

**Psychology of Wellness  
Psychology 11  
Winter 2025**

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

Instructor: Shannon Hassett, please feel free to address me as Shannon or Ms. Hassett.

Section # 01Z  
CRN #: 39181

**Online Student Hours (office hours):** Please join me to discuss course content and/or to discuss transfer options and career paths every Tuesday: 1:30-2:20pm/Thursday: 10-11:20am. I like to dedicate this time to one-on-one appointments, so please sign up ahead of time (20-minute increments) by clicking on the calendar function on Canvas. Please meet me at this link: <https://fhda-edu.zoom.us/j/3727364345>

**E-mail:** Although Student Hours and in class messages are my preferred modes of communication (which allows for instant back and forth and less miscommunication), you can email me at: [hassettshannon@fhda.edu](mailto:hassettshannon@fhda.edu). Please remember to include your first and last name and course (Psych 11) in the subject line; otherwise, it will be deleted. Please keep your emails concise. Thanks!

I will do my best to respond to e-mail messages sent between 8 AM Monday and 5 PM Thursday within 72 hours. ***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. While attendance is *not* mandatory, I ***highly recommend*** that you attend. Live attendance allows for more discussion, questions/answers in real-time, connections with others and a more memorable learning experience. All class sessions will be recorded and posted on Canvas (under the “Optional Module” for that week). 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.

**Live Zoom Class Participation/Etiquette:** I encourage you to turn your camera on along with me. It’s easier to connect when there is a face to see and makes it more enjoyable. Plus, you will earn extra credit for this! Please keep yourself muted once the class has begun. You may request to unmute yourself or I may request you to.

### **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.

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

All class work will be completed online and is due every **Sunday at 11:59pm**. **Note: final work will be due on Tuesday, March 25<sup>th</sup> 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.

\*\* 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.**

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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) **Quizzes (11 total, 55 points total):** each quiz will consist of 5 multiple-choice questions related to course material. You will have one attempt.
- 3) **Logs (10 total, 50 points total):** you will complete 10 logs that track your experiences with the wellness practices. Each one is worth 5 points.
- 4) **Pre & Post Tests on Self-Compassion (10 points total)**
- 5) **Group discussions (4 total, 80 points total):** you will be randomly assigned to a group for the quarter (about 6 students per group). The purpose of the groups is for you to build a sense of community. There will not be group assignments, rather you will thoughtfully reflect on others' posts, learn from each other, and encourage each other. Grading rubrics will be included with each discussion. Each discussion is worth 20 points. For each discussion you will be provided with a prompt, and you will address it in the discussion group. Each discussion will be broken down into 2 parts. The first part will be your post to the prompt and is worth 15 points. The following week you will reply to one of your group mate's post and this part is worth 5 points (20 points total per discussion). You will not be able to see others' posts until you post your own. *Note: you will not be able to edit your posts after you post them on Canvas, and you are allowed one attempt. Make sure you type it in a document, save it, then copy & paste it into the discussion post.*
- 6) **Gratitude Letter to self (60 points total):** details will be posted on Canvas.
- 7) **Safe Place Imagery Exercise (40 points total):** details will be posted on Canvas.
- 8) **Extra credit (10 points total):** Extra Credit opportunities will be posted on Canvas, under the 3<sup>rd</sup> Module, "Extra Credit Opportunities".

### **Course Grade Breakdown (300 Points Possible)**

**Syllabus Quiz:** 5 points total

**Quizzes:** 55 points total

**Logs:** 50 points total

**Discussions:** 80 points total

**Pre/Post Self-Compassion:** 10 points total

**Self-Letter:** 60 points total

**Safe Place Exercise:** 40 points total

**Extra Credit:** 10 points total

### **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)

**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 ***(1/12), 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 ***2/28***. After that date, I am required to assign you a grade based on completed work.

**Note: the final assignments will be due on Tuesday, March 25<sup>th</sup> 11:59pm**

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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/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/>

**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> Watch intro video on canvas History of Positive Psychology/ A Learning Life	online reading/video 1	1/6-12
	<i>Introducing Meditation</i>		1/9
	<b>Syllabus Quiz Due</b>		<b>1/12</b>
2	Reducing Stress & Increasing Equanimity <i>Introducing Autogenic Training Practice/Stress &amp; Anxiety Tracking Log</i>	11	1/13-19
	<b>Discussion #1 (Intro), Meditation Log, Stress &amp; Coping Quiz (#1) Due</b>		<b>1/19</b>
3	Setting Goals: Academic & Personal <i>Introducing Acts of Kindness Practice (Log)</i>	2	1/20-26 1/23
	<b>Discussion #1 Reply, Autogenic Training Log/ Self-Compassion Pre-test/Goal Setting Quiz (#2) Due</b>		<b>1/26</b>
4	Imagine Success <i>Priming/Imagery Practice</i>	3	1/27-2/2 1/30
	<b>Stress/Anxiety Tracking Log/Imagery Quiz (#3) Discussion #2 (Goal Setting) Due</b>		<b>2/2</b>
5	Mindful Learning- The power of Self-Awareness	4	2/3-9
	<b>Priming/Imagery Log, Discussion #2 Reply &amp; Self-Efficacy Quiz (#4) Due</b>		<b>2/9</b>
6	Continual Improvement & Quality <i>Introducing self-letter</i>	5	2/10-16 2/13
	<b>Acts of Kindness Log &amp; Gratitude Quiz (#5)/ Safe Place Imagery Exercise Due</b>		<b>2/16</b>
7	Managing Time & Change <i>Time/Life Management Practice</i>	9	2/17-23 2/20
	<b>Discussion # 3 (Goal Progress)/ Gratitude Log/ Procrastination Quiz (#6) Due</b>		<b>2/23</b>
8	Cultivating Emotional Literacy <i>Writing to Heal, Loving Kindness/ Compassion Meditation Practices intro</i>	10	2/24-3/2 2/27
	<b>Last day to drop classes</b>		2/28
	<b>Time Management Log, Emotional Literacy Quiz (#7)/ Discussion #3 Reply Due</b>		<b>3/2</b>
9	Changing Habits <i>Sleep, diet, exercise practice</i>	13	3/3-3/9 3/6
	<b>Compassion Meditation Log/ Changing Habits Quiz (#8) Due</b>		<b>3/9</b>
10	A Healthy Lifestyle	14	<b>3/10-16</b>
	<b>Letter to Self/Lifestyle Quiz (#9) Loving Kindness Log Due</b>		<b>3/16</b>
11	Social Support	15	3/17-23
	<b>Sleep Log &amp; Social Support Quiz (#10)</b>		

12	<b>Discussion # 4 (Goal Progress &amp; Conclusion) Due</b>	<b>3/23</b>
	<b>Discussion #4 Reply, Final Quiz (#11)/Self-Compassion</b>	
	<b>Post-test/Extra Credit Due by 11:59pm</b>	<b>3/25</b>

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

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

\*\*Note: I only write letters of recommendation for class mentors/teaching assistants

**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: 1/12**

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

**Week 2: 1/19**

Meditation Log \_\_\_\_\_/5 points  
 Discussion #1 \_\_\_\_\_/15 points  
 Quiz #2 \_\_\_\_\_/5 points

**Week 3: 1/26**

Discussion #1 Reply \_\_\_\_\_/5 points  
 Autogenic Training Log \_\_\_\_\_/5 points  
 Quiz #3 \_\_\_\_\_/5 points  
 Self-Compassion Pre-Test \_\_\_\_\_/5 points

**Week 4: 2/2**

Stress Tracking Log \_\_\_\_\_/5 points  
 Discussion #2 \_\_\_\_\_/15 points  
 Quiz #3 \_\_\_\_\_/5 points

**Week 5: 2/9**

Priming/Imagery Log \_\_\_\_\_/5 points  
 Discussion #2 Reply \_\_\_\_\_/5 points  
 Quiz #4 \_\_\_\_\_/5 points

**Week 6: 2/16**

Kindness Log \_\_\_\_\_/5 points  
 Quiz #5 \_\_\_\_\_/5 points  
 Safe Place Imagery \_\_\_\_\_/40 points

**Week 7: 2/23**

Discussion #3 \_\_\_\_\_/15 points  
 Gratitude Log \_\_\_\_\_/5 points  
 Quiz #6 \_\_\_\_\_/5 points



**Week 8: 3/2**

- Time Management Log \_\_\_\_\_/5 points
- Discussion #3 Reply \_\_\_\_\_/5 points
- Quiz #7 \_\_\_\_\_/5 points

**Week 9: 3/9**

- Compassion Log \_\_\_\_\_/5 points
- Quiz #8 \_\_\_\_\_/5 points

**Week 10: 3/16**

- Loving-Kindness Log \_\_\_\_\_/5 points
- Letter to self \_\_\_\_\_/60 points
- Quiz #9 \_\_\_\_\_/5 points

**Week 11: 3/23**

- Sleep Log \_\_\_\_\_/5 points
- Discussion #4 \_\_\_\_\_/15 points
- Quiz #10 \_\_\_\_\_/5 points

**Week 12: 3/25**

- Discussion #4 Reply \_\_\_\_\_/5 points
- Final Quiz \_\_\_\_\_/5 points
- Self-Compassion Post-Test \_\_\_\_\_/5 points
- Extra Credit \_\_\_\_\_/10 points
- Total Course Points Earned \_\_\_\_\_/300 points