

Course Design Document for Psychology 109, *The Pursuit of Happiness*

Big Ideas	Enduring Understandings	Learning Outcomes	Learning Barriers & Misconceptions	Essential Questions	Guiding Concepts	Authentic Performance Task	Performance Criteria	Required Competencies
Learning Skills	Effective learning requires cognitive, attitudinal, & organizational skills	Assess own strengths & weaknesses in those skills	-Unrealistic self-concept -Instructor should tell me what to do	-How can you improve on the skills at which you are weak? -What are the responsibilities of student v. instructor?	-Multiple intelligences -Active learning -Learning styles -Metacognition -Self-esteem -Habits of mind	Reflective journaling about their own learning skills and behaviors	-Describes own current practices in target skill -Describes insights gained about new strategies -Explains what may not work for self	-Close reading that extracts main ideas from text -Visualize how learn. strategies will work -Willingness to question own strategies -Ability to set realistic targets for change
	Learning skills are acquired through a cycle of practice, feedback, & reflection	Develop routines for acad. reading, note-taking, test preparation, etc.	-Lack of time management -Doing homework is optional -Reflection seen as mere opinion	-How to increase time-on-task? -What's the purpose of reflection?	-Time management -Learning strategies -Commitment to change -Reflection -Learned Helplessness			
Teamwork	We need to learn to collaborate if we want to solve our problems	Recognize benefits and pitfalls of group decision making	-One learns nothing in groups b/c students lack expertise	-When do groups perform better than individuals?	-Intrinsic v. extrinsic motivation -Social loafing	Experience the effectiveness of collaborative test-taking, & give performance feedback to group members	-Distinguishes dimensions of: attitude, listening skills, cooperativeness, and preparedness	-Active listening -Aware of non-verbal behavior -Courage to critique others
		Acquire basic skills for effective communication in teams	-Critiquing others is rude	-How to give and receive constructive feedback?	-Assertiveness -Conflict resolution -Cultural difference			
Creativity	Greater creativity breeds greater happiness	Cultivate a curiosity for new experiences and skills	-People are born creative or not -If it requires hard work, it can't be creative	-Does happiness exist without creativity? -Can you learn to be (more) creative?	-“Flow” -Intrinsic reward -Optimal challenge -Energy -Curiosity -Openness to experience -Maslow's hierarchy of needs	Doing a creative audio-visual presentation on their personal “happy place” in Chicago	-Detects concepts in real situation -Looks at things with new eyes -Understands connected concepts -Seeks out new experiences	-Defines a location -Identifies personal priorities -Describes feelings -Identifies needs -Observes interactions -Interviews others -Creates PPT pres.
Happiness	Happiness is a journey, not a destination	Recognize the joy of the <i>process</i> of their personal development, not just the end results	-Society rewards results, not process -Happiness is sth. that happens to you	-What's the purpose of psychology? -Are human characteristics ever permanent?	-Positive psychol. -Attachment -Personality traits -Happiness archetypes	Planning what lifestyle choices they might make to lead a happy life in the future	-Assesses own strengths, skills, interests, needs, desires -Summarizes previous course reflections -Integrates these to design plan for own future	-Make sense of psych. inventories -Accept (for now) personal limitations -Synthesize info from diff. sources -Translate conclusions into a view of own future
		Become aware of the importance of place as it relates to being happy	Happiness is a state of mind unrelated to physical environments	-What are the preconditions for people to be happy? -Contributions of other disciplines?	-Sense of purpose -Intrinsic meaning -Pleasure -Peak performance -Social relationships			