

**Psychology of Wellness
Psychology 51
Fall 2022**

Online (with Live Zoom Lecture/Discussion & Practices Tuesday/Thursday 12:30-1:20pm)
CRN #: 26467
Section # 01Z

Instructor: Shannon Hassett

Online Office Hours (through Zoom): Tuesday/Thursday 10:20am-11:10am & 1:30pm-2:20pm. You must sign up for an appointment (15-minute increments) in advance (by the time the office hour begins) on Canvas under the Calendar link on the left. We will meet on Zoom in my meeting room (found in the Calendar as well the Zoom link) during the time you reserved.

E-mail address: hassettshannon@deanza.edu or e-mail me through the Canvas site; both go to the same e-mail account (you can expect me to respond within 72 hours Monday-Thursday; if you e-mail me over the weekend, you can expect a response by Tuesday; I *do not* check e-mail after 6pm or on holidays). ***Be sure to include in the subject line the course you are in and your name (otherwise your e-mail will automatically be deleted).*** I do not check the comment sections of assignments, so if you would like a response from me, please e-mail me directly (even if you are replying to comment I have made).

****Please note:** office hours are for course related questions and other academic-related matters **ONLY**. Any personal matters will be referred to the proper resources (such as [psychological services](#)). I am *not* a mental health provider (but am happy to provide you with resources).

Recommended Text: Burke, Adam (2016). *Learning Life: The Path to Academic Success and Personal Happiness*, (2nd Ed). San Francisco, CA: Rainor Media.

Advisory: EWRT 1A or EWRT 1AH or ESL 5; Psych1

Course Description:

This course explores the research, related concepts, factors and practices that contribute to overall health and wellness. It emphasizes holism: the physical, intellectual, emotional, social and spiritual components of wellness. It is interdisciplinary in nature drawing on source materials from positive, cross-cultural, clinical and health psychology, holistic health and neuroscience. The course will entail academic, experiential and interactive learning and requires students to actively engage in course material through reading, writing, participating in class and home practices and applying methods for improving well-being into their daily lives.

Student Learning Outcome Statements (SLO)

- **Student Learning Outcome:** Understand and describe the basis of positive psychology.
- **Student Learning Outcome:** Demonstrate understanding of holistic approaches to health and wellness.
- **Student Learning Outcome:** Understand and apply models of health promotion to facilitate behavioral change.

Canvas Student Guide: <https://deanza.instructure.com/courses/272>

Technical Support: De Anza Online Education Center

Monday-Thursday 8:30am-5:00pm, Friday 8:30-4:00pm
(408) 864-8969; onlineeducation@deanza.edu; Contact Tech Support by Opening a Ticket in the Canvas Help Menu

After Hours Only

You can contact Canvas Support when our Online Education Center is closed, including weekends: Visit Canvas Chat in the Canvas Help Menu

Canvas Technical Requirements:

Canvas supports the current and first previous major releases of the following browsers:

- **Chrome** 75 and 76
- **Firefox** 67 and 68 ([Extended Releases](#) are not supported)
- **Edge** 44 (*Windows only*)
- **Respondus Lockdown Browser** (supporting the latest [system requirements](#))
- **Safari** 11 and 12 (*Macintosh only*)

Zoom Information:

<https://ccctechconnect.zendesk.com/hc/en-us/articles/360009517753-Overview-of-ConferZoom-in-Canvas>

Course Format:

This class is discussion and experientially based. I will be holding Live Zoom classes on Tuesday/Thursday from 12:30-1:20pm. You ***are not*** required to attend, but I ***highly recommend*** that you attend if you are able to. All classes will be recorded and posted on Canvas (under the “Optional Module” for that week). The recorded lectures can take a day or two to get posted. There will be weekly notes/power point slides, discussions, videos and assignments on Canvas.

Zoom Recording Disclosure:

Zoom class sessions will be recorded and will be made available for registered students only. They may be used for future online classes for student use. If you are not comfortable with this, please make sure that you have your video off.

Basic Instructions for all turned in work:

All work will be completed online. There will be bi-weekly assignments due each week (except for the first 2 weeks which will only have Sunday due dates): **Wednesday & Sunday at 11:59pm**. **Note: the final assignments will be due on Tuesday, December 13th 11:59pm. Please make sure that you follow directions (*journal entries & the wellness project need to be submitted as part of a working document*)**. Assignment due dates are posted on the last pages of the syllabus as well as online. Any work turned in after the deadline will automatically be deducted by 15% per day (with the exception of the first week assignment-if this isn't completed, you will be dropped and the final assignments must be turned in by the due date). Assignments due Sundays will only be available through Tuesday 11:59pm. Assignments due Wednesdays will only be available through Friday 11:59pm. I *do not* accept late work beyond these days (unless there are extenuating circumstances, such as a hospitalization or death of a loved one); you need to provide documentation. You can expect work to be graded within three weeks.

Please note: Once the due dates for assignments have passed, you will not have access to them or be able to submit them (with the exception of the late policy stated above).

Performance Evaluations:

- 1) **Syllabus Quiz (5 points):** it is required and **you will not be able to access other material until it is completed**). You will have unlimited attempts.
- 2) **Logs (50 points total):** you will complete 10 logs that track your experiences with the wellness practices. Each one is worth 5 points.
- 3) **Wellness Assignments (90 points total):** there will be three wellness-promoting assignments. Details will be posted on Canvas.
- 4) **Process Journal (15 points total):** there will be a process journal to track your experiences with course material, your teams and practices. It will be submitted in Weeks 3, 7 & 11 (3 total). They will be submitted as part of **one document**. Each entry will be worth 5 points. Guidelines are posted online (**be sure to read and follow them**). If you prefer to keep a handwritten journal, you will need to take pictures of your entries and upload them to Canvas (your writing needs to be legible).
- 5) **Wellness Project (50 points total):** there will be a class project on your personal health and wellness promotion. Guidelines are posted online and will be discussed in Zoom classes (see the schedule for details). **Each part of the project will be submitted as part of one document.**
- 6) **Discussion/forum posts (20 points total):** since we're inundated with "bad news" and our brains are wired to be biased towards negative events, these discussion/forum posts will be an opportunity to celebrate positive experiences/events that we will celebrate with our class (empathic joy). This is not to minimize stressful/horrible events/experiences but an exercise that can teach us to look for the good even on the most of horrible days (glimpses of joy). Some examples include: a picture you took, a joke that made you laugh (needs to be 4th grade level in appropriateness), a video you found amusing, a short story describing an experience/event you had (3 sentences), your own artwork/creative work, a great recipe. If your submission is not obvious,

please include a description. The due dates are on the schedule and check off list. There will be 5 posts, each worth 4 points. You are encouraged to comment on others' posts.

- 7) **Group Assignments (70 points total):** you will be randomly assigned to teams of 8 members for the quarter. You will determine your team captain. The team captain will be awarded with 5 bonus points (doesn't count toward extra credit maximum) since they will have additional work. Some of the duties of the team captains include: submitting group assignments on Canvas, staying in touch with your team making sure each member is participating, and communicating this information with me. Your team will work on assignments together: this can be remotely and through Google docs, etc. For each assignment, I will award tokens to the group who scored the highest (went above and beyond expectations). At the end of the quarter, the tokens will be added, and the team with the most tokens will earn 6 bonus points to their final course grade! More details will be discussed and posted on Canvas. Assignments will be due on Sundays, 11:59pm (dates are on the schedule). There will be 5 total, each worth 14 points.
- 8) **Extra credit (10 points total):** There will be different options for extra credit. To encourage class attendance & interaction, you can earn all 10 points by attending all live Zoom classes with your camera turned and left on. Other opportunities will be posted on Canvas, under the 3rd Module, "Extra Credit Opportunities".

Grades:

Grades will be calculated on the points you earned during the term, plus any extra credit. The total points possible are 300. **Note: I do not give minuses or pluses.*

A= at least 90% (270+)

B= at least 80% (240-269 points)

C= at least 70% (210-239 points)

D= at least 60% (180-209 points)

F= below 60% (less than 180 points)

Grade Breakdown

Syllabus Quiz: 5 points total

Logs: 50 points total

Class Project: 50 points total

Group Assignments: 70 points total

Individual Assignments: 90 points total

Discussions/Forums: 20 points total

Journal: 15 points total

Extra Credit: 10 points total

***The California Community College Board of Governors recently passed revisions to Title 5 regarding course repetition. "Students may enroll in a course only three (3) times if they received a substandard grade (D, F, NP or NC) or withdrew from a class with a "W.""**

Class Participation:

This course requires that you actively participate by completing weekly assignments. It is **NOT** a self-paced course. It will be organized by weeks, and you will not have access to assignments after the due dates (with the exception of my late policy stated above). You **will not** have access to all course content ahead of time. If you have not completed the first assignment (syllabus quiz) by the end of the first week (10/2/22), **you will be dropped.**

Non-attendance: To prevent being dropped for non-attendance you must complete at least one assignment weekly or e-mail me with a verifiable emergency. The last day to drop is 11/18/22. After that date, I am required to assign you a grade based on completed work.

Steps to help you be successful in this course:

- 1) Read over the entire syllabus, print out the assignment checklist with due dates (check off completed assignments as you go) and write the due dates in a planner.
- 2) Complete all required readings: while reading each chapter, have the chapter notes (posted on Canvas) either printed or opened and add your own notes.
- 3) Attend and/or watch Zoom lectures/discussions. I give examples during lectures to help clarify information (and hopefully make it more interesting/relatable) and repetition of material is key to learning new material. Also, I will be leading guided practices through Zoom that you should find useful.
- 4) Complete all of the homework prior to the due date (allow yourself enough time to complete all of the work).
- 5) If you are struggling with material, please attend my online office hours or e-mail me with specific questions.

6) **Complete your work on a computer/lap top. Previous students have had trouble when trying to submit assignments on their phones.**

Responsibility and Respect:

*Please be respectful to everyone in the class by using appropriate language and appropriate topics of discussion. If you do not abide by these rules you may be dropped.

* Please keep in mind that what you post in the discussion forums will be viewable by all students in the course and the course instructor. Please be mindful of what you post, and do not post personal information.

Academic Integrity:

I expect that all students will act in accordance with the De Anza Code of Conduct Policy (<http://www.deanza.edu/studenthandbook/pdf/studentrights.pdf>, p.11-14) Academic dishonesty, cheating and [plagiarism](#) will not be tolerated. If you are caught cheating or plagiarizing you will fail the assignment and will not be allowed to make it up. Your name will also be forwarded to the student disciplinarian officer, and they may take further action.

** Please be sure that your e-mail address is current on MyPortal/Canvas:

<https://myportal.fhda.edu/cp/home/displaylogin> This is how I will communicate with you outside of class time—homework reminders, changes in the schedule, etc.

Helpful Links for Student Success

Tutoring & Writing Center: <http://www.deanza.edu/studentsuccess/>

Disability Support Programs & Services: <http://www.deanza.edu/dsps/>

Counseling & Advising Center: <http://www.deanza.edu/counseling/>

Psychological Services: <http://www.deanza.edu/psychologicalservices/>

Health Services: <http://www.deanza.edu/healthservices/>

Assignment Checklist with Due Dates and Points Possible
(Due Dates for online work are Wednesdays/Sundays at 11:59pm)

*Print this sheet and check off each assignment once completed and write in your points

Week 1: 10/2

- ☐ Syllabus Quiz _____/5 points

Week 2: 10/9

- ☐ Meditation Log _____/5 points
- ☐ Discussion 1 _____/4 points

Week 3: 10/12 & 10/16

- ☐ Journal 1 _____/5 points
- ☐ Autogenic Training Log _____/5 points
- ☐ Group Assignment #1 _____/14 points

Week 4: 10/19 & 10/23

- ☐ Project Topic/Current State _____/2 points
- ☐ Stress Tracking Log _____/5 points
- ☐ Discussion 2 _____/4 points

Week 5: 10/26 & 10/30

- ☐ Safe Place Assignment _____10 points
- ☐ Priming Log _____/5 points
- ☐ Project Baseline Week Log _____/2 points
- ☐ Group Assignment #2 _____/14 points

Week 6: 11/2 & 11/6

- ☐ Current State Assessment (Project) _____/5 points
- ☐ Best Possible Self Paper _____/30 points
- ☐ Desired State (Project) _____/5 points
- ☐ Gratitude Log _____/5 points
- ☐ Discussion 3 _____/4 points

Week 7: 11/9 & 11/13

- ☐ Journal 2 _____/5 points
- ☐ Acts of Kindness Log _____/5 points
- ☐ Group Assignment #3 _____/14 points

Week 8: 11/16 & 11/20

- | | |
|---|----------------|
| <input type="checkbox"/> Action Plan/References | ____/17 points |
| <input type="checkbox"/> Time Management Log | ____/5 points |
| <input type="checkbox"/> Discussion 4 | ____/4 points |

Week 9: 11/23 & 11/27

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|---|----------------|
| <input type="checkbox"/> Progress Log (Project) | ____/3 points |
| <input type="checkbox"/> Character Strength Log | ____/5 points |
| <input type="checkbox"/> Group Assignment #4 | ____/14 points |

Week 10: 11/30 & 12/4

- | | |
|---|---------------|
| <input type="checkbox"/> Progress Log (Project) | ____/3 points |
| <input type="checkbox"/> Compassion Log | ____/5 points |
| <input type="checkbox"/> Discussion 5 | ____/5 points |

Week 11: 12/7 & 12/11

- | | |
|---|----------------|
| <input type="checkbox"/> Journal 3 | ____/5 points |
| <input type="checkbox"/> Sleep Log | ____/5 points |
| <input type="checkbox"/> Progress Log (Project) | ____/3 points |
| <input type="checkbox"/> Gratitude Visit/Letter | ____/50 points |

Week 12: 12/13

- | | |
|---|-----------------|
| <input type="checkbox"/> Conclusion (Project) | ____/10 points |
| <input type="checkbox"/> Group Assignment #5 | ____/14 points |
| <input type="checkbox"/> Extra Credit | ____/10 points |
| <input type="checkbox"/> Total Course Points Earned | ____/300 points |

Class Schedule of Topics, Assignments & Practices

<u>Week</u>	<u>Topic</u>	<u>Chapter</u>	<u>Dates</u>
1	<i>Introduction to course</i> Watch intro video on canvas History of Positive Psychology/ A Learning Life <i>Mindfulness Meditation Practice</i> Syllabus Quiz	online reading/video 1	9/26-10/2 9/29 10/2
2	Reducing Stress & Increasing Equanimity <i>Autogenic Training Practice/Stress</i> <i>Anxiety Tracking</i> Discussion 1 & Meditation Log Due	11	10/3-9 10/6 10/9
3	Setting Goals: Academic & Personal Journal Entry 1 Due/ Read over Wellness Guidelines <i>Class Project Discussion</i> Group Assignment #1 & Autogenic Log Due	2	10/10-16 10/12 10/13 10/16
4	Imagine Success Current State (Project) Due <i>Priming/Imagery Demo/Best Possible Self</i> Stress/Anxiety Tracking Log & Discussion 2 Due <i>Begin Baseline Week for Project</i>	3	10/17-23 10/19 10/20 10/23 10/23
5	Mindful Learning- The power of Self-Awareness Safe Place Assignment Due <i>Current Assessment</i> <i>Gratitude practice & letter discussion</i> Group Assignment #2, Priming/Imagery Log & Baseline Log Due <i>Baseline Week Ends</i>	4	10/24-30 10/26 10/27 10/30 10/30
6	Continual Improvement & Quality Current State Assessment (Project) & 'Best Possible Self' Paper Due <i>Project Check-In/Acts of Kindness Discussion</i> <i>Desired State (Project) discussion</i> Gratitude Log, Desired State (Project) & Discussion 3 Due	5	10/31-11/6 11/2 11/3 11/6
7	Managing Time & Change Journal Entry 2 Due <i>Time/Life Management &</i> <i>Action Plan Discussion</i> Group Assignment #3 & Acts of Kindness Log Due	9	11/7-13 11/9 11/10 11/13
8	Cultivating Emotional Literacy Action Plan (Project) Due <i>Begin Implementing Action Plan & Record Progress</i> <i>Writing to Heal & Compassion Meditation/</i> <i>Using character strengths in a new way, Project check-in</i> Last day to drop	10	11/14-20 11/16 11/17 11/18

	Time Management Log		11/20
	& Discussion 4 Due		
9	Changing Habits	13	11/21-27
	Project Progress Report Due		11/23
	<i>Project Check-In</i>		11/22
	<i>& sleep, diet, exercise discussion</i>		
	Character Strength Log/		11/27
	Group Assignment #5		
10	A Healthy Lifestyle	14	11/28-12/4
	Project Progress Report due		11/30
	Discussion 5 & Compassion Log Due		12/4
11	Social Support	15	12/5-11
	Project Progress Report, Journal 3 & Sleep Log Due		12/7
	<i>Project Check-in (Last Class)</i>		12/8
	Gratitude Letter/Visit Due		12/11
12	Project Conclusion, Group Assignment #5		12/13
	& Extra Credit Due by 11:59pm		

*Note: The above schedule is tentative and is subject to change

* Chapters refer to *A Learning Life*; other readings can be found online