

THE UNIVERSITY OF NORTH CAROLINA ASHEVILLE  
FACULTY SENATE

Senate Document Number SD2524S

Date of Senate Approval 02/08/2024

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Statement of Faculty Senate Action:

**APC Document 19 (PSYC): Add new course, PSYC 341, Positive Psychology**

**Effective Date: Fall 2024**

**1. Add:** On page 283, entry for new course, **PSYC 341, Positive Psychology:**

**341 Positive Psychology (4)**

Positive psychology is the science of psychological influences on wellbeing. The course reviews current and historical perspectives on how people and communities move from surviving to thriving. Students will develop an understanding of factors contributing to life satisfaction across the lifespan with an emphasis on applications of positive psychology on a personal and societal level. A variety of approaches to positive psychology will be explored, including strength-based, contemplative, cognitive, cultural, existential, emotional, and behavioral. Students will leave this course with an understanding of what psychological science tells us about how to live happier, less stressful, and more meaning-filled lives. Prerequisites: PSYC 100, 201. Every other Year.

**Impact Statement:** PSYC 341 will be added to our options of 300-level courses that psychology majors must take to complete the major (students must take a total of three, 300-level courses to complete the major). It does not add to the number of credits needed to complete the major. It is not a required course for the major or any university requirements. It will be beneficial for students as we need additional 300-level courses to meet the demand of students needing them for completion of the major. It will not reduce faculty's teaching in other areas. Any faculty with expertise in this topic can teach this course. We anticipate that this class size will be 25 students, in line with our other 300-level courses. This will be a 4-credit course so it will meet for a minimum of 200 minutes per week. The instructional format will be a mix of lecture and seminar style classes. There are many hands-on activities also embedded within this course. There are no special space or material needs for this course. The course is not part of the Common Numbering System.

The Student Learning Objectives for this course follow:

Through this course the student will learn to:

- Understand the process of positive psychology research methodology.
- Explain positive psychology terminology, concepts, and theories.
- Understand the differences in global approaches to positive psychology.
- Read and critically evaluate positive psychology theories.
- Recognize the benefits and limitations of positive psychology.
- Differentiate among different applications of positive psychology theories and findings.
- Learn how to apply positive psychology individually and collectively.

**Rationale:** Positive psychology is a relatively new branch in the field of psychology, and some argue that it is the new lens with which all of psychology should be viewed. Positive psychology approaches the study of mind and behavior by studying human strengths and potentials as opposed to a medical model of diagnosing illness and delivering treatment. For these reasons and others, positive psychology is an important course to offer our students. Many psychology departments offer this course as it has become a standard course within our field. Offering this course brings our department in line with the current empirical state-of-the-art research and approaches of our field. Positive psychology is focused on how to help people thrive and live a life that is satisfying and it therefore, similar to health promotion, has a broader application than a medical model of psychology. The nature of the content is applied, and students who take the course learn strategies for improving their own well-being. Positive Psychology has been taught twice as a Special Topics class, Fall 2022 and Fall 2023, with enrollments of 26 and 23 students, respectively, so we seek to add it as a permanent course to meet student demand.

**2a. Add:** On page 280, in item I under **Major in Psychology**, PSYC 341 to Group B classes:

- I. Required courses in the major—10 courses totaling a minimum of 38 hours, including: PSYC 100, 201, 202, 412; three courses from PSYC 200, 206, 208, 214, 216, 290; and three courses at the 300-level with at least one course from each of the following groups:
  - a) 310, 322, 324, 328, 329, 347, 362, or 367
  - b) 307, 311, 312, 319, 334, 341, 343, or 366

**2b. Add:** On page 280, in item IV under **Minor in Psychology**, PSYC 341 to the list of classes:

- I. PSYC 100 and 201;
- II. one course from PSYC 200, 206, 208, 214, 216 or 290;
- III. one course from PSYC 310, 322, 324, 328, 329, 347, 362, or 367;
- IV. one course from PSYC 307, 311, 312, 319, 334, 341, 343, or 366

**Impact:** With the addition of PSYC 341, students will have an additional 300-level elective from which to choose.

**Rationale:** This is an editorial change to add PSYC 341 to the list of electives.