Welcome! This course will introduce you to the theory and practice of psychological health promotion. You will have the opportunity to practice multiple psychological exercises to enhance your psychological health. I expect you to attend class regularly and to complete all reading assignments before each class. I will use class time for lectures, discussions, videos, and class demonstrations of psychological exercises.

*Last day to add course: September 4    *Last day to drop course: September 28

Requirements.

Two Exams. Your exams are worth 100 points each. The exams are 80% multiple choice (40 questions worth 2 points each) and 20% short answer questions (4 questions worth from 4 to 6 points each) based on classroom activities and the readings. The final exam is not cumulative.

Psychological Exercise Project. This project is worth 100 points and you will write a report in the form of a single-participant scientific study. I will give you a sample format that explains how to do each section. The report should include Introduction, Method, Results, and Discussion sections with a minimum of three references from psychology journals. Your report can range from 7 to 12 pages. I will provide measures to assess you twice. In between, you will implement and log at least 5 psychological exercises to help improve your psychological fitness.

Creative Project. This project is worth 100 points. You have a lot of options to carry out this project. The project must focus on some aspect of psychological fitness and could include a booklet for a group that could benefit from what you learn, a website, an instructional video, a TED lecture http://www.ted.com, an application for a smartphone, developing a series of new psychological exercises, a traditional research paper (7 to 12 pages and minimum of 10 references), or other ideas.

Missed Exam. You can make-up a missed exam if you have a note from a physician that you could not attend the exam. The professor will consider other reasons for missing an exam and will decide whether or not to allow the student to make-up the exam. Make-up exams may have a different format from the original exam.

Extra Credit. You can earn up to 8 points of extra credit that is added onto your point total for the class. There are two ways to earn these points. First, you can participate as a volunteer for three hours in psychology department research (2 points per hour). Alternatively, you can write a psychology journal article summary and critique on a content area covered by your book, or about a human service experience that is four typed pages (2 points per page).

Honor Code: Student members of the George Mason University community pledge not to cheat, plagiarize, steal, or lie in matters related to academic work. Information about Honor Code policies is available at http://academicintegrity.gmu.edu/honorcode/
**Academic Accommodations.** If you are a student with a disability and you need academic accommodations, please see me and contact the Disability Resource Center (DRC) at 703-993-2474. All academic accommodations must be arranged through that office.

**Official Communications via GMU E-mail:** Mason uses electronic mail to provide official information to students. Examples include communications from course instructors, notices from the library, notices about academic standing, financial aid information, class materials, assignments, questions, and instructor feedback. Students are responsible for the content of university communication sent to their mason e-mail account, and are required to activate that account and check it regularly.

**Technology.** Course readings and information will be available in Blackboard.

**Grading.** I will base your final grade on your point total as defined below.

- A+ = 388 - 400 (97% or more)  
- A  = 372 - 387 (93 – 96%)  
- A- = 360 - 371 (90 - 92%)  
- B+ = 348 - 359 (87 - 89%)  
- B  = 332 - 347 (83 - 86%)  
- B- = 320 - 331 (80 - 82%)  
- C+ = 308 - 319 (77 - 79%)  
- C  = 292 - 307 (73 - 76%)  
- C- = 280 - 291 (70 - 72%)  
- D  = 240 - 279 (60 - 69%)  
- F  = 000 - 239 (below 60%).

**Course Topics, Assignments, and Exam Dates.**

8/28 **Psychological Fitness**  


9/4 *Complete measures for time 1 for Psychological Exercise Project*


9/11 **Healthy Thinking**  


10/2 * Complete measures for time 2 for Psychological Exercise Project *


10/9 * No class * (Students attend Monday classes)


10/23 **Exam 1 **


11/22 * Thanksgiving Holiday *


12/13 **Exam 2** (Thursday, 1:30 – 4:15)