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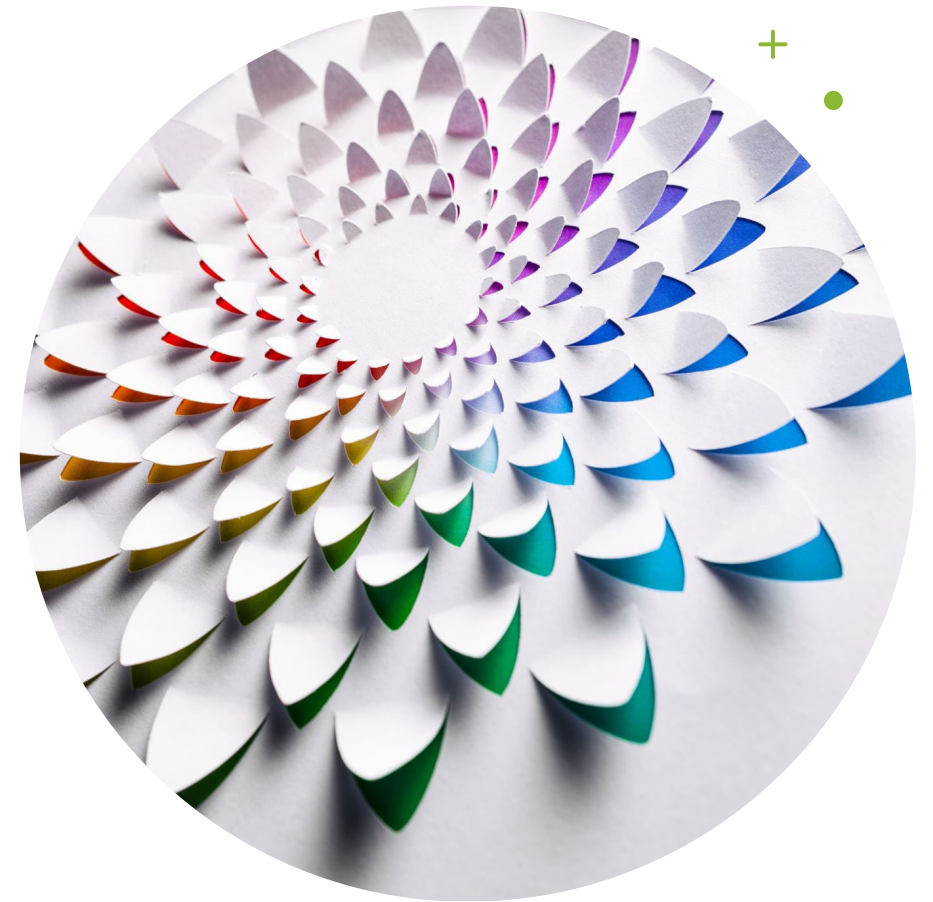
WELCOME TO PSYC 100

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Professor Lora Connor

INTRODUCTIONS

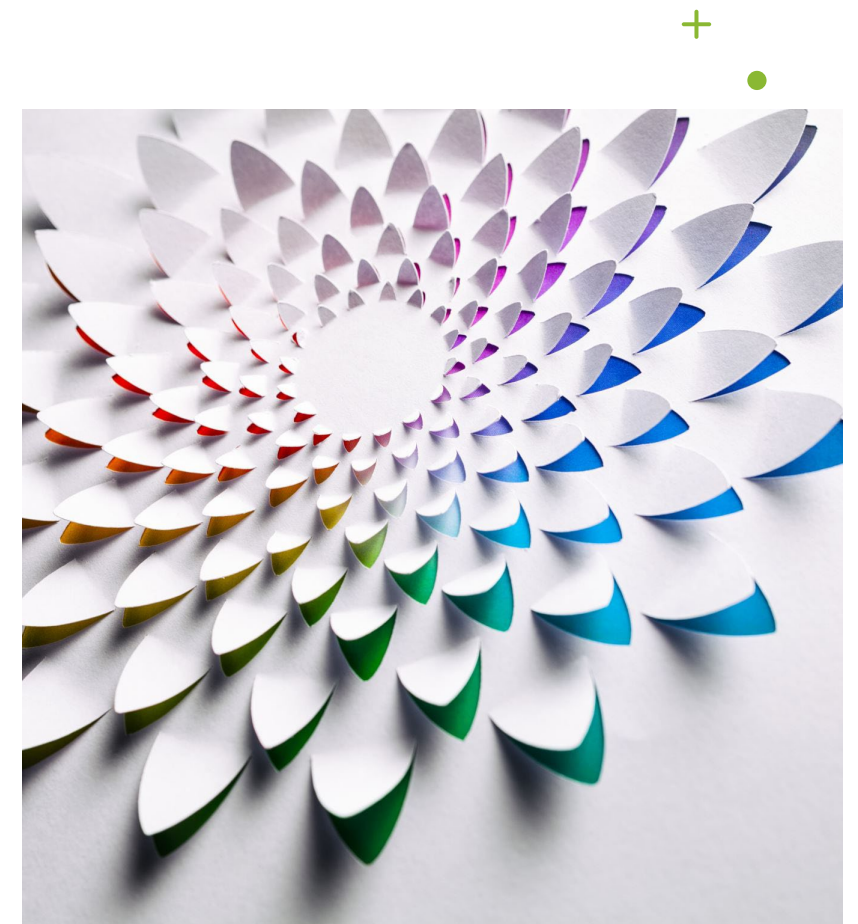
- Professor Connor:
 - Wife, Mother (3 Boys), & Research Analyst IV w/ SSA:
 - Data Analyst, Statistician, & Research Methodologist
 - From Costa Mesa, CA
- Pet Peeves:
 - When people repeat themselves over and over
 - When they have a habit of saying “What” even though you know they heard you.
- Hobbies:
 - Reading/Writing Fictional Stories, Coding/Creating Websites (LoraConnor.com), Camping, Beach!
- Now your turn (Cameras On!):
 - Name
 - Where are you from?
 - Tell us Something Interesting About Yourself (e.g., family, job, music, pet peeves (or just pets), talents, a wish, etc.)
 - What are your plans for your education (AA, Transfer: Bachelors, Masters, PhD, etc.)
 - What do you hope to do when you finish school (e.g., career, occupation)



PS YCHOLOGY: CAREER OPPORTUNITIES

Psychology: Career Opportunities (3:45)

<http://www.youtube.com/watch?v=XhWTJE3NLIc&feature=related>





PSYCHOLOGY AT UCD

Psychology at UCD (3:22)

Dr Jessica Bramham, Professor Aidan Moran, and Dr Michael O'Connell talk about their areas, and explain the skills learned through the study of psychology.

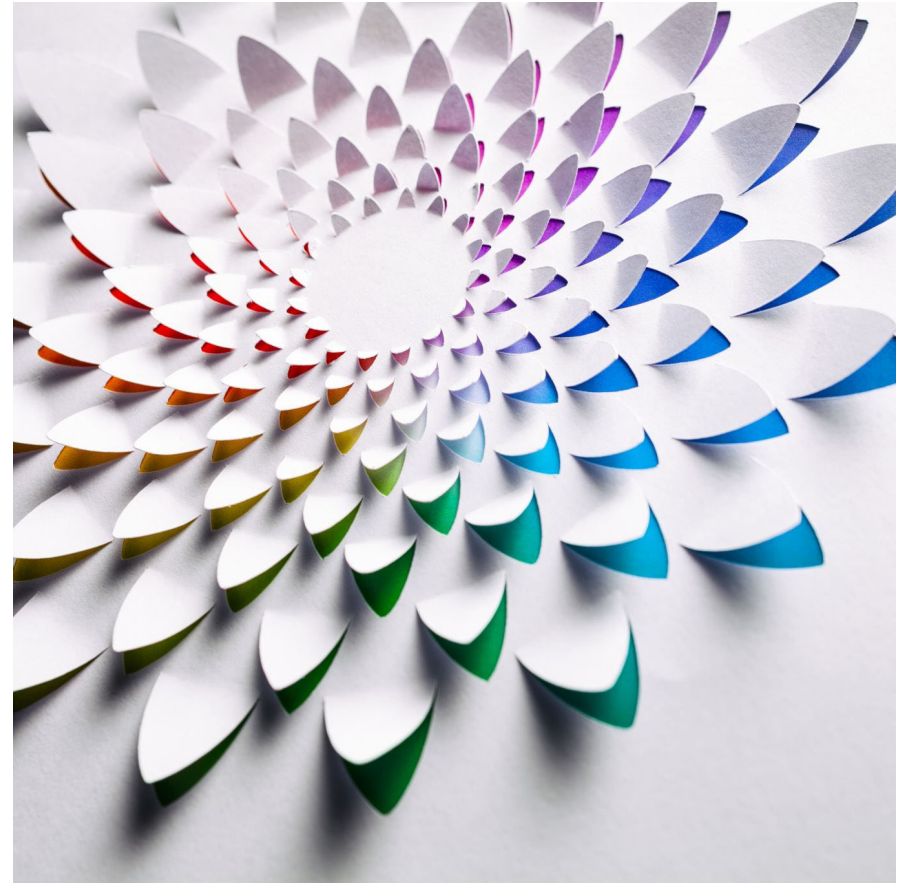
<http://www.youtube.com/watch?v=wsuwy9xjTj0>

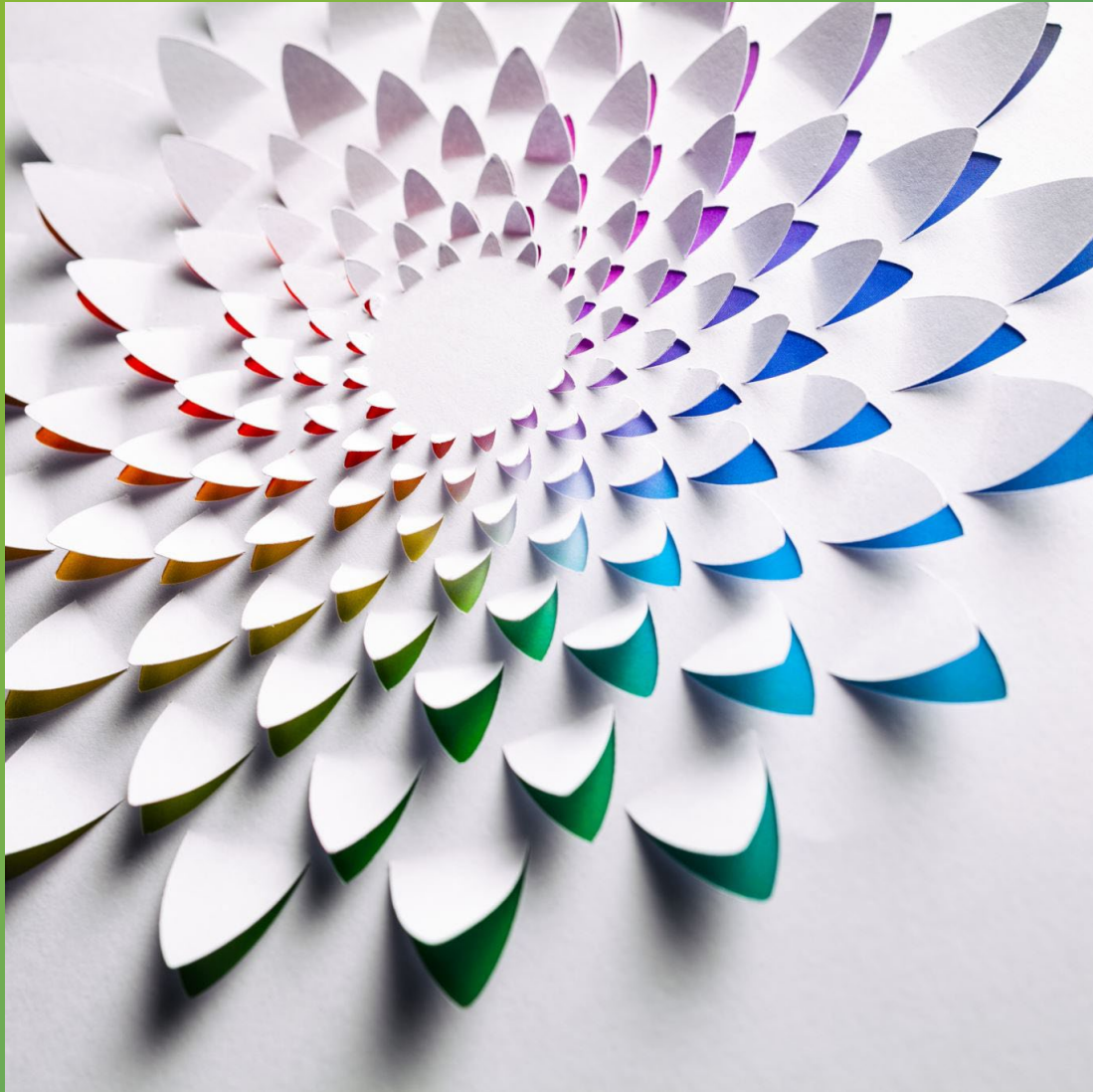


TED TALK: THE SCIENCE OF PSYCHOLOGY

Martin Seligman: The New Era Of Positive Psychology

https://www.ted.com/talks/martin_seligman_on_the_state_of_psychology





DISCUSSION

Three costs of the Disease Model:

1. Psychologists became Victimologists and Pathologizers
2. Forgot about Improving Normal Lives and High Talent
3. In our rush to make people better, we forgot to do things to make people happier: Positive interventions

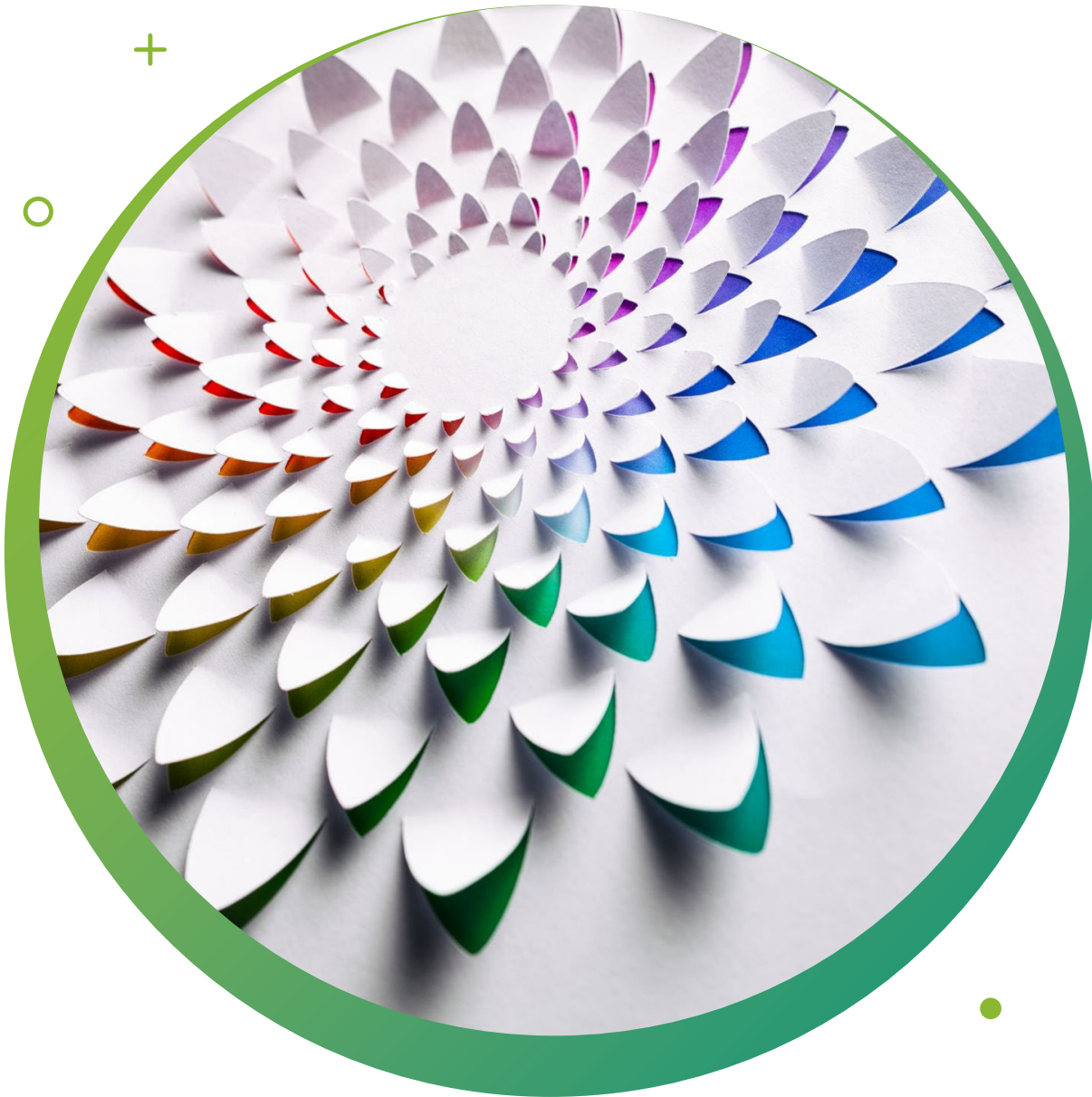
Q: Have you seen this in everyday lives? Explain

Q: How can we improve this or change this?

POSITIVE PSYCHOLOGY

- We should be just as concerned with strength as with weakness
- We should be just as interested in building the best things in life as in repairing the worst
- We should be just as concerned with making the lives of normal people fulfilling and with nurturing high talent as with healing pathology.
- Q: How might psychologists go about achieving these goals?
- Q: What barriers would they face?





POSITIVE PSYCHOLOGY

- This doctor, Martin Seligman, developed Questionnaires on Authentic Happiness here:
- <https://www.authentichappiness.as.upenn.edu/testcenter>
- Any volunteers?
- Q: How might some of these tests be used?

DR. MARTIN SELIGMAN'S THREE "HAPPY" LIVES THEORY



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1. "The Pleasant Life (PA)
 - Having as much positive emotion as you can and the skills to amplify it
 - Drawbacks:
 - it is heritable 50%
 - it habituates: It gets old
 2. The Good Life (Engagement)
 - Having a life in your work, your life, your play, your friendship, your love, your parenting...
 - Pleasure vs Flow
 - Identify Signature Strengths
 - www.authentic happiness.org
 - Recraft Work, Love, Play
 - Derive Thereby More Flow
 3. The meaningful life
 - Knowing your signature strengths
 - Using in the service of something larger than you
 - Contributing to Positive Institutions
- How many of you tend to put more work into number One, and not enough work into numbers Two and Three?
 - How will you make improvements to numbers two and three?
 - Of those who wish to become counselors, how many will consider incorporating this into their therapy?