# Course Description

This course provides an introduction to the field of coaching with a focus on the application of Positive Psychology theory and techniques. Students will learn about the historical and theoretical foundations of coaching; the inter-relationship of the concepts of coaching, mentoring, counselling and training; and the role coaching plays in a variety of contexts. Topics to be covered include: coaching models, elements of a coaching session, basic coaching concepts of awareness & responsibility. Pre-requisite PSY212.

# University Learning Outcomes (ULO)

* **ULO1:** Knowledge of Human Cultures and the Physical and Natural World
* **ULO2:** Intellectual and Practical Skills
* **ULO3:** Personal and Social Responsibility
* **ULO4:** Integrative and Applied Learning
* **ULO5:** Immersed in the Critical Concerns of the Sisters of Mercy of the Americas

# Program Learning Outcomes (PLO)

* **PLO1:** Analyze from different perspectives the impact of physiology, cognition, social interaction, group situations, interpersonal relations, attitudes, opinions, group conflicts, language, and communication on human behavior. (ULO1, 2, 4, 5)
* **PLO2:** Understand and articulate the application of psychological principles across professional settings, including mental health care, schools, general health care, social services, and corporate environments. (ULO2, 4)
* **PLO3:** Identify the impact of psychology on societal issues, including race, gender, religion, and social inequality, and articulate the role of advocacy to affect policy and societal change. (ULO1, 3, 5)
* **PLO4:** Understand key concepts in statistics and research methodology, and be able to use their acquired knowledge and critical-thinking skills to do the following: comprehensive and critical analysis of original research studies in the field, demonstrated through class discussion, presentations, and research papers. (ULO2, 4)
* **PLO5:** Engage in basic therapeutic counseling skills that allow students to interact appropriately across a variety of supervised professional settings. (ULO1, 2, 3, 4, 5)
* **PLO6:** Engage in critical thinking concerning the application of the discipline and ethical issues relevant to this evolving field of study. (ULO3, 5)

# Course Learning Outcomes (CLO)

* **CLO1:** Analyze the theoretical foundations of coaching strategies using positive psychology. *(PLO1, 2, 3, 6)*
* **CLO2:** Evaluate the theory and development of positive psychology. *(PLO1, 2, 3, 5, 6)*
* **CLO3:** Evaluate the inter-relationship of the concepts of coaching, mentoring, counselling, and training. (*PLO1, 5, 6)*
* **CLO4:** Examine the research literature based on a thoughtful and clear understanding of coaching and positive psychology. *(PLO1, 4, 6)*

# Student Expectations

Students are expected to:

* Ask probing and insightful questions related to course content.
* Make meaningful and relevant connections and application to their own learning process.
* Be productive and contributing members of class discussions.

# Required Course Materials

Biswas-Diener, R. (2010). *Practicing positive psychology coaching: Assessment, activities and strategies for success.* Hoboken, NJ: Wiley.

ISBN: 978 047 053 6766

# Suggested Point Values

|  |  |  |
| --- | --- | --- |
| **Assessment** | **Point Value** | **Due** |
| **Week 1** |  |  |
| Discussion: The Positive Approach | 40 |  |
| Week 1 Research & Analysis Report | 50 |  |
| Week 1 Practical Application Assignment | 50 |  |
| Week 1 Journal: Uncovering Personal Strengths | 40 |  |
| **Week 2** |  |  |
| Discussion: Environmental Influences | 40 |  |
| Week 2 Research & Analysis Report | 50 |  |
| Week 2 Practical Application Assignment | 50 |  |
| Week 2 Journal: Life Objective | 40 |  |
| **Week 3** |  |  |
| Discussion: Self-Esteem | 40 |  |
| Week 3 Research & Analysis Report | 50 |  |
| Week 3 Practical Application Assignment | 50 |  |
| Week 3 Journal: Goal Checklist | 40 |  |
| **Week 4** |  |  |
| Discussion: Finding the Flow | 40 |  |
| Week 4 Research & Analysis Report | 50 |  |
| Week 4 Practical Application Assignment | 50 |  |
| Week 4 Journal: Crafting Your Job | 40 |  |
| **Week 5** |  |  |
| Discussion: Coaching and Positive Psychology | 40 |  |
| Week 5 Research & Analysis Report | 50 |  |
| Week 5 Practical Application Assignment: | 50 |  |
| Week 5 Journal: Take-Aways | 40 |  |
| PowerPoint Presentation | 100 |  |
| **Total Points** | **1000** |  |

**Grading Scale**

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| --- | --- |
| **Grade** | **Range** |
| A | 93-100 |
| A- | 90-92 |
| B+ | 87-89 |
| B | 83-86 |
| B- | 82-80 |
| C+ | 77-79 |
| C | 73-76 |
| C- | 70-72 |
| D+ | 67-69 |
| D | 63-66 |
| D- | 60-62 |
| F | 59 |

# Course Schedule

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| --- | --- | --- |
| **Week** | **Start** | **End** |
| One | <insert start date> | <insert end date> |
| Two |  |  |
| Three |  |  |
| Four |  |  |
| Five |  |  |

# Weekly Learning Modules

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| --- | --- | --- | --- |
| **Week One: A Positive Psychology Approach to Coaching** | | | |
| ***Learning Objectives*** | | ***Alignment*** | |
| * 1. Recognize the relationship between positive psychology and coaching. | | CLO1, 4 | |
| * 1. Identify the foundational principles of positive psychology as an applied science. | | CLO1, 2, 4 | |
| * 1. Analyze the impact of coaching and positive psychology on assisting individuals to lead happier and more satisfying lives. | | CLO2, 3 | |
| * 1. Assess the paradigm shift in clinical psychology that focuses on character strengths and positive solutions. | | CLO1, 2 | |
| ***Resources, Activities, and Preparation***  *Utilize these resources and complete these activities in preparation for your graded assignments.* | | ***Alignment*** | ***AIE*** |
| **Tutorials**  During this course, you will be asked to use and participate in various technologies to complete activities and assignments.  **Review** the tutorials available on Blackboard as needed.  **Click** the **Student Resources** button from the menu on the left. | | N/A | N/A |
| **Weekly Participation and Discussion**  The purpose of the weekly discussions is to provide you with a way to synthesize the concepts presented in this course. Each week, you will respond to the discussion questions with a substantive post of 200 to 250 words that addresses all the prompts for the question by 11:59 p.m. EST of the listed due date. By the conclusion of each week, Sunday at 11:59 p.m. EST, you will make at least one substantive comment of 100 to 150 words to three of your classmates’ posts for each assigned discussion question. Your comments must further the discussion by following the RISE Model for meaningful feedback. It is recommended that you check in periodically throughout the week to ensure that you are meeting the participation requirement.  **Review** the RISE Model for Peer Feedback located on Blackboard. | |  |  |
| **Readings**  **Read** Ch. 1 and 2 of *Practicing Positive Psychology Coaching*.  **Read** the article[“From Coach to Positive Psychology Coach.”](https://repository.upenn.edu/cgi/viewcontent.cgi?referer=https://www.bing.com/&httpsredir=1&article=1023&context=mapp_capstone)  Feel free to **post** questions/comments to the General Questions & Discussion forum. | | 1.1, 1.2, 1.3, 1.4 | Lecture Activity = **1 hour** |
| **Video**  **Watch** the following videos for an overview on positive psychology:   * “[Martin Seligman Positive Psychology Video](https://www.youtube.com/watch?v=X-hL52sdqmY)” [3:23] * “[What is Positive Psychology?](https://www.youtube.com/watch?v=1qJvS8v0TTI)” [4:58]   Feel free to **post** questions/comments to the General Questions & Discussion forum. | | 1.2, 1.3, 1.4 | Lecture Activity = **1.5 hour** |
| ***Supplemental Resources and Activities***  *Explore these optional resources to deepen your understanding.* | | ***Alignment*** | ***AIE*** |
| **Adobe Connect Live Discussion**  **Review** [Adobe Connect Resources](https://sites.gmercyu.edu/student-resources/adobe-connect-resources/).  **Participate** in the scheduled live session with the course instructor. This session will provide an overview of the class and discuss the major assignments in the course.  **Prepare** to ask questions concerning the content of the week and the course as a whole.  *Note:* A recorded lecture will be made available to those who are unable to attend the live session. | | VARIES | Live Discussion: lecture and discussion = **1 hour** |
| **Website Review**  **Explore** the website [Positive Psychology Center](http://ppc.sas.upenn.edu/) from University of Pennsylvania.  Feel free to **post** questions/comments to the General Questions & Discussion forum. | | 1.2, 1.3 | Lecture Activity = **1 hour** |
| ***Graded Assignments***  *Complete these graded assessments by the end of the week unless specified otherwise.* | | ***Alignment*** | ***AIE*** |
| **Discussion: The Positive Approach**  **Pos**t a clear and logical response in 150 to 200 words to the following, providing specific examples to support your answers.   * Why do you think the positive psychology approach is becoming so popular with coaches and clinical psychologists? What do you think of this approach? What might be some downsides?   *Note*: Initial answers to the questions are due by 11:59 p.m. (Eastern time) on Thursday.  **Respond** to at least threestudents in a manner that is thought provoking and appropriately challenges or elevates the discussion. All responses must be posted by 11:59 p.m. (Eastern time) on Sunday. | | 1.3, 1.4 | Discussion: one post and replies to three other posts = **1 hour** |
| **Week 1 Research & Analysis Report**  **Research** and **review** current literatureon the topic of a strengths-based approach to coaching.  **Write** a concise 2- to 4-page report describing the foundational principles of a strength-based approach in coaching and positive psychology. Include an evaluation of the benefits and possible drawbacks of using this approach.  **Integrate** information from your text and a minimum of **two** additional academic research articles.  **Format** your paper according to APA guidelines.  **Submit** your report by Sunday. | | 1.1, 1.2, 1.3, 1.4 | Essay =  **1.5 hour** |
| **Week 1 Practical Application Assignment**  **Review** and **complete** the [Values in Action (VIA) Survey](http://www.viacharacter.org/www/Character-Strengths-Survey) to learn about your character strengths.  **Write** a concise report that summarizes the results of your personal survey and responds to the following:   * What were your results? How accurately do the results relate to you? * Which of your strengths surprised you? * How might you better develop this strength? * Which situations bring out this strength in you? * Which situations block you from using this strength? * What could you change if you used this strength more? * Name an instance wherein two of your strengths combined to produce a superior result rather than alone?   **Submit** your report by Sunday. | | 1.3, 1.4 | Essay =  **1.5 hour** |
| **Week 1 Journal: Uncovering Personal Strengths**  **Review** pp. 23–27 of *Practicing Positive Psychology Coaching*.  **Write** a brief journal entry that identifies the following:   * A behavior or accomplishment from your **past** that you are proud of in your life * Something in your **present** circumstances that you find exciting * Something in your **future** that you are looking forward to   **Describe** the circumstances and identify some of the things in these instances that energize you and make you feel a sense of pride. What did you accomplish? How did you feel? Why was it important? What personal strengths did you need and use in these instances?  **Submit** your journal entry by Sunday. | | 1.3, 1.4 | Journal =  **1 hour** |
| **Total** |  |  | **9.5 hours** |

# Faculty Notes

**Course Setup**

**General Questions and Discussion Forum:** This course includes a discussion forum for general questions, comments, and concerns. This forum is intended for any course-related commentary not found within a specific weekly discussion. This forum is not graded. Make sure to monitor this forum for student posts. You are encouraged to make an announcement advertising this forum and monitor and post regularly to build engagement.

**Adobe Connect:** Consider posting an announcement asking students to submit any questions or topics they'd like addressed ahead of time. The instructor can then utilize those questions that come up in the first part of the week to tailor the live Adobe Connect class session that would be scheduled toward the later part of the week. That 1-hour synchronous session will allow students the opportunity to go over any questions they had with the homework and clarify any misconceptions they have about the course content. All Adobe Connect sessions should be recorded and a link to the recording be posted to the course page so any student who misses the session can review it later in the week.

*Note:* It is the instructor’s choice as to what day they will schedule the Adobe Connect Live Session, but it is recommended that they schedule this session for Wednesday of the week so students have plenty of time to review their homework prior to the deadline on Sunday.

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| Week Two: Exploring Happiness, Optimism, & Positivity to Lead to an Ideal Self | |  |  |
| ***Learning Objectives*** | | ***Alignment*** | |
| * 1. Identify the foundational principles that lead to *authentic happiness*. | | CLO1, 2, 4 | |
| * 1. Assess the benefits of optimism and positivity in your personal and professional life. | | CLO1, 3, 4 | |
| * 1. Apply steps in creating an ideal self. | | CLO2, 3 | |
| ***Resources, Activities, and Preparation***  *Utilize these resources and complete these activities in preparation for your graded assignments.* | | ***Alignment*** | ***AIE*** |
| **Readings**  **Read** Ch. 3 and 4 of *Practicing Positive Psychology Coaching*. | | 2.1, 2.2, 2.3 | Lecture Activity = **1 hour** |
| **Video**  **View** the video [“How To Be Happy – The Secret of Authentic Happiness – Martin Seligman”](https://www.youtube.com/watch?v=Mp8xN1K-ITs) [5:01]. | | 2.1, 2.2 | Lecture Activity = **1.5 hour** |
| ***Supplemental Resources and Activities***  *Explore these optional resources to deepen your understanding.* | | ***Alignment*** | ***AIE*** |
| For further readings on gaining life coaching skills, you may purchase the following book:  [Nelson-Jones, R. (2007). *Life coaching skills: How to develop skilled clients.* London, United Kingdom: SAGE.](https://www.amazon.com/Life-Coaching-Skills-Develop-Skilled/dp/1412933943)  Feel free to **post** questions/comments to the General Questions & Discussion forum. | | COURSE | Lecture Activity = **1 hour** |
| **Website Review**  **Explore** the website on [Authentic Happiness](https://www.authentichappiness.sas.upenn.edu/) from University of Pennsylvania.  Feel free to **post** questions/comments to the General Questions & Discussion forum. | | 2.1 | Lecture Activity = **1 hour** |
| ***Graded Assignments***  *Complete these graded assessments by the end of the week unless specified otherwise.* | | ***Alignment*** | ***AIE*** |
| **Discussion: Environmental Influences**  Our environment and the people around us can influence us in either a positive or negative manner.  **Locate** some academic research that discusses how your environment and the people who surround you tend to influence and shape your behavior.  **Pos**t a clear and logical response in 150 to 200 words to the following, providing specific examples to support your answers.   * Describe a situation where your environment or a person close to you has influenced you in either a positive or negative manner. What have you learned from your research that can help you moving forward?   *Note*: Initial answers to the questions are due by 11:59 p.m. (Eastern time) on Thursday.  **Respond** to at least three students in a manner that is thought provoking and appropriately challenges or elevates the discussion. All responses must be posted by 11:59 p.m. (Eastern time) on Sunday. | | 2.1, 2.2 | Discussion: one post and replies to three other posts = **1 hour** |
| **Week 2 Research & Analysis Report**  **Research** and **review** current literatureon the topic of authentic happiness outside of sources currently provided in the week.  **Write** a concise, 3- to 5-page report that includes the following:   * Describes the foundational principles of authentic happiness as defined by Martin Seligman * Examines some of the drivers of your own personal levels of authentic happiness and the core values that help guide you in life   **Integrate** information from your text and a minimum of **two** additional academic research articles into the report.  **Format** your paper according to APA guidelines.  **Submit** your report by Sunday. | | 2.1, 2.2 | Essay =  **1.5 hour** |
| **Week 2 Practical Application Assignment**  **Review** and **complete** the activity “Creating an Ideal Self” located on pp. 46–47 and the “Coaching Questions for the Ideal Self” on p. 48 of your text.  **Write** a concise 1- to 3-page report that answers the questions in each of the activities.  **Submit** your report by Sunday. | | 2.1, 2.3 | Essay =  **1.5 hour** |
| **Week 2 Journal: Life Objective**  **Create** a major goal or objective statement in your life integrating the SMART approach (Specific, Measurable, Achievable, Relevant, and Timely) (p. 63 of the text).  **Review** and **complete** the nine questions on p. 66 “The Dark Side of Goals” relating to the specific goals statement that you identified. Your answers can be brief, but add detail and substance in your responses to demonstrate good reflection and critical thinking.  **Submit** your journal entry by Sunday. | | 2.2, 2.3 | Journal =  **1 hour** |
| **Total** |  |  | **9.5 hours** |

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| Week Three: Aligning Interests and Strengths to Accomplish Your Goals | |  |  |
| ***Learning Objectives*** | | ***Alignment*** | |
| * 1. Evaluate your personal areas of interest. | | CLO1 | |
| * 1. Analyze the value and importance of aligning strengths and interests. | | CLO3, 4 | |
| * 1. Construct personal goals to capitalize on personal strengths and interests. | | CLO1 | |
| ***Resources, Activities, and Preparation***  *Utilize these resources and complete these activities in preparation for your graded assignments.* | | ***Alignment*** | ***AIE*** |
| **Readings**  **Read** Ch. 5 and 6 of *Practicing Positive Psychology Coaching*.  Feel free to **post** questions/comments to the General Questions & Discussion forum. | | 3.1, 3.2, 3.3 | Lecture Activity = **1.5 hour** |
| **Video**  **View** the video [“Discover Your Personality”](https://www.youtube.com/watch?v=WQoOqQiVzwQ) [7:20].  Feel free to **post** questions/comments to the General Questions & Discussion forum. | | 3.1, 3.2 | Lecture Activity = **1.5 hour** |
| ***Supplemental Resources and Activities***  *Explore these optional resources to deepen your understanding.* | | ***Alignment*** | ***AIE*** |
| **Readings**  **Read** the article “Job Crafting Towards Strengths and Interests.”  Feel free to **post** questions/comments to the General Questions & Discussion forum. | | 3.3 | Lecture Activity = **1 hour** |
| ***Graded Assignments***  *Complete these graded assessments by the end of the week unless specified otherwise.* | | ***Alignment*** | ***AIE*** |
| **Discussion: Self-Esteem**  **Pos**t a clear and logical response in 150 to 200 words to the following, providing specific examples to support your answers.   * How does self-esteem affect a person’s general life outlook? How does it affect a person’s coping resource throughout a person’s lifespan? What research supports your view?   *Note*: Initial answers to the questions are due by 11:59 p.m. (Eastern time) on Thursday.  **Respond** to at least three students in a manner that is thought provoking and appropriately challenges or elevates the discussion. All responses must be posted by 11:59 p.m. (Eastern time) on Sunday. | | 3.2, 3.3 | Discussion: one post and replies to three other posts = **1 hour** |
| **Week 3 Research & Analysis Report**  **Review** Joe Dowling’s presentation handouts on Zonefulness.  **Write** a concise 2- to 4-page report that identifies and describes a situation or circumstance wherein the *toxic three zone blockers*, as mentioned in the readings, kept you from peak performance.   * What thoughts specific to each zone blocker came to mind? * How could you have used “The Big Three” of Peak Performance to overcome the negativity? * Based on the experience, what “solution-oriented questions” could you ask yourself? * Describe a “homework assignment” strategy that you could implement in your life to develop a positive framework for future success.   **Submit** your report by Sunday. | | 3.1, 3.2 | Essay =  **1.5 hour** |
| **Week 3 Practical Application Assignment**  **Review** and **complete** the free [personal interests inventory](https://www.truity.com/test/holland-code-career-test).  **Write** a concise report that answers the following questions:   * What choices have you made in the past that enable you to pursue your interests? * How can you apply one or more of the strengths you identified in developing your interests? * Are your strengths and interests aligned? * What activities can you engage in to better align your interests and strengths? * How do your interests align with your business major or career choice?   **Submit** your report by Sunday. | | 3.1, 3.2, 3.3 | Essay =  **1.5 hour** |
| **Week 3 Journal: Goal Checklist**  **Reflect** on the goal statement or life objective submitted for your Week 2 Journal.  **Identify** which of your personal strengths are needed to help you achieve that goal and which item of the Resource Relevance Checklist on p. 87 of your text are most important to your success. How does the goal align with your personal interests? How can accomplishing it benefit you in your personal and professional development?    **Submit** your response as a journal entry by Sunday. | | 3.1, 3.2 | Journal =  **1 hour** |
| **Total** |  |  | **9 hours** |

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| Week Four: Coaching to Develop Passion Across the Lifespan | |  |  |
| ***Learning Objectives*** | | ***Alignment*** | |
| * 1. Review the value of mindfulness and the state of optimal experience and focus. | | CLO1, 2, 3 | |
| * 1. Analyze how subjective well-being impacts the quality of a person’s life. | | CLO1, 2, 3 | |
| * 1. Assess issues relating to finding passion at work and in life. | | CLO1, 2, 3 | |
| ***Resources, Activities, and Preparation***  *Utilize these resources and complete these activities in preparation for your graded assignments.* | | ***Alignment*** | ***AIE*** |
| **Readings**  **Read** Ch. 7 of *Practicing Positive Psychology Coaching*.  **Read** the following articles:   * “[What is Subjective Well-Being?](http://positivepsychology.org.uk/subjective-well-being/)” * “FLOW: The Psychology of Optimal Experience”   Feel free to **post** questions/comments to the General Questions & Discussion forum. | | 4.1, 4.2, 4.3 | Lecture Activity = **1.5 hour** |
| **Video**  **View** the video “[8 Stages of Development](https://www.youtube.com/watch?v=aYCBdZLCDBQ)” [5:19].  Feel free to **post** questions/comments to the General Questions & Discussion forum. | | 4.2, 4.3 | Lecture Activity = **1.5 hours** |
| ***Graded Assignments***  *Complete these graded assessments by the end of the week unless specified otherwise.* | | ***Alignment*** | ***AIE*** |
| **Discussion: Finding the Flow**  **Pos**t a clear and logical response in 150 to 200 words to the following, providing specific examples to support your answers.   * Based on the readings, the term *flow* is a state of concentration that amounts to absolute absorption. Think of a time when you felt that you were in a flow moment. What activity were you involved in? Do you see this activity as something you could incorporate more frequently in life?   *Note*: Initial answers to the questions are due by 11:59 p.m. (Eastern time) on Thursday.  **Respond** to at least three students in a manner that is thought provoking and appropriately challenges or elevates the discussion. All responses must be posted by 11:59 p.m. (Eastern time) on Sunday. | | 4.1, 4.3 | Discussion: one post and replies to three other posts = **1 hour** |
| **Week 4 Research & Analysis Report**  **Research** current literature on the concept of subjective well-being (SWB), in addition to reviewing the reading materials this week.  **Write** a concise 2- to 4-page report that discusses the cognitive and emotional concepts that describe a person’s well-being and experience with the quality of life. What influences are instrumental in the development of your personal SWB? How stable will this mental outlook remain over time? What influence will this concept have on your outlook on life?  **Format** your paper according to APA guidelines.  **Submit** your report by Sunday. | | 4.2, 4.3 | Essay =  **1.5 hour** |
| **Week 4 Practical Application Assignment**  **Review** literature relating to the concepts of mindfulness and the flow experience.  **Write** a concise report of 1- to 3-pages that explains the value achieved when able to reach these mental states and how that can be developed. What steps can you take to achieve these mental states in your own personal and professional development throughout your life?  **Submit** your report by Sunday | | 4.1, 4.2, 4.3 | Essay =  **1.5 hour** |
| **Week 4 Journal: Crafting Your Job**  **Review** the “Who/What/When/Where Approach to Crafting Your Job” on p. 140 of your text and then follow the instructions to complete a journal entry to identify factors that you could change to help your work feel more engaging.  **Submit** your journal entry by Sunday. | | 4.1, 4.2, 4.3 | Journal =  **1 hour** |
| **Total** |  |  | **8 hours** |

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| Week Five: Coaching in Action | |  |  |
| ***Learning Objectives*** | | ***Alignment*** | |
| * 1. Identify a personal path to the coaching profession. | | CLO1, 3, 4 | |
| * 1. Reflect on assessment tools, strategies, and techniques used to conduct coaching sessions using positive psychology. | | CLO1, 3, 4 | |
| * 1. Construct a life plan. | | CLO1, 3, 4 | |
| ***Resources, Activities, and Preparation***  *Utilize these resources and complete these activities in preparation for your graded assignments.* | | ***Alignment*** | ***AIE*** |
| **Readings**  **Read** Ch. 8 of *Practicing Positive Psychology Coaching*.  **Read** the following articles:   * “[Research Paper: Positive Psychology and its Role in Coaching](https://coachcampus.com/coach-portfolios/research-papers/jamie-swan-positive-psychology-and-its-role-in-coaching/)” * “[Research Paper: Coaching and Positive Psychology](https://coachcampus.com/coach-portfolios/research-papers/mary-lamphear-coaching-and-positive-psychology/)”   Feel free to **post** questions/comments to the General Questions & Discussion forum. | | 5.1, 5.2, 5.3 | Lecture Activity = **1 hours** |
| ***Graded Assignments***  *Complete these graded assessments by the end of the week unless specified otherwise.* | | ***Alignment*** | ***AIE*** |
| **Discussion: Coaching and Positive Psychology**  **Pos**t a clear and logical response in 150 to 200 words to the following, providing specific examples to support your answers.   * Psychologist Biswas-Diener believes that coaching with positive psychology should be considered a tool and not as an outcome. Do you agree or disagree with this statement? Explain.   *Note*: Initial answers to the questions are due by 11:59 p.m. (Eastern time) on Thursday.  **Respond** to at least three students in a manner that is thought provoking and appropriately challenges or elevates the discussion. All responses must be posted by 11:59 p.m. (Eastern time) on Sunday. | | 5.1, 5.2 | Discussion: one post and replies to three other posts = **1 hour** |
| **Week 5 Research & Analysis Report**  **Write** a report that identifies and details the steps and procedures you would take to become a professional coach using the positive psychology approach.  **Select** an area of focus for your coaching, and then identify the following:   * The credentials, academic degrees, and/or professional experience that you feel is necessary to excel in the field * A mission statement that guides your purpose and professional practice * Your philosophical approach to working with individuals in your coaching encounters * Some of the tools and techniques that you will use in gaining insights about your clients * Explanation of why you selected those particular tools * Strategies to remain current in your professional field over time   **Submit** your report by Sunday. | | 5.1, 5.2 | Essay =  **1.5 hour** |
| **Week 5 Practical Application Assignment:**  **Review** the article “Positive psychology techniques -- Three Good Things.”  **Write** a concise report that applies the techniques presented in the article. Identify and describe how the techniques can apply to your life in specific detail. Explain your reasons for selecting these items and what you think your selections imply about you.  **Submit** your report by Sunday. | | 5.2, 5.3 | Essay =  **1.5 hour** |
| **Week 5 Journal: Take-Aways**  **Reflect** on your readings and activities you completed throughout this course.  **Write** a concise journal report that discusses some of the key take-aways that you found useful in your personal and professional development. How will you use them moving forward in your life?  **Submit** your journal response by Sunday. | | 5.1, 5.2, 5.3 | Journal =  **1 hour** |
| **PowerPoint Presentation**  **Create** an 8- to 10-slide narrated presentation using Microsoft PowerPoint, Prezi, or any other presentation tool approved by your instructor that identifies a personal action plan for further development of your personal life.  **Identify** SMART objectives that you plan to achieve within the next year in the following areas:   * Professional development * Personal development * Financial independence * Health and fitness * Family and relationships * Recreation * Spiritual (as you define it)   After identifying each goal statement, identify at least three strategic actions you plan to use to accomplish those goals or objectives.  **Consider** the visual appeal of your presentation and keep your slides simple and clutter free. Be sure to list the key objective for each area on the slide. You may want to add some clip art and/or photos for better visual appeal. Details of the strategies and tactics should be integrated on the slide notes page that accompanies each slide—or you may make an audio/video presentation of the entire project.  **Submit** your presentation by Sunday. | | 5.2, 5.3 | Project =  **2 hours** |
| **Total** |  |  | **8.5 hours** |

# Breakdown of Academic Instructional Equivalencies

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|  | **AIE Hours** |
| **Week 1** |  |
| Required | 7.5 |
| Supplemental | 2 |
| **Week 2** |  |
| Required | 7.5 |
| Supplemental | 2 |
| **Week 3** |  |
| Required | 8 |
| Supplemental | 1 |
| **Week 4** |  |
| Required | 8 |
| Supplemental |  |
| **Week5** |  |
| Required | 8 |
| Supplemental |  |
|  |  |
| **Total Required Hours** | 39 |
| **Total Supplemental Hours** | 5 |
| **Total Hours** | 44 |