&amp;ved=0CCwQFjAA&amp;url=http%3A%2F%2Fwww.sagepub.com%2Fupm-data%2F11234_Chapter_15.pdf&amp;ei=YiQAUqwaqNfIAfi0gZAM&amp;usg=AFQjCNHGQZ0DXX5kyl1UunwB3_m7CB827Q&amp;bvm=bv.50165853,d.aWc">http://www.google.com/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=1&amp;ved=0CCwQFjAA&amp;url=http%3A%2F%2Fwww.sagepub.com%2Fupm-data%2F11234_Chapter_15.pdf&amp;ei=YiQAUqwaqNfIAfi0gZAM&amp;usg=AFQjCNHGQZ0DXX5kyl1UunwB3_m7CB827Q&amp;bvm=bv.50165853,d.aWc</a>
	Video: <i>Prescription for Disaster</i>	Link in Moodle
	Goal Setting: Bucket List	Mini Exercise #12
<b>Sun., April 16</b>	<b>Quantum Change</b>	<b>Writing Assignment #3</b>
<b>Mon. April 16</b>	<b>Summary Wrap-up</b>	<b>10 pts.</b>
<p style="text-align: center;">*** FINAL EXAMINATION *** Monday, April 25 @ 12:00 – 3:00 p.m.</p>		