

Minnesota State College Southeast

PSYC 2522: Positive Psychology

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites:

This course requires either of these prerequisites

PSYC 1110 - Introduction to Psychology

PSYC 2510 - General Psychology

Corequisites: None

MnTC Goals: Goal 05 - Hist/Soc/Behav Sci, Goal 09 - Ethical/Civic Resp

This course explores theories and research on positive human qualities and strengths, and how to utilize these for personal and community well-being. The interaction of psychological, sociological, and biological factors that shape well-being are discussed. The information in this course will be applied toward life areas such as work, leisure, relationships, health, and society. (MnTC Goals 5 and 9) (Prerequisite: PSYC1110 General Psychology) (3 credits: 3 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 05/18/2016 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Positive emotion, motivation, spirituality, personality, and well-being at all ages
2. Psychosocial and biological factors
3. Physical and psychological health
4. Healthy work, leisure, and cultural activities
5. Positive relationships

D. LEARNING OUTCOMES (General)

1. Define positive psychology and its scope, history, and major themes
2. Describe the components of emotion, theories of motivation, and positive personality traits as they relate to prediction and measurement of subjective and general happiness and well-being
3. Demonstrate understanding of the concept of flow in work and leisure activities
4. Understand the various types of love, and the psychological and sociocultural factors that contribute to stable, satisfying relationships and family life
5. Examine the psychosocial factors that influence and are influenced by physical health, such as positive coping techniques, humor, social support, meditation, music, and spirituality
6. Describe the personal characteristics that contribute to maximizing one's potential and creativity
7. Communicate theories of well-being across the lifespan, particularly in terms of resilience in children and adults
8. Discuss the elements of positive workplaces, schools, communities, and cultures that promote psychological health

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.

Goal 09 - Ethical/Civic Resp

1. Examine, articulate, and apply their own ethical views.
2. Understand and apply core concepts (e.g. politics, rights and obligations, justice, liberty) to specific issues.
3. Analyze and reflect on the ethical dimensions of legal, social, and scientific issues.

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted