Instructor: Lee Elliott

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Required texts:


Course objectives:

1. Understand what we mean when we say we “know a person”
2. Learn what a trait is
3. Understand the role of biology and social-learning in our behavior
4. Become familiar with the “five basic traits”
5. Acquire a basic understanding of the major personality theories
6. Summarize the basic ideas and theoretical elements of each theory
7. Understand the emerging field of positive psychology
8. Complete assessments on Seligman’s website pertinent to positive psychology:
       http://www.authentichappiness.sas.upenn.edu/Default.aspx
9. Develop a plan and enact major elements of the plan to increase personal happiness (purpose is to show that relatively constant characteristics can be somewhat responsive to efforts to change and, of course, to make every student happier)
10. Prepare a ten page paper that demonstrates college level writing proficiency and encourages enhancement of writing skills.
Evaluation

Performance in the course will be based on the following:

1. 35% of each student’s grade will be based on evaluations provided by other students in the class. Their evaluations will focus on facilitation of classroom discussion, participation in classroom discussion, and contribution to classroom activities.

2. 25% of each student’s grade will be determined by the score he/she receives on a comprehensive final exam over the content of the text

3. 40% of the grade will be based on a ten page paper that includes the plan developed by the student to enhance his/her happiness and any results obtained

We will abide by all policies of Doane College including the Academic integrity policy: All projects and tests will represent your own work. The use of other’s ideas and words shall be properly cited. Please ask if you are unsure as to how or what a proper citation of a source is.