

**Psychology of Wellness  
Psychology 11  
Fall 2024 Online**

Instructor: Shannon Hassett

Online (with Live Zoom Lectures Tuesday/Thursday 12:30-1:20pm)

CRN #: 28195

Section # 01Z

Online Office Hours (through Zoom): Tuesday: 12-1:20pm/Thursday: 10-11:20am (you must sign up for an appointment: 20-minute increments) in advance (Tuesday by 12 noon and Thursday by 10am) on Canvas under the *Calendar link on the left*. Go to course resources for a “visual how to”. We will meet on Zoom in my meeting room: <https://fhda-edu.zoom.us/j/3727364345> (also found in the Calendar)

**\*\*Please note:** office hours are for course related questions and other academic-related matters. I am *not* a mental health provider, but I am happy to provide you with resources. Mental Health Services are available within [the Mental Health & Wellness Center](#) on campus (virtual services are available too).

E-mail: [hassettshannon@fhda.edu](mailto:hassettshannon@fhda.edu) and Canvas email are the same (I *do not* check e-mail after 5pm; Friday-Sunday, or on holidays). Please allow for up to 72 hours for a response. Please include the following in your e-mail: **1) Subject Line: Psych 11 and your first and last name that are listed on the roster. If you fail to do this your e-mail will automatically be deleted, 2) A clear and concise (1-3 sentences) question. 3) If you miss an assignment and have proper documentation (see the section below on “extensions for missed work”), please include that in your subject line and be sure to attach your documentation.**

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Recommended Text: Burke, Adam (2016). *Learning Life: The Path to Academic Success and Personal Happiness*, (2<sup>nd</sup> 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.

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### **Course Format:**

This is an online course, with live Zoom class sessions 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. If you cannot attend the whole time, just join for the time you are able to. All class sessions will be recorded and posted on Canvas (under the “Optional Module” for that week). The recorded sessions can take a day or two to get posted. You will also find previously recorded sessions if you’d like to get ahead. 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.

\*I really appreciate when students turn their cameras on; it’s easier to connect this way. You can earn extra credit for attending class with your face viewable.

### **Basic Instructions for all turned in work:**

All class work will be completed online and is due by **Sunday at 11:59pm**. Please refer to the class schedule and/or the class checklist.

Any assignments turned in after the deadline will automatically be deducted by 15% per day and will only be available through Tuesday 11:59pm. I ***do not*** accept late work beyond Tuesday (unless there are extenuating circumstances, such as a hospitalization or death of a loved one).

### **\*\*\*Extensions for missed work:**

Extensions are **only** granted under ***extenuating circumstances*** (with proper documentation of emergencies, such as hospitalization for self or child/other dependent, illness, accident, jury duty or death of a family member), and you must notify me through e-mail (or have a loved one) within 5 days of missing it.

**\*\*\*In the e-mail request, you must include proper documentation (e.g., doctor’s note, police report, death certificate, jury summons, counselor’s note, test results with your full name on the documentation). If you do not include documentation, you will not be granted an extension.**

### **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 (**9/29**), **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 11/15. After that date, I am required to assign you a grade based on completed work.

**Note: the final assignments will be due on Tuesday, December 10<sup>th</sup> 11:59pm**

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### **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) **Group discussions (200 points total):** you will be randomly assigned to a group (about 10 students per group). The groups will change every four weeks. Each discussion is worth 20 points. Specific details will be posted online. The purpose of the groups is for you to build a sense of community, to learn from each other, encourage each other and to celebrate your own and others' accomplishments. Grading rubrics will be included with each discussion. After posting your response (you won't be able to see others' posts until you post your own), you will reply to 2 other students' posts. *Note: you **will not** be able to edit your posts after you post them on Canvas, nor will you be allowed to post more than once, other than to reply to others' posts. Make sure you type it in a document, save it, then copy & paste it into the discussion post.*

#### **Discussion Topics:**

**Self-Introduction:** you will write up an introduction and include a recent photo.

**Tracking a Goal:** you will choose one goal for the quarter. You will write out steps towards achieving this goal and share your progress in the discussion group.

**Acts of Kindness:** throughout the quarter you will choose a specific act of kindness (can be more than one act) and then you will share the experience in a discussion group (what it was; and reflect on the experience).

**Demonstrate how you are applying course practices in your life:** For specific practices you will share in a discussion group how you are applying the practice in your life (outside of the log).

- 4) **Letter to self (45 points total):** Details will be posted on Canvas.
- 5) **Extra credit (10 points total):** Extra Credit opportunities will be posted on Canvas, under the 3<sup>rd</sup> 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

**Self Letter:** 45 points total

**Logs:** 50 points total

**Discussions:** 200 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.””**

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**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) Watch/listen to recorded 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 homework prior to the due date (allow yourself enough time to complete all of the work).
- 5) If you are struggling with material, please e-mail me with specific questions or attend office hours.
- 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. **You are responsible for reading course announcements.**

### **Helpful Links for Student Success**

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

**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](mailto: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*)

**Class Schedule of Topics, Assignments & Practices**

| <u>Week</u> | <u>Topic</u>  | <u>Chapter</u>            | <u>Dates</u>                                     |
|-------------|---|---------------------------|--|
| 1           | <i>Introduction to course</i><br>Watch intro video on canvas<br>History of Positive Psychology/<br>A Learning Life              | online reading/video<br>1 | 9/23-29  |
|             | <i>Introducing Meditation</i>   |                           | 9/26   |
|             | <b>Syllabus Quiz Due</b>  |                           | <b>9/29</b>                                      |
| 2           | Reducing Stress & Increasing Equanimity<br>Introducing <i>Autogenic Training Practice/Stress</i><br><i>Anxiety Tracking Log</i> | 11                        | 9/30-10/6<br>10/3                                |
|             | <b>Discussion #1 (Intro) &amp; Meditation Log Due</b>   |                           | <b>10/6</b>                                      |
| 3           | Setting Goals: Academic & Personal<br><i>Introducing Acts of Kindness Practice (Log)</i>  | 2                         | 10/7-13  |
|             | <b>Autogenic Training Log &amp; Discussion #2 (Goal Setting) Due</b>  |                           | <b>10/13</b>                                     |
| 4           | Imagine Success<br><i>Priming/Imagery Practice</i>  | 3                         | 10/14-20<br>10/17                                |
|             | <b>Stress/Anxiety Tracking Log/<br/>Discussion #3 (Application of practices) Due</b>  |                           | <b>10/20</b>                                     |
| 5           | Mindful Learning-<br>The power of Self-Awareness<br><b>Discussion #4 (Goal progress)/<br/>Priming/Imagery Log Due</b>           | 4                         | 10/21-27<br><b>10/27</b>                         |
| 6           | Continual Improvement & Quality<br><i>Introducing self-letter</i>   | 5                         | 10/28-11/3<br>10/31                              |
|             | <b>Gratitude Log &amp; Discussion #5 (Act of Kindness) Due</b>  |                           | <b>11/3</b>                                      |
| 7           | Managing Time & Change<br><i>Time/Life Management Practice</i>  | 9                         | 11/4-10<br>11/7                                  |
|             | <b>Discussion # 6 (Goal Progress) Due</b>   |                           | <b>11/10</b>                                     |
| 8           | Cultivating Emotional Literacy<br><i>Writing to Heal, Loving Kindness/<br/>Compassion Meditation Practices</i>                  | 10                        | 11/11-17<br>11/14                                |
|             | <b>Last day to drop classes<br/>Time Management Log/<br/>Discussion #7 (Act of Kindness) due</b>                                |                           | <b>11/15</b><br><b>11/17</b>                     |
| 9           | Changing Habits<br><i>Sleep, diet, exercise practice</i>  | 13                        | 11/18-24<br>11/21                                |
|             | <b>Compassion Meditation Log/<br/>Discussion #8 (Application of practices) Due</b>  |                           | <b>11/24</b>                                     |
| 10          | A Healthy Lifestyle<br><b>Holiday (no class)<br/>Letter to Self/<br/>Loving Kindness Log Due</b>                                | 14                        | <b>11/25-12/1</b><br><b>11/28</b><br><b>12/1</b> |
| 11          | Social Support<br><b>Discussion #9 (Goal Progress)/<br/>Sleep Log Due</b>   | 15                        | 12/2-8<br><b>12/8</b>                            |

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**Discussion #10 (Act of Kindness)/  
Acts of Kindness Log & Extra Credit Due by 11:59pm**

**12/10**

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

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

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

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

**Week 1: 9/29**

Syllabus Quiz \_\_\_\_\_/5 points

**Week 2: 10/6**

Meditation Log \_\_\_\_\_/5 points

Discussion #1 \_\_\_\_\_/20 points

**Week 3: 10/13**

Discussion #2 \_\_\_\_\_/20 points

Autogenic Training Log \_\_\_\_\_/5 points

**Week 4: 10/20**

Stress Tracking Log \_\_\_\_\_/5 points

Discussion #3 \_\_\_\_\_/20 points

**Week 5: 10/27**

Priming/Imagery Log \_\_\_\_\_/5 points

Discussion #4 \_\_\_\_\_/20 points

**Week 6: 11/3**

Gratitude Log \_\_\_\_\_/5 points

Discussion #5 \_\_\_\_\_/20 points

**Week 7: 11/10**

Discussion #6 \_\_\_\_\_/20 points

**Week 8: 11/17**

Time Management Log \_\_\_\_\_/5 points

Discussion #7 \_\_\_\_\_/20 points

**Week 9: 11/24**

Compassion Log \_\_\_\_\_/5 points

Discussion #8 \_\_\_\_\_/20 points

**Week 10: 12/1**

Loving-Kindness Log \_\_\_\_\_/5 points

Letter to self \_\_\_\_\_/45 points



**Week 11: 12/8**

- Sleep Log \_\_\_\_\_/5 points
- Discussion #9 \_\_\_\_\_/20 points

**Week 12: 12/10**

- Discussion #10 \_\_\_\_\_/20 points
- Acts of Kindness Log \_\_\_\_\_/5 points
- Extra Credit \_\_\_\_\_/10 points
- Total Course Points Earned \_\_\_\_\_/300 points