

Anoka-Ramsey Community College

PSYC 1145: Positive Psychology: The Study of Happiness and Well-Being

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: Goal 05 - Hist/Soc/Behav Sci

(MnTC Goal 5)

What is well-being, who experiences it, and which practices best foster it? Positive psychology attempts to answer these questions through the scientific investigation of happiness. This course will introduce you to theoretical concepts and scientific research regarding happiness and psychological well-being. You will examine human behaviors that contribute to psychological well-being through topics such as hardiness, hope, flow, meaning, optimism, and resiliency.

B. COURSE EFFECTIVE DATES: 05/05/2014 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Introduction to positive psychology
 - a. What is positive psychology?
 - b. Why is positive psychology needed within the field?
2. Cultural/historical overview of happiness
3. Introduction to research methods
4. Positive emotions
 - a. What does it mean to be happy?
 - b. Emotional correlates of happiness
5. Cognitive correlates of happiness
 - a. Optimism
 - b. Gratitude
 - c. Mindfulness
 - d. Meditation
6. Behaviors that promote well-being
 - a. Altruism
 - b. Finding flow
 - c. Exercise and nutrition
7. The role of relationships
 - a. Love
 - b. Family
 - c. Communities
8. The role of institutions
 - a. Work
 - b. School
 - c. Religion
9. Future directions

D. LEARNING OUTCOMES (General)

1. Explain the scope and aim of positive psychology and place it in its historical context within the field of psychology
2. Discuss how the definition of happiness has varied across cultures and historical periods
3. Demonstrate an understanding of the dimensions of subjective well-being and its application to the student's own life
4. Discuss research that supports the principles, strategies, and skills of positive psychology
5. Demonstrate an understanding of the key theories and terminology in the field of positive psychology
6. Demonstrate the ability to distinguish between science and intuition on a topic about which most people have a strong intuitive bias
7. Identify the attitudes, traits, and behaviors correlated with happiness
8. Identify ways in which relationships and social institutions can contribute to (or interfere with) the experience of happiness

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

Goal 05 - Hist/Soc/Behav Sci

1. Employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
2. Examine social institutions and processes across a range of historical periods and cultures.
3. Use and critique alternative explanatory systems or theories.
4. Develop and communicate alternative explanations or solutions for contemporary social issues.

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted