Course Title:
Positive Psychology

Course Number:
HR 5113-108

Course Description
Positive psychology is the scientific study of optimum human functioning. Its goal is to identify and enhance the human strengths and virtues that make life worth living (“The good life”) and allow individuals and communities to thrive.

This course will provide a graduate level introduction to the evolving field of positive psychology. It is designed to explore the concepts, research behind the concepts, techniques, and application that enhance optimum functioning. The format of the course will be didactic, experiential, and interactive.

Course Information
Dates: October 23-25 & 30-November 1, 2015
Location: OCCE, Norman, Oklahoma. Classes are held at the Thurman White Forum Building of OCCE, 1704 Asp Avenue.
Hours: Fri 5:30-9:30 p.m.; Sat 8:30 a.m.-4:30 p.m.; Sun 1:00-5:00 p.m.
Last day to enroll or drop without penalty: September 24, 2015

Site Director:
Bethany Neubauer. Assistant: Carmen Weeks. Phone: 405-325-1263; Fax: 405-325-9148; email: apnorman@ou.edu

Professor Contact Information:
Course Professor: Chan M. Hellman, PhD
Mailing Address: Department of Human Relations, 4502 East 41st Street
Tulsa, Ok 74135
Telephone Number: 918-660-3484
E-mail Address: chellman@ou.edu
Professor availability: The professor will be available via e-mail to students before and after the class sessions. On-site office hours are half an hour before and after each class session, by appointment.

Textbook(s) and Instructional Materials:
Materials posted on EBSCO: Access EBSCO on the OU libraries website; enter your OU NetID and password, select Databases, click on E, then select EBSCO. Please contact your local Site Director if you require assistance.
Course Objectives:
The student will be able to:

1. Understand the aim and scope of positive psychology.
2. Understand the distinction between positive psychology principles and other theoretical principles of psychology.
3. Develop an understanding of the dimensions of subjective well-being and the application to the human condition.
4. Comprehend the empirical base that supports the principles, strategies, and skills of positive psychology.
5. Understand the application of positive psychology in applied settings.

Course Outline/Readings:

October 23: This will be a class discussion led by the instructor.

October 24 (Morning Session): Positive Psychology


October 24 (Afternoon Session): Comparing Positive Psychology to Humanistic Psychology.


October 25: Happiness


October 30: Forgiveness/Empathy

October 30 (Morning Session): Hope Theory

October 30: (Afternoon Session): Class Presentation on Gratitude exercise.

November 1: Oral Presentation of Research Paper.

Assignments, Grading and Due Dates:

Assigned Readings:
This course is based upon your interpretation of scholarly articles that you are required to read prior to class (See Course Outline/Readings for article listing). All articles are electronically available via OU Library literature search (ebsco host). You will also be encouraged to select readings that are not listed on the topic to be discussed. This can be of any source, medium of your choosing that you should be prepared to discuss.

Discussion Leadership (50 points):
Part of the class discussions will use a world café approach (to be explained in class). Each student will facilitate a small group discussion on the topic covered in the readings.

Gratitude Exercise (50 points):
This will be introduced in Class.

Research Paper (50 points):
Select an area or concept of positive psychology and research the topic. This paper needs to be seven to 10 pages in length. Additionally, you will be required to have 10 references not listed in the readings. Format: APA format, Cover page, Abstract, Introduction (definition, theoretical framework), significance of topic (this is from your literature review), Application to Practice, conclusion, reference page.
Oral Presentation (50 points):
Each student will present their research paper in class. Format to be discussed. Presentation will take place on the final day of class.

Grading:
This is a letter-graded course: A, B, C, D, or F. Each student will receive a grade according to the following point scale:

90%+ = A; 80%-89% = B; 70% to 79% = C; 60% to 69% = D; Below 60% = F

Notice: Failure to meet assignment due dates could result in a grade of I (Incomplete) and may adversely impact Tuition Assistance and/or Financial Aid.
POLICIES AND NOTICES

Attendance/Grade Policy

Attendance and participation in interaction, individual assignments, group exercises, simulations, role playing, etc. are valuable aspects of any course because much of the learning comes from discussions in class with other students. It is expected that you attend all classes and be on time except for excused emergencies.

Excused absences are given for professor mandated activities or legally required activities such as emergencies or military assignments. It is the policy of the University to excuse absences of students that result from religious observances and to provide without penalty for the rescheduling of examinations and additional required class work that may fall on religious holidays. Unavoidable personal emergencies, including (but not limited to) serious illness; delays in getting to class because of accidents, etc.; deaths and funerals, and hazardous road conditions will be excused.

If you are obtaining financial assistance (TA, STAP, FA, VA, Scholarship, etc.) to pay all or part of your tuition cost, you must follow your funding agency/institution’s policy regarding “I” (Incomplete) grades unless the timeline is longer than what the University policy allows then you must adhere to the University policy. Students who receive Financial Aid must resolve/complete any “I” (Incomplete) grades by the end of the term or he/she may be placed on “financial aid probation.” If the “I” grade is not resolved/completed by the end of the following term, the student’s Financial Aid may be suspended make the student ineligible for further Financial Aid.

Students are responsible for meeting the guidelines of Tuition Assistance and Veterans Assistance. See the education counselor at your local education center for a complete description of your TA or VA requirements.

Academic Integrity and Student Conduct

Academic integrity means honesty and responsibility in scholarship. Academic assignments exist to help students learn; grades exist to show how fully this goal is attained. Therefore all work and all grades should result from the student's own understanding and effort.

Academic misconduct is any act which improperly affects the evaluation of a student’s academic performance or achievement. Misconduct occurs when the student either knows or reasonably should know that the act constitutes misconduct. Academic misconduct includes: cheating and using unauthorized materials on examinations and other assignments; improper collaboration, submitting the same assignment for different classes (self-plagiarism); fabrication, forgery, alteration of documents, lying, etc…in order to obtain an academic advantage; assisting others in academic misconduct; attempting to commit academic misconduct; destruction of property, hacking, etc…; intimidation and interference with integrity process; and plagiarism. All students should review the Student’s Guide to Academic Integrity at http://integrity.ou.edu/students_guide.html

Students and faculty each have responsibility for maintaining an appropriate learning environment. All students should review policies regarding student conduct at http://studentconduct.ou.edu/

Accommodation Statement

The University of Oklahoma is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your local OU Site Director.

Course Policies

Advanced Programs policy is to order books in paperback if available. Courses, dates, and professors are subject to change. Please check with your OU Site Director. Students should retain a copy of any assignments that are mailed to the professor for the course. Advanced Programs does not provide duplicating services or office supplies.

Any and all course materials, syllabus, lessons, lectures, etc. are the property of professor teaching the course and the Board of Regents of the University of Oklahoma and are protected under applicable copyright.

For more information about Advanced Programs, visit our website at: http://www.goou.ou.edu/
INSTRUCTOR VITA
Chan Hellman, Ph.D

Education

- 1988 B.S., Psychology, Northwestern Oklahoma State University.

Current Positions

- Associate Professor – Department of Human Relations, The University of Oklahoma.
- Advanced Programs professor since 2005

Frequently Taught Advanced Programs Courses

- Research in Human Relations
- Organizational Assessment
- Leadership in Organizations
- Non-profit Organization
- Grant Writing

Major Areas of Teaching and Research Interest

Chan is the founding director of the OU-Tulsa Center of Applied Research for Nonprofit Organizations. The Center of Applied Research for Nonprofit Organizations seeks to create and maintain a culture of inquiry through conducting original research on nonprofit agencies’ impact on the quality of life among all citizens. The hallmark of scholarship is the capacity to contribute new knowledge in a specific area. Since its inception in 2005, faculty working with the Center has generated nearly $750,000 in external funding. Faculty and students working with the Center have published 20 peer-reviewed journal articles and presented more than 50 papers at national scholarly conferences. Finally, the Center has provided support to four PhD dissertations and five master’s theses. The research generated from the Center has helped nonprofit organizations implement policy change and, improved strategic planning, fundraising capacity and client well-being.

Representative Publications and Presentations