



**University of International Business and Economics  
International Summer Session**

**PSY 210: Positive Psychology**

**Term: May 24-June 24, 2021**

**Instructor: Dr. Edward C. Chang, Professor of Psychology**

**Home Institution: University of Michigan – Ann Arbor**

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**Class Hours: Monday through Thursday, 120 minutes each day (2,400 minutes in total)**

**Office hours: TBD**

**Discussion Session: 2 hours each week**

**Total Contact Hours: 64 contact hours (45 minutes each, 48 hours in total)**

**Credit: 4 units**

**Teaching Assistant: TBD**

**Course Description:**

Positive psychology entails the scientific study of behavior, broadly defined, that is ultimately focused on cultivating good living and mitigating bad living. As we shall quickly see, how we understand and study human behavior from a positive psychology perspective will often depend on the theoretical framework used. Hence, a key goal of this course is to guide students toward a broad and critical understanding of positive psychology from a number of different perspectives, involving a focus on both positive and negative health. We will accomplish this by exploring, evaluating, and discussing various strengths and weaknesses of different perspectives for understanding behavior based on the theoretical and empirical literature. Films may be used to help reinforce ideas and issues presented in the lectures and in the readings. This is a lecture class only. Students are expected to attend all lectures and participate in class discussions and activities.

**Course Goals:**

A student who satisfactorily completes this course should:

Successful performance in this class will include learning about positive psychology at four levels. First, you will need to learn the language of positive psychology, the definitions and uses of technical terms. Second, you will need to understand how individual ideas are combined into concepts and theories. Third, you will learn how psychologists gather information to develop and test their theories. Fourth, you will learn that not all psychologists agree on important psychological problems and you will begin to critically explore, compare, and evaluate diverse perspectives.



### Required Text:

Harrington, R. (2013). *Stress, Health & Well-Being* (1<sup>st</sup> ed.). Belmont, CA: Wadsworth. ISBN: 978-1-111-83161-5.

### Grading Policy:

UIBE awards grades of A, A-, B+, B, B-, C+, C, D, and F. Most colleges and universities do not award transfer credit for grades of D or F.

In this course, grading will be based on the following:

**EXAMS:** There will be two exams. Each of the exams will contain 75 multiple-choice questions (2 points each). In general, exams will not be comprehensive. Each exam will only cover the lectures and readings for that range of dates. Approximately 60%-70% of each exam will be based on information presented in class, including any films watched, the remainder will be based on assigned chapters from the textbook (even if the textbook material is not discussed in lecture). All of the exams are required. If you miss an exam, then you should try to contact me immediately.

**IN-CLASS ASSIGNMENTS:** There will be five in-class writing assignments during the term. These assignments will include a list of terms that you are to define and submit to the TA. You may use your book to assist you in writing your response. Each written assignment will be worth a maximum of 10 points, for a total of 50 points for all 5 assignments. If you do not provide your response to the assignment as instructed and on time, you will receive zero points.

**FINAL COURSE GRADES:** Your final grade is based on the total number of points you earn on each of the two exams (total possible exam points = 300) ) and five in-class assignments (total possible points = 50).

The following grading scale will be applied:

**Grading:**     **A- to A** = 298 points and above  
                  **B- to B+** = 263 to 297 points  
                  **C- to C+** = 224 to 262 points  
                  **D** = 210 to 223 points  
                  **F** = 209 points and below

### Class Rules:

Academic dishonesty is not tolerated. Students caught cheating will receive an F for that test and will be in jeopardy of failing the course.

No electronic devices are allowed for use in the classroom at any time.

Sleeping in class is inappropriate personal conduct and unacceptable behavior that will result in an unexcused absence.

At least one break will be given during each class period. Unless you have an emergency, please limit your departure from class to the allotted breaks.

The syllabus may be subject to change to respond to the needs of the class or to unforeseen circumstances.

Students should expect to spend two hours outside of each class session; readings in the textbook must be completed prior to the corresponding class meeting.

NO MAKE-UP TESTS OR EXAMS WILL BE GIVEN.

### **Attendance Policy:**

Summer school is very intense and to be successful, students need to attend every session. If a student must miss class, a doctor's note is required for the absence to be excused. There are no unexcused absences.

### **Course Schedules:**

The planned schedule sketched out below may be modified to suit the interests or abilities of the enrolled students or to take advantage of special opportunities or events that may arise during the term. The sequence of classes are organized based on a sequence of **topics** across days, rather than based on a schedule of specific days. However, please note the specific dates for "in-class" assignments and exams. That means that all lectures and readings should be completed **before** these special days.

#### **WEEK ONE (May 24 – May 27):**

- Welcome! Overview of Class
- Introduction to Major Paradigms: Psychodynamic, Humanistic/Existential, Behavioral, Cognitive, Sociocultural, and Biological Perspectives
- Stress and Health (**read Chapter 1**)
- Positive Psychology (**read Chapter 2**)
- Stress and the Nervous System (**read Chapter 3**)

**May 27, Thursday** – 2 hour "in-class" assignment

#### **WEEK TWO (May 31 – June 3):**

- Stress and Illness (**read Chapter 4**)
  - Stress and Health Conditions (**read Chapter 5**)
  - Personality and Stress (**read Chapter 6**)
- June 2, Wednesday** – 2 hour "in-class" assignment due
- **June 3, Thursday - MIDTERM EXAM**

#### **WEEK THREE (June 7 – June 10)**

- Anxiety, Anger, and Depression (**read Chapter 7**)

- Interpersonal Stress (**read Chapter 8**)
- Cognitive Behavioral Approaches (**read Chapter 10**)

**June 9, Thursday** – 2 hour “in-class” assignment

**WEEK FOUR (June 14 – June 17)**

- Physical Activity and Exercise (**read Chapter 11**)
- Nutrition (**read Chapter 12**)
- Self-Regulation and Relaxation (**read Chapter 13**)

**June 16, Thursday** – 2 hour “in-class” assignment

**WEEK FIVE (June 21 – June 24):**

- Meditation, Yoga, and Biofeedback (**read Chapter 14**)
- Guidelines for Stress Management and Well-Being (**read Chapter 15**)

**June 23, Wednesday** – 2 hour “in-class” assignment

- **June 24, Thursday** – **FINAL EXAM**

**Academic Honesty:**

1. Please attend all classes and be respectful to your instructor and classmates. We live in a global community and it is useful to appreciate and value the diversity of views around us.
2. Personal conversations during class are not only rude but often are disruptive to others trying to learn. Please confine your socializing to before and after class.
3. Make sure to turn off all cellular phones and all electronic devices, including laptops, during class time.
4. Don't cheat! Cheating on an exam will result in a failing grade for the exam, and possibly a failing grade for the course. Do not plagiarize (i.e., take credit for another person's writing or work). Please make sure that you attribute words or ideas to appropriate sources by citing them in your paper. Anyone producing a paper found to include plagiarized content will receive a zero for the paper, as well as an immediate failing grade for the course.
5. In general, you must be a registered student to attend this class.
6. Lecture notes and materials used in class will not be made available to students. If you are absent for any reason, consider kindly asking a fellow student for his or her assistance.
7. You should seek help from me as soon as you begin having difficulty with the course. If your first test grade is not as good as you wanted or expected, make an appointment with me immediately, or see me during office hours. Don't wait until the end of the semester to ask for help –do it early.
8. Note, some of the materials presented in class (e.g., in films shown in class) may involve images of a mature nature. If you think this may be a problem for you, you must inform me immediately.

9. The contents of this syllabus should be viewed as a working plan for the semester. Unforeseen circumstances during the term may necessitate some changes in this syllabus. Changes will be announced in class, and it is your responsibility to take note of them by regularly attending.

#### **Online Possibility:**

**Due to the on-going pandemic, there is a possibility that in-person courses are changed to online ones. UIBE ISS will notify the students once the decision has been made.**

If the in-person courses are to be changed to online courses, we will make a few adjustments: Prerecorded lectures by topic will be provided one week in advance to support your reading of the textbook. Please use the full 2 hours for each class to review the lecture materials carefully until you understand all of the concepts. It is expected that students will follow the topic schedule indicated in the syllabus to review all lectures to be covered during each week to ensure that they are prepared for scheduled exams. Because the lectures vary in length based on the different topics, it is recommended that students try to review the lectures in advance to ensure that they are keeping up with the topics and are best prepared for the mid-term exam and final exam. If you have additional time, then you should always use that time to review past lectures and make full use of the 2 hours allocated per class day.

Academic dishonesty is not tolerated. Students caught cheating will receive an F for that test and will be in jeopardy of failing the course.

Students should expect to spend two hours outside of each class session; readings in the textbook must be completed prior to the corresponding class meeting.

**NO MAKE-UP TESTS OR EXAMS WILL BE GIVEN.** Exams will be timed (50 minutes) and will not be open book.