

PSYC 144: PSYCHOLOGY OF HAPPINESS

In Workflow

1. PSYC Committee Chair (penrodb@csus.edu)
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Approval Path

1. Wed, 11 Oct 2023 04:12:36 GMT
Becky Penrod (penrodb): Approved for PSYC Committee Chair
2. Wed, 11 Oct 2023 23:39:45 GMT
Rebecca Cameron (cameron): Approved for PSYC Chair
3. Thu, 19 Oct 2023 07:38:39 GMT
Rachel Flamenbaum (flamenbaum): Rollback to PSYC Chair for SSIS College Committee Chair
4. Mon, 23 Oct 2023 21:30:14 GMT
Rebecca Cameron (cameron): Approved for PSYC Chair
5. Wed, 25 Oct 2023 06:22:58 GMT
Rachel Flamenbaum (flamenbaum): Approved for SSIS College Committee Chair
6. Wed, 25 Oct 2023 16:55:55 GMT
Marya Endriga (mendriga): Approved for SSIS Dean
7. Wed, 01 Nov 2023 23:23:12 GMT
Katie Hawke (katiedickson): Approved for Academic Services

History

1. Oct 5, 2022 by Meliksah Demir (demir)

New Course Proposal

Date Submitted: Mon, 25 Sep 2023 04:04:09 GMT

Viewing: PSYC 144 : Psychology of Happiness

Formerly known as: PSYC 196U

Last approved: Wed, 05 Oct 2022 14:03:03 GMT

Last edit: Sat, 21 Oct 2023 04:46:24 GMT

Changes proposed by: Becky Penrod (102088426)

Contact(s):

Name (First Last)	Email	Phone 999-999-9999
Becky Penrod	penrodb@csus.edu	916-278-6457

Catalog Title:

Psychology of Happiness

Class Schedule Title:

Psychology of Happiness

Academic Group: (College)

SSIS - Social Sciences & Interdisciplinary Studies

Academic Organization: (Department)

Psychology

Will this course be offered through the College of Continuing Education (CCE)?

No

Catalog Year Effective:

Spring 2024 (2023/2024 Catalog)

Subject Area: (prefix)

PSYC - Psychology

Catalog Number: (course number)

144

Course ID: (For administrative use only.)

203616

Units:

3

Is the only purpose of this change to update the term typically offered or the enforcement of existing prerequisites at registration?

No

In what term(s) will this course typically be offered?

Fall, Spring

Does this course require a room for its final exam?

Yes, final exam requires a room

This course complies with the credit hour policy:

Yes

Justification for course proposal:

This course has been successfully taught as an experimental course and we are now moving it into the specialized topics category of our curriculum for the proposed BS in Psychology (Form B submitted). This will give students another option to fulfill their major requirements. The course number will change from PSYC 196U to PSYC 144. We are also adding PSYC 8, PSYC 9, and required PSYC major or minor as a pre-requisite to prepare students for content related to research findings obtained via different methods within the field of Psychology. Finally, expected learning outcomes were updated to conform with Bloom's measurable verbs.

Course Description: (Not to exceed 80 words and language should conform to catalog copy.)

Examines the scientific study of human happiness from a psychological perspective that includes its foundations, measurement, research methods, theories, and recent advances in the literature. Explores the correlates, predictors, and consequences of happiness at the individual and cultural levels. Topics include benefits of being happy; the roles of age, gender, culture, genes, personality, life circumstances, income, health, and social relationships in happiness; cultural comparisons in happiness; and happiness interventions (i.e., how to increase and sustain happiness).

Are one or more field trips required with this course?

No

Fee Course?

No

Is this course designated as Service Learning?

No

Is this course designated as Curricular Community Engaged Learning?

No

Does this course require safety training?

No

Does this course require personal protective equipment (PPE)?

No

Does this course have prerequisites?

Yes

Prerequisite:

Required: PSYC major or PSYC minor; Required: PSYC 2, PSYC 8, and PSYC 9

Prerequisites Enforced at Registration?

Yes

Does this course have corequisites?

No

Graded:

Letter

Approval required for enrollment?

No Approval Required

Course Component(s) and Classification(s):

Lecture

Lecture Classification

CS#02 - Lecture/Discussion (K-factor=1WTU per unit)

Lecture Units

3

Is this a paired course?

No

Is this course crosslisted?

No

Can this course be repeated for credit?

No

Can the course be taken for credit more than once during the same term?

No

Description of the Expected Learning Outcomes and Assessment Strategies:

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

	Expected Learning Outcome	Assessment Strategies
1	Discuss and evaluate the research methods (measures, designs, interventions) used in happiness research	-Quizzes -Happiness Surveys -Video Response Papers -Happiness Activity Reflection Papers -Exams
2	Analyze, compare, and evaluate theories of happiness	-Quizzes -Video Response Papers -Exams - Book Chapter Presentation
3	Differentiate the roles of biopsychosocial variables in happiness	-Quizzes -Video Response Papers -Writing Assignment -Exams
4	Explain and analyze cultural comparisons in happiness	-Quizzes -Exams

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5 Describe, compare, and critique happiness interventions

- Video Response Papers
- Writing Assignment
- Happiness Activity Reflection Papers
- Exams
- Book Chapter Presentation

Attach a list of the required/recommended course readings and activities:

PSYC 144- Psychology of Happiness-S27-4 October 20.docx

Is this course required in a degree program (major, minor, graduate degree, certificate?)

No

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?

No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Knowledge of human cultures and the physical and natural world
Intellectual and practical skills
Personal and social responsibility
Integrative learning

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

GE Course and GE Goal(s)

Is this a General Education (GE) course or is it being considered for GE?

No

Reviewer Comments:

Rachel Flamenbaum (flamenbaum) (Thu, 19 Oct 2023 07:38:39 GMT): Rollback: pls see email

Key: 14353