Course Objectives

Positive psychology focuses on the nature, development, and impact of emotions, beliefs, and behaviors that lead to a heightened sense of personal satisfaction, and a more adaptive relationship to our social world. This contrasts with and complements abnormal psychology, which typically deals with emotions, beliefs, and behaviors that have a negative impact on our functioning.

The objectives of this course include providing an introduction and fostering and understanding of ideas of theorists who have dealt with optimal human functioning, and acquainting you with the growing body of research evidence concerning the nature, development, maintenance, and individual and social effects of beliefs, emotions, and behaviors that have positive effects on our personal psychological state, and on our interaction with others.

Course Outline:

This is a virtual, online course for the Summer 2020 term. The lecture material is available through lectures recorded during the live offering of Psych 3BA3 in the Summer of 2018. A link to those lecture recordings is provided in the Avenue announcements, and below. The table lists the topics discussed, and the recording dates that cover each topic.

Link to Summer 2018 3BA3 ECHO360 recordings of 3BA3 lectures:
https://echo360.ca/section/74035a2f-2679-4912-9afa-f2ce2ff2f0d4/public

<table>
<thead>
<tr>
<th>Spring 2018 Recording Date</th>
<th>Topic</th>
<th>Readings</th>
</tr>
</thead>
<tbody>
<tr>
<td>June. 19</td>
<td>Introduction to Positive Psychology</td>
<td>Chapters 1</td>
</tr>
</tbody>
</table>
| June. 21                   | Positive States of Mind and Being  
| June. 27                   | (Maslow, Rogers, Csikszentmihalyi, Eastern psychologies) | Chapters 2 and 10 |
| * July 9                   | Positive Emotions | Chapters 6 and |
| July 23                    | Positive Traits, Values, Virtues, and Attitudes | Chapters 8. |

Evaluation:

There will be two non-cumulative online midterm tests, each worth 30% of the final course grade, and an online final exam worth 40% of the final course grade. Each online test will consist of 40 multiple-choice questions, which you will have 120 minutes to complete and submit.

The cumulative online final exam will consist of 80 multiple-choice questions, and you will have 180 minutes to complete and submit the exam. Both midterm tests and the final exam will be accessed and submitted through the quizzes feature of Avenue. Each test and the exam will be visible in Avenue a few days before the scheduled test date, and active and accessible for a few hours on the test date. More information about the tests and exam will be posted as Avenue announcements closer to the test dates.

The dates for the online tests and online final exam are listed below.
Online Test #1: Friday, July 10th: Will cover Introduction, Positive States of Mind and Being

Online Test #2: Friday, July 24th: Will cover Positive Emotions, and Self-esteem and Self-efficacy

Online Final Exam: Friday, August 7th: Cumulative coverage of all lecture content.

Each inline midterm test will be available from 8:00 am until 10:00 pm on the test day, and you will have 120 minutes (2 hours) to complete and submit the test.

The online final exam will likewise be available from 8:00 am until 10:00 pm on the exam day, and you will have 240 minutes (4 hours) to complete and submit the exam.

Missed Work:
If you miss one of the online tests for documented medical or compassionate reasons, you should complete a Missed Work form in the office of your Faculty’s Associate Dean. Once I have received notice of your absence, the remaining online test and the final exam will be reweighted (40%, 60%, respectively) to cover the missed test. Discretionary notes will generally not be accommodated. Note also that the online student absence form (MSAF) can only be used once per term, only for medical absences, and only for assignments worth less than 30%. That means that an MSAF will not excuse you from either of the midterm tests in this course.

If you miss either midterm test WITHOUT a reason acceptable to the office of your Faculty’s Associate Dean, I will weight that missed midterm as 10% of your final course grade (scored as a mark of 0%), and reweight the remaining midterm 35%, and the final exam as 55% of your final course grade. This reduces your maximum average in the course from 100% to 90%.

Final Grade Calculation and Adjustment:
The final mark in this course will be computed by applying the following formula to the percentage scores on Test1, Test2, and Final Exam:

\[(\text{Test1}\% \times .30) - (\text{Test2}\% \times .30) - (\text{Exam}\% \times .40) = \text{Final Course Mark}\]

Note that point totals for the individual midterms and the final exam are NOT rounded before being added together to determine the final percentage mark. The final percentage mark IS ROUNDED before a letter grade is assigned.

Apart from excused absences from an in-class test, every student will be assessed using the weighting formula shown above - with one exception: In assigning final letter grades for the course I look at the pattern of performance over the two in-class tests and the final exam. If the overall average, as calculated by the formula above, is on the borderline of the next higher letter grade (e.g. 49%, 66%, or 84%) and if the marks on both one in-class test and the final exam are at the next higher level (e.g., D-, C+, A), then I will assign the next higher letter grade.

Apart from this one final adjustment, final course grades in Psych 3BA3 will not be changed unless they have been calculated incorrectly. I do not respond to requests to increase correctly-calculated grades in this course.
The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check their McMaster email and course websites weekly during the term and to note any changes.

Academic Integrity and Academic Dishonesty:

Academic dishonesty consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: “Grade of F assigned for academic dishonesty”), and/or suspension or expulsion from the university.

It is your responsibility to understand what constitutes academic dishonesty. For information on the various kinds of academic dishonesty please refer to the Academic Integrity Policy, specifically Appendix 3, located at http://www.mcmaster.ca/senate/academic/ac_integrity.htm

The following illustrates only three forms of academic dishonesty:

1. Copying or using unauthorized aids on tests and examinations.
2. Plagiarism, e.g. the submission of work that is not one’s own or for which other credit has been obtained.
3. Improper collaboration in group work.

Grading in Psychology 3BA3

Your final percentage marks in the course will be translated into a letter grade according to the usual equivalences listed in the Undergraduate Calendar.