



## I. Instructor and Course

- **Instructor Name:** Drew Mikita, LPC
- **CMC Email:** [amikita@coloradomtn.edu](mailto:amikita@coloradomtn.edu) (phone 970.333.9622 please share your name and class, and respect boundaries of time of day)
  - *At some points in the term, my inbox gets quite full, but I do want to hear from you. If you email me and don't hear back from me within three business days, please send a follow up email. I will appreciate the gentle reminder.*
- **CMC Office:** Office #151, Breckenridge Campus
- **Zoom Meeting Room Link:** <https://us06web.zoom.us/j/2883181932>
- **Office Hours/Student Drop-In Hours:**
  - 11-1 Breckenridge Campus
  - Before classes for 1 hour and after classes for 30 minutes (in classroom)

## Course Information

- **Course Code:** PSY2331
- **Credits:** 3
- **Semester:** Fall 2024
- **Location:** Breckenridge CMC
- **Meeting Days & Times:** Wednesday 6:15-8:15
- **Format:** Hybrid (In person and Online)
- **Start Date:** 8/21/24
- **End Date:** 12/24/24
- **Refund Date:** 9/5/24
- **Withdraw Date:** 11/11/24

## No Show Attendance Reporting

Colorado Mountain College faculty and staff want you to be successful in reaching your educational goals. This starts with attending all of your classes.

Never attended reporting dates for the current semester are available on the CMC Registrar's Office page. No Show Attendance Reporting is based on your attendance and engagement. If you never show up to class, you may be dropped from the course, and this may impact your financial aid. Go to the [No Show Attendance Reporting](#) webpage for more information. **The No Show Date for this Course is : 8/29/24**

## Required Course Materials

\*\*\*\*All course materials will be provided to students in class modules\*\*\*\* There is no text

For all courses that are included in the [Learning Materials Program](#), with the exception of some lab kits, all required physical and digital course materials are automatically provided to you by the all-inclusive [Learning Materials Program \(LMP\)](#) at a per credit fee. In order to receive these materials, students must verify their physical shipping address prior to the start of the semester. [Address can be verified by accessing the LMP website](#), failure to verify address will result in delayed delivery of materials. If you have any questions contact the LMP customer service team at 1-844-523-9056 or [submit a request](#) for expedited service.

What to do if you drop a course? If you have already received the book(s), or they have been shipped, you are responsible for retrieving/returning the books within 7 consecutive days of dropping the course. Holding onto provided materials for the entire term will result in extra LMP fees. Refer to our [instructions](#) on how to return your books. Digital books are automatically returned. **Please note:** All books, even workbooks, must be returned if you drop a class. At the conclusion of the semester, students are responsible for returning materials provided by the LMP on or before the 7<sup>th</sup> consecutive day when the course ends either to their local campus or by [generating a free shipping label through the LMP](#). Failure to return materials will result in late fees being assessed to your account.

## II. Course Description

*Focuses on human strengths rather than the traditional view of psychology that tends to focus on the worst of human nature. This course is designed to explore strengths-based research, concepts of happiness, helpfulness, and resiliency. The research and theories about human nature will go beyond simply not being mentally ill as a form of mental health, which will include optimism, post-traumatic growth, and how to increase emotional, psychological and social functioning. Overall, this course will be focused on understanding one's own sense of life satisfaction and how to further improve well-being. This is a statewide Guaranteed Transfer course in the GT-SS3 category.*

## III. Evaluation Methods

Student grades for the semester will be determined by the total number of points accumulated by the student divided by the total number of points possible. The final grade will be assigned on the HMS Program grading schedule below.

**Assignments:** This course entails several core assignments that will be completed throughout the semester. Any late assignments, excluding any assignments due on the last day, will receive 10% deduction in points each day that they are late including weekends and holidays. If you would like your content reviewed prior to submission, please meet with the professor in advance. Details of all assignments can be found in

Canvas under the Assignments tab. All assignments are due prior to the start of class on the assigned due date.

a.

2. **Attendance & Participation:** Attendance and participation are expected and necessary to pass this course. It is understood that any number of planned or unplanned factors may arise which make it impossible for you to attend class. For this reason, you have two total absences (school sanctioned or other) for which you will be allowed to make up any missed work with no penalties. This does not apply to assignments due on the final day of class. Make up work must be fully submitted prior to the next class you attend or no points will be awarded for the missed assignment/s. It is the student's responsibility to schedule any make-up work with the instructor. No Attendance or Participation points will be given for a class from which you are absent.

- a. It is expected that students come to class prepared with assigned content completed. Participation points will be rewarded based upon this as well as engagement in class activities.
- b. Other than extreme extenuating circumstances outside of your control, for which you must provide requested verifiable documentation to the instructor or a College Counselor, no additional absences or late work will be allowed.
- c. With any more absences, you will have missed too much class content and will automatically fail the course; no matter your overall grade. Remember that you may always submit assignments early. Please note: coming to class late or leaving early will be counted as a full absence.
- d. Participation points (10 points max) will be given weekly based on student's engagement and demonstration of understanding of the content. While all students will be encouraged to share and get outside their comfort zone, students will be given opportunities to engage in multiple ways for those who prefer not to speak up as much in class.

\*\* If you have circumstances in your life that are impacting your ability to successfully engage in this course, please reach out to me. I am happy to support you in whatever ways that I can and will be flexible as long as you communicate with me in advance.

- **Research, Reflect and Share**

- **(30 points, 5 for submitting link and 25 for sharing with the class)** Find a resource (podcast, article, video, book, interview, etc.) regarding a specific topic, you will submit the link in Canvas and then share what you learned with the class. When sharing with the class, give an overview of the resource, any significant information, relevant details, what you learned, how to apply this to life, etc. Check each research and share assigned in the modules for specific requirements as they may vary.

- **Reflections**

- **(25 Points Each, can vary though).** These reflections are on the subject matter for the week. These are generally either 1-2 paragraphs or a list. Please follow the specific directions for each reflection (points are

between 10-20 points per reflection). Video or written reflections are accepted. These reflections are listed in the weekly modules with their respective due dates. If you are going to submit something with google

- Positive Psychology Practice (100 Points)
  - **Part 1** of your Positive Psychology Practice you will be identifying your topic that you would like to incorporate into your life. You can select anything that will enhance or improve your mental, physical, emotional, or spiritual health, basically if it can improve your well-being in any way (and is safe and legal) it is a great choice! Select something you truly care about, are curious about, or that you just think will improve your quality of life. Be creative! Please submit the following:
    - 1. What is your topic? Define the practice and explain in one paragraph why you selected this topic.
    - 2. What are potential benefits that you see from incorporating this practice (list 3).
    - 3. What is one idea you have about how you can practice this?
  - **For Part 2** of your Positive Psychology Practice you will be identifying aspects of how and why you will you be incorporating this practice in your life.
    - Find 2-3 resources about your topic, this can be anything related to your topic including but not limited to:
      - An overview or explanation about your topic
      - An idea about how the topic is helpful for your well-being
      - Research or evidence for how and why this is a meaningful topic
      - Ways/tips for practicing
      - Stories of how this has been helpful for others
      - Anything related to this topic you selected
      - \*\*\*You will be sharing about one of these resources with the class\*\*\*
    - How do you plan to incorporate this into your life? You need to be doing at least 1-2 things a week for the remainder of the semester. What sorts of behaviors, mindsets, reflections, practices will you involve? Be specific on some of these practices, but also be willing to adapt as you learn how this practice influences you.
    - What road blocks or obstacles that you see getting in the way of you implementing this practice in your life?
    - How can you combat those road blocks or obstacles with good decisions, preparations, or attitudes can you adapt to help you thrive?
  - **Part 3** Answer the following about your journey on the Positive Psychology Practice:
    - **In one total paragraph review the entire process:**
      - How did it go?
      - What did you learn?
      - Did you notice any changes within yourself

- **In one paragraph, were you able to stick with your goal of how to practice?**
  - If yes, what did it look like? How did it feel? What changes did you
  - If no, what got in your way? How could you improve on this?
- **How would you like to incorporate this practice in your life going forward?**
- **Anything else you learned or want to share about this Psychology Project?**
- **\*\*\*YOU WILL BE SHARING BRIEFLY ABOUT HOW THIS WENT WITH THE CLASS FOR 10 OF THE 50 POINTS\*\*\***

Student grades for the semester will be determined by the total number of points accumulated by the student divided by the total number of points possible. The Final Grade will be assigned on the HMS Program grading schedule below:

<b>% of Total Points</b>	<b>Letter Grade</b>
93-100	A
90-92	A-
87-89	B+
83-86	B
80-82	B-
77-79	C+
73-76	C
70-72	C-
67-69	D+
63-66	D
60-62	D-
59 or less	Failed

#### **IV. CMC Libraries & Learning Commons**

I encourage you to reach out to the CMC librarians. They can support you with any research assignments and locate a variety of college level materials for you to use in your research projects in this class and others. Additionally, our library spaces often have quiet spaces for study and places you can access for online classes. As a CMC student you can borrow materials, devices—calculators, laptops and Wi-Fi hotspots—and request items through interlibrary loan. You can access the [library homepage](#) through Basecamp and in your Canvas space and find out more about the library.

Connect with the librarians by

- 24/7 [chat service](#),
- Email: [emclibraries@coloradomtn.edu](mailto:emclibraries@coloradomtn.edu)
- [Schedule an appointment](#)
- In-person at Rifle, Spring Valley, Glenwood Center, Edwards, Steamboat and Leadville

#### **V. Student Information and Support Services**

- A. **Accessibility and Accommodations:** CMC is committed to providing equitable access to our programs through reasonable accommodations for all qualified persons with disabilities. (e.g., psychological, learning, chronic or temporary health conditions). Accommodations are designed to minimize the impact of a disability and ensure access to programs for all students with disabilities. CMC professors and staff make every effort to provide reasonable and appropriate accommodations. To engage in a confidential conversation about the process for requesting reasonable accommodations in the classroom and clinical settings please contact [an Access Services Coordinator](#) at your campus or begin the accommodations request process through the confidential online portal [Accommodate](#). Early planning is essential, so please feel free to make any matters known as soon as possible.
- B. **Right to Know:** The College is required by law to share certain types of information with students. The [Right to Know webpage](#) includes information including disability services, complaint processes, policies and procedures, textbook information, registration, attendance and grading, graduation rates, and more. In addition, [Student Services](#) offers resources to promote your well-being and success. Take advantage of these programs and services, which include academic support and advising, access and disability services, career services, veterans' benefits, housing, orientations, food and nutrition support, and financial aid. Reach out and find support at [CMC Counseling Services](#), [You@CMC](#), and [Colorado Crisis Services](#).
- C. **Students Rights and Responsibilities:** The [CMC Student Handbook](#) outlines the expectations for student conduct as well as the college's academic policies and expectations. This includes expectations for appropriate use of technology, students' rights and responsibilities within and outside of the classroom, and academic policies and requirements. Classroom behavior that disrupts the teaching and learning environment is unacceptable.
- D. **Notice of Nondiscrimination:** Equal Opportunity Colorado Mountain College is an equal opportunity educational institution and does not unlawfully discriminate on the basis of race, color, national origin, sex, or disability in admission or access to, or treatment or employment in, its educational programs or activities. Inquiries concerning Title VI, Title IX, Section 504 and ADA may be referred to Chief Student Services Officer, 802 Grand Avenue, Glenwood Springs, CO 81601, 970-945-8691, or to the Office for Civil Rights, U.S. Department of Education, Region VIII, Federal Office Building, 1244 North Speer Blvd., Suite 310, Denver, CO 80204 303-844-2991.
- E. **Right to Privacy:** Colorado Mountain College continues to encourage and foster a vibrant academic community, whether remote or in person. We are committed to respecting the privacy rights of all participants in the classroom environment and promoting the highest standards of academic integrity. Sharing course content outside of the course may have a chilling effect on classroom discussion and interfere with the educational process. Students may not record, photograph, screenshot, share, reproduce or re-distribute any class activity without written permission from the instructor, except as necessary as part of approved accommodation discussed below. Additionally, CMC discourages non-students from listening to courses in the event student personal identifying

information is revealed during the course. Students in all modalities are equally held to the academic standards set forth in the Colorado Mountain College Student Handbook. Some students may require reasonable accommodation under the Americans with Disabilities Act and Amendments Act that would allow them to record, photograph, screenshot or reproduce some course content, including video, audio, or other content. Students with disabilities should contact CMC's Access, Inclusion & Disability Coordinator about receiving these reasonable accommodations. More information can be found at [Access, Inclusion & Disability Services](#).

## VI. Student Learning Outcomes, Competencies, and Skills

**Outcome 1:** Develop an understanding of the fundamental differences between the traditional view of psychology and how the field of positive psychology challenges as well as integrates that view.

**Outcome 2:** Examine and evaluate the current research and theoretical basis for the concepts behind positive psychology.

**Outcome 3:** Develop an understanding of what factors contribute to resiliency.

**Outcome 4:** Identify the multiple dimensions of happiness and be able to apply those concepts to his/her life.

**Outcome 5:** Identify, describe, and apply the core concepts of positive psychology.

**Outcome 6:** Identify the knowledge and skills to implement any strengths-based concepts that are relevant in his/her lives.

## VII. Class Management and Culture

This course is part of the college wide Human Services degree program and as such shares consistent class management and culture standards with all other HMS, PSY, and CSL courses.

- A. I am committed to creating a learning environment where diverse perspectives are recognized and valued as a source of strength. I require that all students work with me to create a class culture based on open communication, mutual respect, and inclusion. As a class we will approach all discussions with respect and civility. Disagreements and debates in academic discourse are expected and welcome, but personal attacks are never okay, and will not be tolerated. I strive to ensure an open and welcoming classroom for all students. If I ever miss the mark, please don't hesitate to come and talk to me. We are all learning together.
  - a. Given the nature of topics covered in this course, it is essential that we have a safe class where everyone feels free to share their values, beliefs, and ideas. Students must show respect for the instructor, each other, speakers/presenters, and the course content both inside and outside of the class. Disagreements and debates in academic discourse are expected and welcome, but personal attacks are never OK, and will not be tolerated.



- b. \* Many students face obstacles to their education as a result of work or family obligations or unforeseen personal difficulties. If you are experiencing challenges throughout the term that are impacting your ability to succeed in this course, or in your undergraduate career more broadly, please reach out to me immediately so that we can work together to form a plan for your academic success
- B. No late assignments will be accepted without pre-approval by the instructor. Even if an assignment does not auto-close, Canvas will automatically time and date stamp all submitted work and no points will be given for late assignments. It is to your benefit to submit assignments at least 24 hours before they are due to allow for delays caused by possible technical difficulties. Do not trust the internet to be working at the last minute.
  - a. For this course, the instructor will allow some credit for late submissions with prior communication from the student. Late assignments will receive 10% deduction in points each day that they are late including weekends and holidays. There will be no opportunity to submit assignments late that are due on the last day of class.
- C. Participation is essential. When you are in class, please be fully present and respectful of both your and other's time.
- D. The instructor will work to ensure that grades and feedback are provided within one week of on-time assignment submission. Make up work will be graded at the instructor's convenience.
- E. The instructor will work to respond to student communications within two business days. Students are encouraged to thoroughly review the syllabus, course information, and assignment descriptions for answers to common questions before contacting the instructor.
  - a. If you email the instructor and don't hear back within two business days, please send a follow up email. Gentle reminders are always appreciated.
- F. A student judged to have engaged in academic misconduct as defined in the "Academic Policies and Requirements" section of the Colorado Mountain College Student Handbook will, at a minimum, receive a "zero" for the work in question with no opportunity for resubmission. The student may also be removed from the class, resulting in a failing grade, or suspended/expelled from CMC. All student course material may be submitted to turnitin.com (or other anti-plagiarism programs) at the instructor's discretion.
  - a. There are several forms of academic dishonesty of which you should be aware:
    - i. **FABRICATION:** falsification, manipulation, invention, or misrepresentation of information.
    - ii. **PLAGIARISM:** the presentation of another's works, words or ideas as if they were one's own. This includes the work of Artificial Intelligence programs such as Chat GPT. Any use of AI as an academic source or writing tool must be cited.
    - iii. **MULTIPLE SUBMISSIONS:** resubmission of a work that has already received credit with identical or similar content in another course without the consent of both instructors unless otherwise approved by both instructors.



- G. No cell phones or other distractions are allowed during class. If you are distracted from class, you may lose all attendance and participation points for that class and/or may be asked to leave class entirely (Resulting in one absence with no opportunity to make up missed work).
- H. This course will include subject matter intended for mature audiences only. By remaining enrolled in this class, you acknowledge you may be exposed to graphic and/or disturbing content; even if you are under the age of 18. Please notify the instructor if you do not feel comfortable with the course content being covered to discuss your status in the course.
- I. The instructor may alter this syllabus during the semester as the learning environment requires. Students will be notified of changes in advance.
- J. For classes that include livestream instruction, please keep the following guidelines in mind:
- o Participation: Please ensure you are fully present for each livestream class. Driving, shopping, working, exercising... or any other distracted behavior while in a livestream class is disrespectful to the instructor and may be dangerous for you.
    - Distracted students will be removed from the livestream class and counted as a full absence.
  - o Connection: You will need to have access to a reliable and stable internet connection for the entirety of each livestream class.
  - o Sound/Headphones: You are expected to have working speakers/headphones to actively participate during each livestream class.
    - Conversations in this course may include content that requires confidentiality and privacy or may include subject matter intended for mature audiences only. Please make sure to use headphones or move to a private room to ensure others cannot hear the content of the class.
  - o Camera: Due to the face-to-face requirements of this degree, you are expected to have a working camera that needs to be on and sharing during each livestream class.
    - When your camera is on, be conscious of what you are allowing everyone to see in your background or use the virtual background option.
    - Ensure your background/virtual background is appropriate for public viewing.
  - o Microphone: You are expected to have a working microphone to actively participate during each livestream class.
    - Out of respect for everyone in the class, please mute your microphone except when you are talking.
  - o Chat: The chat option is a good way of showing both engagement and participation, and its thoughtful use is encouraged in this class. Please be respectful to all members of the class in the chat.
  - o Screen Grabbing / Pictures / Recording / Distributing: You may not take screen shots, pictures, recordings, or distribute any part of this course.

Screen grabbing, copying, recording, taking pictures, or distributing any class content or information, including your classmates, instructor, guest speakers, assignments, or anything else from this course is strictly prohibited. If discovered, it will result in your dismissal from the course with a failing grade and a possible code of conduct violation which may result in your dismissal from CMC.

## VIII. Tentative Course Schedule

*This schedule is subject to change at any time, depending on instructor evaluation of student skills/understanding/knowledge. The instructor will communicate changes to the schedule as needed. \*CHECK MODULES FOR THE UP TO DATE COURSE SCHEDULE\**

### Introduction to positive psychology

1. Traditional view vs. positive view
2. Goals of positive psychology
3. Basic definitions

### Meaning of happiness

4. Subjective well being
5. Eudaimonic happiness
6. Measuring happiness

### Positive emotions

7. Broaden and build theory
8. Success and flourishing
9. Social locators and happiness
10. Gender
11. Race
12. Marriage
13. Education
14. Religion
15. Money and culture
16. Cross cultural research
17. "Paradox of affluence"
18. Cultural ideas of happiness

## Personal Goals

19. Universal human motives
20. Goals contributing to happiness
21. Goal conflict
22. Materialism

## Self-regulation and control

23. Following through on personal goals
24. Making self-regulation effective
25. Irresistible impulses

## Resilience

26. Various perspectives
27. Sources of resilience
28. Post traumatic growth

## Positive traits

29. Emotions and displays of emotions
30. Positive beliefs
31. Optimism
32. Virtue
33. Wisdom
34. Mindfulness

## Satisfying relationships

35. Importance of humor
36. Kinds of love
37. Happy relationships