

## NEW PSYCHOLOGY COURSE JANUARY 2017

### PSYC 485-3/750-3: Experiential Positive Psychology

This course focuses on the psychological development of personal growth and well-being using experiential practices grounded in contemplation. *Contemplation* is the process of using introspection, and other practices such as meditation, in order to gain a deeper understanding of oneself, others, and the world. In this course, you will be asked to use contemplative practices to understand yourself in relation to theories and research in the field of positive psychology (e.g., mindfulness, self-compassion, meaning in life, self-identity, and character). Classes will consist of short lectures combined with time for experiential practices (reflective writing, mindfulness meditation, and self-compassion exercises).

#### Registration requirements for PSYC 485:

- by permission of instructor
- completion of at least 60 credit hours
- completion of PSYC 200 (Positive Psychology) with a grade of at least a B- OR a cumulative GPA of a B in previous PSYC courses
- commitment to engaging in experiential practices (e.g., meditation & reflective writing) in class and at home on a regular basis
- commitment to engaging in “contract grading” = a contracted number of assignments (graded as pass or fail) that correspond to specific letter grades

#### Registration requirements for PSYC 750:

- by permission of instructor
- Graduate student
- commitment to engaging in experiential practices (e.g., meditation & reflective writing) in class and at home on a regular basis
- commitment to engaging in “contract grading” = a contracted number of assignments (graded as pass or fail) that correspond to specific letter grades

#### Registration process: (submit materials to [Sherry.Beaumont@unbc.ca](mailto:Sherry.Beaumont@unbc.ca)):

- a transcript (unofficial is fine)
- a brief statement of why you’re interested in the course, what you hope to learn, and that you understand the registration requirements (listed above)

#### Instructor:

Dr. Sherry Beaumont  
[Sherry.Beaumont@unbc.ca](mailto:Sherry.Beaumont@unbc.ca)  
Days/Times: M/W 2:30 – 3:50 pm  
(Room 5-122) CRN10526/10529

