

We acknowledge and respect that we are gathered on the traditional lands of the Anishnaabe People of Turtle Island and proudly recognize our local host Atikameksheng Anishnawbek. We also recognize the contributions of Wahnapiatae First Nation and the Metis Nation of Ontario.

|              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |               |   |               |    |
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| Course Title | Positive Psychology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |               |   |               |    |
| Course Code: | PSY1125                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Credit Value: | 3 | Credit Hours: | 42 |
| Programs:    | *ADSP Design And Visual Arts<br>*AFPG Art And Design Fundamentals<br>*ANIM Animation<br>*ANPG Animation<br>*BFND Business - Finance<br>*BFPG Business Fundamentals<br>*BUAP Business - Accounting<br>*CETN Computer Systems Technician<br>*CETY Computer Systems Technology<br>*CHLN Chemical Engineering Technician<br>*CHLP Chemical Eng. Technology<br>*COAN Common Animation<br>*COBU Common Business<br>*COCH Common Chemistry<br>*COCR Common Carpentry<br>*COCT Common Computer Systems<br>*COCV Common Civil Engineering<br>*COEE Common Electrical Engineering<br>*COEM Common Electromechanical<br>*COMCC Common Mechanical Engineering<br>*COMNC Common Mining Engineering<br>*COPWC Common Power Engineering<br>*CPIN Computer Programming - Internet Of Things<br>*CRPG Carpentry And Renovation Techniques<br>*CRTN Building Construction Technician - Carpentry<br>*CSTN Computer Systems Technician - Networking<br>*CSTY Computer Systems Technology - Security<br>*CVTN Civil Engineering Technician<br>*CVTY Civil Engineering Technology<br>*CVTY Civil Engineering Technology Campus<br>*CYCP Child And Youth Care<br>*DHYG Dental Hygiene<br>*DSWP Developmental Services Worker<br>*ECAD Early Childhood Education - Alternate Delivery<br>*ECEP Early Childhood Education<br>*EETN Electrical Engineering Technician - Industrial<br>*EETY Electrical Engineering Technology<br>*EMTN Electromechanical Engineering Technician - Mechatr<br>*EMTY Electromechanical Engineering Technology - Mechatr |               |   |               |    |

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|               | ESCP Emergency Services Communications<br>*EVTN Environmental Technician<br>*GAPG General Arts & Science Certificate<br>GASP General Arts And Science Diploma<br>*GEBU Business<br>*GMDS Game – Design And Simulation<br>*HDTN Heavy Equipment Technician<br>HLTH Health And Wellness<br>*HRMD Hospitality – Hotel & Restaurant<br>*HVTN Heating, Ventilation & Air Conditioning Technician<br>*IMTN Mechanical Engineering Technician – Industrial Mai<br>*MASG Massage Therapy<br>*MCOMMedia Communications<br>*MDLA Medical Laboratory Assistant<br>*MDLY Medical Laboratory Technology<br>*METN Mechanical Engineering Technician<br>*METY Mechanical Engineering Technology<br>*MNTN Mining Engineering Technician<br>*MNTY Mining Engineering Technology<br>*MRPG Medical Radiation Technology<br>*OTPA Occupational Therapist Assistant And Physiotherapi<br>*PAGD Graphic Design<br>*PARA Paramedic<br>*PFPG Police Foundations<br>*PHPG Pre – Health Sciences<br>*PLTN Powerline Technician<br>*PNDP Practical Nursing<br>*PNKE Practical Nursing<br>PPDC Positive Psychology Dual Credit<br>PPLC Positive Psychology Dual Credit – Lc<br>*PRET Pre – Trades/Technology<br>*PWTN Power Engineering Technician<br>*PWTY Power Engineering Technology<br>*SSIS Social Service Worker – Indigenous<br>*SSPG Social Service Worker<br>*VMTN Motive Power Technician – Service And Management<br>*WFTN Welding And Fabrication Technician<br>*WSPG Workplace Safety And Prevention<br><br>* This course is a General Education course for this program and therefore will not have any vocational standards. |               |  |              |  |
| Equivalencies |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Prerequisites |  | Corequisites |  |

This course may be delivered in a variety of different formats: 100% in-class, 100% online (or a blend of both), videoconferencing, distributed learning or off-campus. Please confirm with your faculty member which format will be used for your section of this course.

General Education Course: ☒

Eligible for PLAR: ☒

Degree Breadth Course: ☐

Experiential Learning: ☐

Research Intensive Course ☐

Designation:

**COURSE DESCRIPTION**

In this course, students will examine what makes our lives meaningful, pleasant, productive and healthy. The course will focus on positive psychological research and include discussions about resilience, positive emotions, mindsets, self-acceptance, mindfulness, relationships, finding meaning and goal achievement. There will be opportunities to learn strategies to understand and develop personal strengths, improve relationships, and deal with everyday adversity.

Date: May 28, 2026



Approved by: CHRISTOPHER SCHUBERT  
Chair, Community Services, Planning,  
Institutional Research And Quality Assurance

Effective: Fall 2026, Winter 2027, Spring 2027

**RELATIONSHIP TO PROGRAM VOCATIONAL LEARNING OUTCOMES**

| <b>PROGRAM LEVEL</b>                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| This course contributes to your program by allowing you to demonstrate the following vocational learning outcomes: |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Program(s)</b>                                                                                                  | <b>Vocational Learning Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Emergency Services Communications                                                                                  | <b>College Standards</b> <ol style="list-style-type: none"> <li>1. Apply strategies to maintain personal health and wellness as part of an emergency services team in order to ensure focus and readiness for live event shifts.</li> <li>2. Service a diverse population of callers/clients in a respectful and ethical manner to maintain trust and ensure the safety and confidentiality of emergency events.</li> </ol>                                                                                                                                                                                                            |
| General Arts And Science Diploma                                                                                   | <b>College Standards</b> <ol style="list-style-type: none"> <li>1. Develop, through general knowledge gained in a wide range of subjects, insight into both self and society.</li> <li>2. Develop flexibility and clarity of both thought and expression in order to develop communications competence to a level required by business and industry.</li> <li>3. Understand and utilize critical thinking processes and problem solving techniques.</li> <li>4. Examine and evaluate various aspects of our changing society to assist in developing a sense of personal and social responsibility as a citizen in society.</li> </ol> |

**COURSE CURRICULUM****Topics/Concepts Covered in This Course**

- What is Positive Psychology?
- Building Resilience: Moving from surviving to thriving
- Positive Emotions: Broaden and Build, Optimism, Mindset, Gratitude
- Engagement: Mindfulness, Flow and Savouring
- Character Strengths: What are they? What are yours?
- Positive Relationships: Self and Others
- Meaning: The Importance of Purpose & Finding Meaning
- Achievement: Goals, Goal Setting, Motivation and Self Regulation

| <b>COURSE LEVEL: Learning Outcomes and Objectives</b>                          |                                              |
|--------------------------------------------------------------------------------|----------------------------------------------|
| To earn credit for this course, you must reliably demonstrate your ability to: |                                              |
| <b>Learning Outcome</b>                                                        | <b>Objectives</b>                            |
| 1. Discuss the principles of positive psychology.                              | 1.1 Restate the aims of positive psychology. |

| Learning Outcome                                                                                                                           | Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                            | 1.2 Explain the benefits of focusing on the positive aspects of human behaviour.<br>1.3 Apply positive psychological principles and strategies to enhance well-being and build resilience.                                                                                                                                                                                                                                                                                |
| 2. Explain the importance of developing resilience.                                                                                        | 2.1 Define the terms stress, resilience and post-traumatic growth.<br>2.2 Discuss the various ways a person may be impacted by stress.<br>2.3 Explain why a person should develop resilience to help deal with stress and adversity in life.<br>2.4 Discuss the key components and elements of resilience and well-being using positive psychological frameworks.                                                                                                         |
| 3. Identify character strengths and apply them to the development of well-being.                                                           | 3.1 Recognize the twenty-four character strengths and virtues considered to be fundamental positive traits.<br>3.2 Analyze one's own character strengths.<br>3.3 Explain how character strengths can be used to increase and maintain well-being.<br>3.4 Discuss various strategies that can be used to develop character strengths.<br>3.5 Apply strategies such as strength spotting to develop one's own desired strengths.                                            |
| 4. Apply the principles and strategies learned from the study of positive emotional experiences to help improve one's personal well-being. | 4.1 Differentiate between positive and negative emotions.<br>4.2 Discuss how positive emotions influence human behaviour using Fredrickson's broaden and build theory.<br>4.3 Define gratitude and explain how it helps a person build more positive emotion.<br>4.4 Discuss how growth mindset, optimism and defensive optimism contribute to positivity and resilience.<br>4.5 Practice various exercises and activities to boost positivity and improve one's mindset. |
| 5. Apply the principles and strategies learned from the study of engagement to help improve one's personal well-being.                     | 5.1 Define engagement.<br>5.2 Explain how engagement contributes to a person's well-being.<br>5.3 Discuss how mindfulness, flow experiences, character strengths and positive emotions such as savouring contribute to engagement.<br>5.4 Practice various exercises and activities to build engagement.                                                                                                                                                                  |

| Learning Outcome                                                                                                                                 | Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6. Apply the principles and strategies learned from studying the importance of positive relationships to help improve one's personal well-being. | 6.1 Define positive relationships.<br>6.2 Explain how relationships foster beneficial positive emotions such as amusement, love and compassion.<br>6.3 Define self, self-acceptance, self-efficacy and self-compassion.<br>6.4 Discuss how developing and maintaining a positive sense of self is central to having and maintaining positive relationships.<br>6.5 Discuss how active constructive responding, forgiveness, kindness, laughter and compassion foster positive relationships.<br>6.6 Practice various exercises and activities to build and maintain positive relationships. |
| 7. Apply the principles and strategies learned from the study of meaning to help improve one's personal well-being.                              | 7.1 Define meaning.<br>7.2 Explain how meaning in one's life contributes to a person's well-being.<br>7.3 Discuss how spirituality, pursuing one's passion and experiences of awe foster meaning.<br>7.4 Practice various exercises and activities to foster meaning in one's life.                                                                                                                                                                                                                                                                                                         |
| 8. Apply the principles and strategies learned from the study of achievement to help improve one's personal well-being.                          | 8.1 Define achievement.<br>8.2 Explain how setting, pursuing and achieving goals contributes to a person's well-being.<br>8.3 Describe factors that contribute to good goal setting.<br>8.4 Discuss how a person's motivation and self-regulation impact goal attainment.<br>8.5 Practice various exercises and activities to help improve the likelihood of achieving goals in one's personal and professional life.                                                                                                                                                                       |

## Essential Employability Skills

### Communication

- communicate clearly in written, spoken, and visual form that fulfills purpose/needs of audience.
- respond to written, spoken, or visual messages in a manner that ensures effective communication.

### Numeracy

- not applicable

### Critical Thinking and Problem Solving

- use a variety of thinking skills to anticipate and solve problems.

**Information Management**

- not applicable

**Interpersonal**

- show respect for the diverse opinions, values, belief systems, and contributions of others.

**Personal**

- take responsibility for one's own actions, decisions, and consequences.

**General Education Themes**

- Personal understanding

**Delivery Method**

- Classroom: Course is delivered through scheduled synchronous teaching that may be face-to-face and/or virtual.
- Online: Course is fully delivered through asynchronous teaching.
- Hybrid: Course combines scheduled synchronous and unscheduled asynchronous teaching.

**Learning Activities**

- Lectures
- Class Discussions
- Group Work
- Reflective Writing
- In-Class Exercises
- Case Studies
- eLearning Components

**Resources Required****Additional Supplies****Assigned Readings**

Readings, to be assigned during the semester, will consist of selected chapters from textbooks as well as articles from journals and/or psychology-related websites. Links to assigned readings will be posted on the Moodle course shell.

**Evaluation Plan****Grading Scheme**

|   |            |
|---|------------|
| A | 80% - 100% |
| B | 70% - 79%  |
| C | 60% - 69%  |
| D | 50% - 59%  |
| F | 0% - 49%   |

| Evaluation Method             | Value (%)  |
|-------------------------------|------------|
| <b>Test/Exam</b>              | <b>40%</b> |
| 2 Tests (20% each)            |            |
| <b>Applied Activities (G)</b> | <b>30%</b> |
| 3 Activities @ 10%            |            |

| Evaluation Method                | Value (%)  |
|----------------------------------|------------|
| <b>Assignments</b>               | <b>30%</b> |
| 2 Assignments (1 @ 10%, 1 @ 20%) |            |

## ADDITIONAL INFORMATION

A course outline is the College's commitment to the students. It supports educators, students, employers, and external partners in determining the depth of knowledge and level of performance that a student will be able to demonstrate upon successful completion of a course. Both instructor and student are obligated to follow the content of the course outline. It is your responsibility to meet these outcomes as assigned.

**Note:** You should maintain a copy of this course outline for your records. You may require this course outline if you seek transfer credits or further studies at other institutions.

### Cambrian Email Addresses

All email correspondence with currently registered students must be via the students' College-issued email, as per the College's [IT Acceptable Use Policy](#). Students must familiarize themselves with the IT Acceptable Use Policy, as it outlines the acceptable use of College information systems and technology, and mitigates risks to the College's IT infrastructure.

### Bring Your Own Device (BYOD) and Apps Anywhere

Cambrian College is a BYOD institution, which means that students bring the device of their choice that meets program-specific minimum technology requirements. Program-specific minimum technology requirements can be viewed on program pages on the Cambrian College website. AppsAnywhere is an easy-to-use app store-like platform providing students with a way to access their College apps and software on demand, anywhere, anytime both on and off campus. These both enrich the student learning experience in and out of the classroom, while providing maximum flexibility.

### Policies

It is the student's responsibility to be aware of the College's policies. Policies, procedures and forms can be found on the [College website](#).

### Academic and Student Services

Cambrian has a variety of student and academic services to support students during their academic journey at the College.

- [Academic Integrity Office](#)
- [Academic Success Centre](#)
- [Bookstore and Campus Store](#)
- [International Student Support Services](#)
- [KPMG Pride Centre](#)
- [Career Centre](#)
- [Registrar's Office \(Enrolment Centre\)](#)
- [First Step Centre](#)
- [Accessibility Services](#)
- [Library](#)
- [Pathways](#)
- [Available Scholarships and Bursaries](#)
- [Cambrian Student Council \(CSC\)](#)
- [Cambrian Indigenous Student Circle \(CISC\)](#)
- [Cambrian Athletic Association \(CAA\)](#)

- [Student Life Centre](#)
- [Test Centre](#)
- [The Learning Centre](#) [Tutoring Services]
- [Wabnode Centre for Indigenous Services](#)
- [Women's Resource Centre](#)

## Copyright

Copyright is the exclusive legal right given to a creator to reproduce, publish, sell, or distribute his/her work. All members of the Cambrian community are required to comply with Canadian copyright law, which governs the reproduction, use and distribution of copyrighted materials. This means that the copying, use and distribution of copyright-protected materials, regardless of format, are subject to certain limits and restrictions. For example, activities such as photocopying or scanning an entire textbook or uploading class materials to a course sharing site are prohibited.

See the [Cambrian Library website](#) for additional information regarding copyright and for details on allowable limits.

## Audio/Visual Capture

Sounds and images from this class, and contributions made by a participant, virtually or in-person, are recorded under the authority of the *Ontario Colleges of Applied Arts and Technology Act, 2002*. The main purpose of these recordings is to allow students enrolled in the course to review content and engage in activities, whether they attend any given class in person, virtually, or at all. Class recordings are for personal use only and shall not be shared or transferred. Faculty may also review these recordings to prepare for future classes, evaluate students, collaborate in program reviews, or provide feedback to faculty and/or students. Any questions about the use of multimedia recordings may be addressed to your respective Dean.

## Equity, Diversity, and Inclusivity

Cambrian is committed to building and preserving an equitable, diverse, and inclusive learning community where students, faculty, and staff may achieve their full potential in an environment characterized by equality of respect and opportunity. All students and employees have the right to live and work in an environment that is free from discrimination and harassment. Therefore, Cambrian College will not tolerate any form of discrimination or harassment in its employment, education, accommodation, or business dealings. For more information, please visit: [Equity, Human Rights, and Accessibility](#).

## Prior Learning Assessment and Recognition (PLAR)

Students wishing to have work or life experience that meets course learning outcomes considered for credit through Prior Learning Assessment and Recognition should email the Enrolment Centre at [records@cambriancollege.ca](mailto:records@cambriancollege.ca).

## Transfer Credit

Students wishing to have courses from other programs or institutions assessed for equivalency and/or transfer credit should visit the [Transfer Credits page](#) on the Cambrian website. The student should maintain a copy of this course outline for their records. Students may require this course outline if seeking transfer credits or further studies at other institutions.

## Test Proctoring at Cambrian

Many courses include major tests and/or final exams. The practice at Cambrian requires that these types of test situations involve proctoring to ensure academic integrity. Online tests/exams may employ a proctoring services to enable you to take your exam from a location of your choosing within a period specified by your instructor. When you are taking an online test/exam, the proctoring service may capture your video, screen, audio, and web surfing data to protect academic integrity. Cambrian College collects, uses, discloses, and retains personal information in compliance with the

*Freedom of Information and Protection of Privacy Act (FIPPA)*. Your personal information is being collected under the authority of the *Ontario Colleges of Applied Arts and Technology Act S.O. 2002, c.8, Sched. F*. This information will be used for the purpose of administering a test/exam through an online proctoring service acting as an authorized agent of the College. Please refer to Cambrian's [Official Student Records Policy](#) for more details. If you have any questions regarding the collection of your personal information, please contact Vice President Academic, Cambrian College, 1400 Barry Downe Rd., Sudbury ON P3A 3V8, 1-705-566-8101 ext. 6245.