

# PSY 336 Applications of Positive Psychology

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## Course and Faculty Information

**Course Description:** Explores the circumstances under which humans tend to flourish and report the highest levels of well-being. These areas include: (1) leisure, flow and optimized experience; (2) optimal well-being and positive health; (3) aesthetics and creativity; and (4) spirituality or other sense of meaning in life.

**Credits:** 3

**Prerequisites:** PSY 101 with C or better; minimum 45 hours or PSY 290 with C or better OR Visiting University Student

**Instructor:** Shanni Tromp, PhD

**Contact Info:** [tromp@asu.edu](mailto:tromp@asu.edu)

**Office Hours:** Email anytime

## Course Overview

Welcome! If you love Positive Psychology, you are in the right place. This is a fun class where we will explore some interesting and new ways that positive psychology can be applied in our lives and in our world. I'm looking forward to sharing it with you. I hope you will not only find this course interesting, but useful in your own life.

The format involves 5 **weekly discussion** assignments, a **journal assignment** submitted in week five, and 5 **weekly open book quizzes**. The course is asynchronous (no set time for lectures or participation) but I am available to you via email for any questions along the way. You have all week to complete your assignments for each module.

We have a **“life happens” late policy** in this class, which is described below. We strive to always maintain an **inclusive environment** for everyone, and I hope you will let me know if there is anything I can do to make the class better for you.

We have numerous helpful course assistants (CAs) who are available to help if you have questions or need additional support. You may also reach out to me (your instructor) ANYTIME if you have questions or concerns, and I encourage you to do so.

This course will explore the circumstances under which humans tend to flourish and report the highest levels of well being. General areas include: (1) leisure, flow and optimized experience,

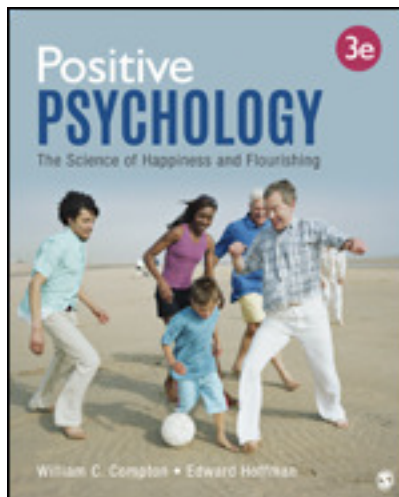
(2) optimal wellbeing and positive health, (3) aesthetics and creativity, and (4) spirituality/or other sense of meaning in life.

## Course Learning Outcomes

**At the completion of this course, students will be able to:**

- Understand and discuss how Leisure and Flow relate to well being
- Describe the factors related to Optimizing Experience
- Describe how Savoring and Mindful Living contribute to well being
- Understand the research related to wellness and positive health
- Understand and discuss the research on how psychological factors relate to optimal health
- Understand and discuss the roles of Vitality, Zest and Positive Aging on overall well being
- Understand and discuss how Excellence, Aesthetics, Creativity, and Genius contribute to Optimizing Experience
- Understand and discuss the Models and Psychological Theories related to optimal well being
- Understand and discuss how Spirituality, Religion, and a Sense of Meaning contribute to overall well being

## Textbook



**Compton, W. C., & Hoffman, E. (2018). *Positive psychology: The science of happiness and flourishing*. Thousand Oaks, CA: Sage Publications. ISBN: 9781544322926**

Note: Both the physical copy and eText is available for purchase from the ASU Bookstore, which you can access from the menu on the left of the course page. You may also purchase it elsewhere if you wish (e.g., Amazon, VitalSource, Barnes & Noble, etc.), either in printed or

electronic form. The choice is entirely yours, but be sure that you obtain the correct edition listed above as quiz items are drawn from this edition.

## Course Access

Your ASU courses can be accessed by both [my.asu.edu](http://my.asu.edu) and [asu.instructure.com](http://asu.instructure.com).

## Computer Requirements

**This is a fully online course; therefore, it requires a computer with internet access and the following technologies:**

- Web browsers ([Chrome](#), [Mozilla Firefox](#), or [Safari](#))
- [Adobe Acrobat Reader](#) (free)
- Webcam, microphone, headset/earbuds, and speaker
- Microsoft Office ([Microsoft 365 is free](#) for all currently-enrolled ASU students)
- Reliable broadband internet connection (DSL or cable) to stream videos.

**Note:** A smartphone, iPad, Chromebook, etc. will not be sufficient for completing your work in ASU Online courses. While you will be able to access course content with mobile devices, you must use a computer for all assignments and quizzes.

## Technical Support

### Student Responsibility:

It is the student's responsibility to navigate Canvas successfully and to address any technical problems that they may encounter over the duration of the course. The instructor is not responsible for any issues concerning the loss of Internet connectivity, availability of Canvas, faulty printers, computer crashes, or loss of USB drives.

### Technical Issues:

In the event of any technical problems, it is the student's responsibility to contact the ASU Help Desk by calling 1-855-ASU-5080 (available 24/7) or by accessing the 'Service' tab on MyASU ([my.asu.edu](http://my.asu.edu)). If you require support specifically for Yellowdig, please visit [yellowdig.zendesk.com/hc/en-us](https://yellowdig.zendesk.com/hc/en-us) [Links to an external site.](#) or email [support@yellowdig.com](mailto:support@yellowdig.com).

## Course Time Commitment and Student Success

Note that this course typically requires 135 hours of work. This equates to about 18 hours per module, preparing for and actively participating in this course. Oftentimes, when students struggle in class, it is because they are not devoting sufficient time to reading and studying, or the time spent is not utilized effectively.

### To be successful, make sure you are doing the following:

- Read the entire syllabus carefully. Check the course announcements, Community Forum, and Yellowdig Platform daily.
- Read and respond to course email messages as needed.
- Complete assignments by the due dates specified. Bear in mind that a due date is the last possible day to submit an assignment. You can and should submit early, which will give you additional time in case of unexpected problems or delays.
- Create a study and/or assignment schedule to stay on track. Set aside sufficient time to read, re-read, take notes and summarize after each section. After a period of time, most people will not be able to continue to attend to and absorb the information, so DO NOT try to study or read too long at one interval. Give yourself time to absorb the information over the course of the module, at several intervals.
- Check out [ASU Online Student Resources](#).
- Be sure to check out the [Tips for Success](#) page under the Course Resources module for more great study tips!
- If after trying the suggested study tips here you are still having trouble with course information, or anytime you have a specific area of confusion, please feel free to contact your Course Assistant, or email me anytime with questions.

## Digital Literacy

### Below are some of the skills you'll need to utilize to be successful in this ASU Online course:

- Using Canvas LMS - For additional help on this, visit the [Canvas Resources for Students](#) or the [Student Canvas GuideLinks to an external site..](#) Be sure to bookmark these resources for future reference!
- Using email with attachments
- Creating and submitting word files
- Copying and pasting
- Downloading and installing software
- Using presentation and graphics programs
- The ASU Library has a number of tutorials available to support students in expanding their digital literacy skills: [ASU Library tutorials](#)

## Grading

### Your grade will be determined based on the following grading schema:

Letter Grade	Range
A+	100% to 97%
A	< 96.999% to 94%
A-	< 93.999% to 90%

Letter Grade	Range
B+	< 89.999% to 87%
B	< 86.999% to 84%
B-	< 83.999% to 80%
C+	< 79.999% to 77%
C	< 76.999% to 70%
D	< 69.999% to 60%
E	< 59.999% to 0%

*XE = Academic Dishonesty*

*\*\*Note: Fractional scores between whole numbers are **NOT** rounded up to the next whole number.*

### Here is a summary of deliverables for this course:

- 5 quizzes (14 points each, Modules 2-6) = 70 points
- Yellowdig Participation (6 points per module, Modules 2-6) = 30 points
- One Applied Assignment (50 points.)

**TOTAL POINTS POSSIBLE: 150 points**

## Grading Procedure

Grades reflect your performance on assignments and adherence to deadlines. Quiz scores will be available immediately. Final course grades are determined based on **total points earned out of points possible**.

### Applied Assignment

There is one brief journal assignment due in week 5. Instructions are in the modules section.

### Quizzes

Quizzes cover the corresponding week's textbook reading material. Quizzes are worth 14 points each and contain multiple-choice/true-false questions. **YOU MAY USE** the textbook and your notes but you must complete the quizzes independently.

### Yellowdig Participation

**Due each week (weeks 2-6 on Saturday, midnight MST - Arizona time.)** All class discussion will take place using a platform called Yellowdig, which is embedded in the Canvas course site. The format of this forum is different from a conventional discussion board and it instead reflects

the type of discussion that would occur in a traditional classroom environment. Similar to other social media platforms, posts are sorted by date and relevance.

**There will be weekly prompts available on Monday of the corresponding week**, and you are asked to address these prompts in each module. Be sure to read the tips included with the prompt. For example, it's important to support your points (with examples, logic, even your own research if you like.) Referring to course material is important to do. Use critical thought. After you have responded to the specific prompt in at least one POST, you are asked to provide 2 substantial comments to your peers.

**Points are awarded for posting new posts and replying to (commenting on) others' posts.** Creating a new POST with a minimum of 300 words earns 4 points; Adding a new COMMENT with a minimum of 50 words earns 1 point; 100% participation is achieved after earning 30 points throughout the course. Formal citations and references are not *required* on our Yellowdig Platform, but please include citations for any outside materials you discuss and be clear about the source of any assigned course materials (e.g., "In Chapter 2, the authors discuss the idea that..." or "In the Module 3 lecture presentation, Dr. Tromp mentions the phenomenon of...").

## Submitting Assignments

### How to Submit:

All assignments, unless otherwise announced, **MUST** be submitted to the designated area of Canvas modules section. YD is submitted through the YD platform. Please do not submit an assignment via email.

### Deadlines:

**Please check the announcements for a course schedule with numeric due dates. Assignment due dates follow Arizona Standard time.** Click the following link to access the [Time in AZ](#) to account for the difference in time zones. *AZ does not observe daylight savings time.*

## Late or Missed Assignments

### Communication:

If possible, notify the instructor **BEFORE** an assignment is due if an urgent situation arises and you are unable to submit the assignment on time. Follow the appropriate University policies to request an [accommodation for religious practices](#) or to accommodate a missed assignment [due to University-sanctioned activities](#).

### Life Happens Policy:

It is always difficult for an instructor to balance the need for understanding that "life happens," and being fair to the majority of students who also have busy schedules and unexpected crises,

yet still find a way to get their work in on time. Almost always, this is a matter of planning ahead. Most circumstances that can delay submission of assignments will not last for days at a time and if you did not wait until the last minute, you would have been able to submit. PLEASE BEAR THIS IN MIND WHEN REQUESTING AN EXTENSION. If you are asking for something outside the bounds of what is described here, you are essentially asking me to bend the rules for you.

While planning ahead is clearly a must if it's important to you not to lose any points, I provide the following late policy in the hopes of achieving fairness for everyone, and a less stressful atmosphere:

If you miss a quiz or YD assignment you can **request a make up from your CA. Please do so right away to give time to complete it. This needs to be complete within a week.** NOTE that if the last day of class is earlier than usual (see course schedule in announcements from week one) any assignments being made up from week six may be due sooner as all assignments must be submitted by the last day of class. Make up assignments are intended as a one time option, please don't rely on this repeatedly. If you have a significant crisis or life event (accident, injury, serious illness, etc.) that causes you to miss multiple assignments please discuss with me right away.

### **SAILS:**

**If you are a SAILS student with flexible deadlines, please note that this course already has flexible deadlines built in. If you require more than this, please let me know.**

### **Missing Scores:**

In the event that a score is missing from the Canvas grade center and a submission is not recorded, the instructor must be notified **no later than 72 hours** after the deadline of the assignment or test. Do not wait until the end of the session to discuss missing scores.

A screenshot displaying the time and date of the submission or other documentation bearing a valid Canvas timestamp must be provided to substantiate any claims of having submitted work that is not appearing in the grade book.

## **Communicating With the Instructor**

### **Email**

Students are expected to adhere to the following guidelines when corresponding via email:

- ASU email is an [official means of communication](#) among students, faculty, and staff. Students are expected to read and act upon an email in a timely fashion. Students bear the responsibility of missed messages and should check their ASU-assigned email daily.
- Use an official ASU email address for all correspondence with the instructor and course assistant (CA).

- **In the subject line of every email sent to the instructor or CA, include the course prefix, number, and section number: PSY 336 # \_\_\_\_\_. Messages without this information in the subject line may not be retrieved.**
- Include one's first and last name within every message.
- Communicate respectfully and professionally at all times. Messages that are written in a demanding, abrupt or otherwise disrespectful tone may not receive a response.
- I usually respond throughout the day. If its been more than 24 hours (not including weekends) please resend.
- Please do not send messages using the assignment comment boxes.

**All instructor correspondence will be sent to your ASU email account.**

## **Respect and Professionalism**

Respect (for classmates, the instructor, and oneself) is of great importance in this class. In order for critical thinking and open communication to occur in the academic environment, students must feel safe to express themselves. Part of the college experience is being exposed to new ideas--from the readings, media selections, classmates, and the instructor. Students will have the opportunity to share their own ideas, beliefs, and experiences as they relate to course material. Often individual perspectives will differ among members of the class. It is very important to learn to disagree respectfully with one's peers and to thoughtfully and critically formulate one's viewpoint. The material shared in this class always must reflect an academic forum. Disrespectful or disruptive behavior or language intended to insult, demean, or stigmatize individuals or groups will not be tolerated and may lead to sanctions such as removal from the class or expulsion from the university.

## **Controversial Course Material**

Topics of a sensitive, mature, or controversial nature may be discussed in class or included in the readings and/or resource materials. Films and readings considered graphic by some audiences may be utilized in this course. Students are responsible for the course material and assignments. Students concerned by this must speak with the instructor at the start of the semester. If a student finds any of the content of this class offensive, he or she should bring their concerns to the instructor immediately.

## **Drop and Add Dates/Withdrawals**

ASU Online courses adhere to a compressed schedule and may be part of a sequenced program, therefore, there is a limited timeline to [drop or add the course](#). Consult with your advisor and notify your instructor to add or drop this course. If you are considering a withdrawal, review the following ASU policies: [Withdrawal from Classes](#), [Withdrawing as a Financial Aid Recipient](#), [Medical/Compassionate Withdrawal](#). Keep in mind INCOMPLETES are NOT AVAILABLE for this course.



## Netiquette

In all online course interactions, use [netiquette](#): a social code that defines appropriate online behavior. Writing may be the only means of communication you have with classmates and instructors, so it is especially important to communicate as a scholarly, respectful, professional, inclusive, and polite learner.

### The following are some guidelines to consider when engaging in online discussion and discourse:

- **Be kind and polite.** Be mindful of your tone and do not make fun of another person for any reason.
- **Be respectful.** Being part of an academic community means being exposed to diverse perspectives and viewpoints. Be respectful in all situations and in your critiques. If you wouldn't say it face to face, don't say it online.
- **Be wary of sarcasm.** In person, sarcastic comments can be funny and break up a tense situation. Online, it's hard to tell the difference between when someone is being sarcastic and when someone is genuinely being rude.
- **Avoid stereotyping.** Just because someone holds view X, and some people you know of who hold view X also hold view Y, doesn't mean that holding view X means holding view Y.
- **Use proper grammar and spelling.** Typos and basic spelling mistakes will happen, but if it's detracting from your message, it can be difficult to figure out what you mean. Also, you should avoid using all caps as this can imply shouting in the online environment.

## Harassment Prohibited

ASU policy prohibits harassment on the basis of race, sex, gender identity, age, religion, national origin, disability, sexual orientation, Vietnam era veteran status, and other protected veteran status. Violations of this policy may result in disciplinary action, including termination of employees or expulsion of students. Students are encouraged to report harassment to instructors and the [Dean of Students Office](#).

## Student Conduct and Academic Integrity

### AI Use:

**No Generative AI Use Permitted.** In this course, all assignments must be completed by the student. Artificial Intelligence (AI), including ChatGPT and other related tools used for creating of text, images, computer code, audio, or other media, are not permitted for use in any work in this class. Use of these generative AI tools will be considered a violation of the [ASU Academic Integrity Policy](#), and students may be sanctioned for confirmed, non-allowable use in this course.

## Integrity Guidelines:

ASU expects and requires its students to act with honesty, integrity, and respect. Required behavior standards are listed in the [Student Code of Conduct and Student Disciplinary Procedures](#), [Computer, Internet, and Electronic Communications policy](#), [ASU Student Academic Integrity Policy](#), and outlined by the [Office of Student Rights & Responsibilities](#). Anyone in violation of these policies is subject to sanctions. [Students are entitled to receive instruction free from interference](#) by other members of the class. An instructor may withdraw a student from the course when the student's behavior disrupts the educational process per [Instructor Withdrawal of a Student for Disruptive Classroom Behavior](#). The Office of Student Rights and Responsibilities accepts [incident reports](#) from students, faculty, staff, or other persons who believe that a student or a student organization may have violated the Student Code of Conduct.

Students must refrain from uploading to any course shell, discussion board, or website used by the course instructor or other course forum, material that is not the student's original work, unless the students first comply with all applicable copyright laws; faculty members reserve the right to delete materials on the grounds of suspected copyright infringement. Academic honesty is expected of all students in all examinations, papers, laboratory work, academic transactions and records. The possible sanctions include, but are not limited to, appropriate grade penalties, course failure (indicated on the transcript as a grade of E), course failure due to academic dishonesty (indicated on the transcript as a grade of XE), loss of registration privileges, disqualification and dismissal.

If you fail to meet the standards of academic integrity in any of the criteria listed on the university policy website, sanctions will be imposed by the instructor, college, and/or dean. Academic dishonesty includes, but is not limited to, cheating on an academic evaluation or assignment, plagiarizing, academic deceit (such as fabricating data or information), or falsifying academic records. Turning in an assignment (all or in part) that you completed for a previous class is considered self-plagiarism and falls under these guidelines. Any infractions of self-plagiarism are subject to the same penalties as copying someone else's work without proper citations. Students who have taken this class previously and would like to use the work from previous assignments should contact the instructor for permission to do so.

If you have any questions about your work and the academic integrity policy, please discuss your assignment or concerns with your instructor, teaching assistant, or your college Academic Integrity Officer in advance of submitting an assignment. Student resources on Sun Devil Integrity and strategies for completing your work with integrity and avoiding plagiarism are available here: [ASU Student Resources for Academic Integrity](#).

## Title IX

[Title IX of the Education Amendments of 1972](#)[Links to an external site.](#) protects individuals from discrimination based on sex in any educational program or activity operated by recipients of federal financial assistance. Sexual harassment, which includes acts of sexual violence, is a form of sex discrimination prohibited by Title IX. ASU does not discriminate on the basis of sex in the employment, education programs or activities it operates.

ASU is committed to providing an environment free from discrimination based on sex and provides a number of resources and services to assist students, faculty and staff in addressing issues involving sex discrimination, including sexual violence. All ASU employees are mandatory reporters and are obligated to report any information they become aware of regarding alleged acts of sexual discrimination, including sexual violence and dating violence.

Sexual violence, sexual harassment, stalking and relationship violence have a profound impact on a victim's academic, social, working, and personal life, and negatively affects victims' friends and families, other students, co-workers, and members of the university community. To combat this complex social problem, ASU provides a variety of [resources](#) and [educational](#) programs designed to prevent sexual violence and other acts of sexual misconduct, including sexual harassment, provide information about what to do when an incident has occurred, and increase awareness of campus and community resources for support and response.

Victims of sexual violence, sexual harassment, stalking and relationship violence are encouraged to seek support and report the incident. ASU Counseling Services is available if you wish to discuss any concerns confidentially and privately. ASU has appointed a Title IX Coordinator to oversee ASU response to Title IX complaints, develop training and education programs/materials for faculty, staff and students, as well as monitor trends and effectiveness of Title IX education efforts.

Inquiries concerning the application of Title IX may be referred to the Title IX Coordinator or to the U.S. Department of Education, Office of Civil Rights.

Title IX is a federal law that provides that no person be excluded on the basis of sex from participation in, be denied benefits of, or be subjected to discrimination under any education program or activity. Both Title IX and university policy make clear that sexual violence and harassment based on sex is prohibited. An individual who believes they have been subjected to sexual violence or harassed on the basis of sex can seek support, including counseling and academic support, from the university. If you or someone you know has been harassed on the basis of sex or sexually assaulted, you can find information and resources at <https://sexualviolenceprevention.asu.edu/faqs>. As a mandated reporter, I am obligated to report any information I become aware of regarding alleged acts of sexual discrimination, including sexual violence and dating violence. ASU Counseling Services, <https://eoss.asu.edu/counseling>, is available if you wish to discuss any concerns confidentially and privately.

ASU Online students may access 360 Life Services at <https://goto.asuonline.asu.edu/360lifeservices>.

## **SAILS**

Qualified students who require accommodations in this class are encouraged to contact SAILS (link is in CANVAS shell under Resources tab) to verify eligibility. SAILS will provide the information to the instructor.

## Mental Health

Students may experience a range of challenges that can interfere with learning, such as strained relationships, increased anxiety, substance use, feeling down, difficulty concentrating and/or lack of motivation. These emotional health concerns or stressful events may diminish academic performance and/or reduce the ability to participate in daily activities. [ASU Counseling Services](#) provides counseling and crisis services for students who are experiencing a mental health concern. Any student may call or walk-in to any ASU counseling center for a same day or future appointment to discuss any personal concern. ASU's dedicated crisis line is available 24/7 for crisis consultation by calling 480-921-1006.

## Copyright Information

All the content in this course, including lectures, are copyrighted materials. Students may not share outside the class, upload, sell or distribute course content or notes taken during the conduct of the course (see ACD 304-06). Students may not upload to any course shell, discussion board or website used by the course instructor or other course forum, material that is not the student's original work, unless the student first complies with all applicable copyright laws. The instructor reserves the right to delete materials on the grounds of suspected copyright infringement (see ACD 304-10). THIS CONTENT IS PROTECTED AND CANNOT BE SHARED, UPLOADED, SOLD OR DISTRIBUTED.

## Accessibility Statements

View the [ASU Online Student Accessibility](#) page to review accessibility statements for common tools and resources used in ASU Online courses.

If any other tools are used in this course, links to the accessibility statements will be listed below this sentence.

## ASU Online Course Policies

View the [ASU Online Course Policies](#)

## Inclusive Environment

Throughout this course, you may be presented with ideas or perspectives that you are unfamiliar or uncomfortable with. When possible, human biases were addressed in the design of this course. If there are aspects of the design, instruction, and/or experiences within this course that result in barriers to your inclusion, please reach out to me with suggestions on how I can further improve this course for you or for others.

**Anxiety about class discussions:** If you have discomfort about participating in class discussions on YD, contact me and we can make arrangements for you to complete substitute assignments submitted via email instead.

## Syllabus Disclaimer

The syllabus is a statement of intent and serves as an implicit agreement between the instructor and the student. Every effort will be made to avoid changing the course schedule but the possibility exists that unforeseen events will make syllabus changes necessary. Remember to check your ASU email and the course site often. Please also keep in mind that this document is an abbreviated version of the syllabus, and is subject to change. Be sure to access the syllabus in the course platform on day one of class to be sure you have all the information you need.

### Honors Enrichment Contracts:

Yes! These are available for this class. Please contact me via email as early as possible in the session if you would like to complete an Honors Enrichment Contract for this class.

### Statement Regarding Names and Pronouns in this course

It's important to me to use the name and pronouns you prefer. I recognize that the names included on course rosters do not always reflect the name you would like to use in our class. For some students, they choose to go by a nickname or shortened name. For other students, the name and/or gender marker on official documents does not match their gender. Further, I recognize that the name(s) and pronouns you use might vary depending on context.

Please send me an email if you would like to discuss your name and/or gender marker or pronoun. Our CAs and I will make a note of this and plan to use it. I encourage you to also reach out to me personally and let me know if there is a discrepancy between the course roster and the name I should use for you. I will do my best to use your chosen name and welcome you to remind me if I inadvertently forget. If you're not sure what to include, here's a template:

Subject: PSY341 \_ Your Name

Hi Dr. Tromp, I wanted to let you know that although my name listed on the class roster is \_\_\_\_\_, I go by \_\_\_\_\_ and use the pronouns (he/him/his; she/her/hers; they/them; etc).

Thank you. Your name.

ASU has [resources specific to trans students](#). These resources include information on changing your name (legally and what is displayed online) and gender markers. [You can learn how to change your pronouns in Canvas here \(Links to an external site.\)](#). You can also change your display name on Canvas in the same location as your pronouns.

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