

PSY 335: Your Choice Written Assignment

Due: Tuesday November 17 on paper, in person, start of class AND uploaded to Moodle before class (worth 13% of your course grade)

You are to choose **one** of the four options described below. Each option involves an academic formal paper into which scientific research literature in Positive Psychology / Science of Wellbeing is incorporated.

Your four options are:

- Option 1: Concept Integration Paper
- Option 2: Literature Review
- Option 3: Critical Review of Wellbeing Self-Help Material
- Option 4: New Unique PPI

Each option is described in full details below, each has unique requirements and criteria.

However, there are some common elements/criteria across all options as described below.

Criteria Common to ALL Options:

- between 6 and 8 pages (not including cover page and references)
- formal academic writing
 - check Moodle for tips and hints
 - check your paper over and refer to the document "H!A's Common Writing Mistakes"
- all sources must be cited and referenced as per APA 7th
- must include a cover page (see below) and Reference page (see below)
- only published scientific peer-reviewed articles can be cited and referenced (articles from predatory journals are not valid – ASK if you're not sure!)
 - see criteria for minimum number of articles for each option
 - see criteria for types of articles allowed for each option

Formatting Common to ALL Options:

- a cover sheet with *only* the following information noted as per below
 - at the top left-hand side of the page (not In the Header!):
 - first line: PSY 335A | Your Name (First Last) | Student ID | Your Choice Assignment
 - second line: Option # | topic or if Option 2 list quote
- 1" margins top, bottom, right, left
- 12 pt Times New Roman or other serif font
- first line of each paragraph indented ½" and no extra spaces between paragraphs
- APA 7th formatting for the entire paper for: headings, citations, references, header, footer
 - check Moodle for APA formatting resources (and you can also check with me of course!)

See following pages for description and criteria for each option.

Your Choice Written Assignment - Option 1: Concept Integration Paper

This paper consists of writing an academic paper on how a *non-academic* work or works outside of the domain of psychology exemplifies a few of the concepts and/or theories covered in class. (If you want to write on a PP concept not covered in class, you *must* have prior written approval from me.) Examples of a non-academic work outside the domain of psychology include: classic literature, novels/fiction, popular movies, TV series, graphic novels. Note that documentaries and 'self-help' books are NOT suitable to base this paper on. This assignment will help you to develop, integrate, and apply your knowledge of the science of wellbeing (positive psychology) as presented in class. It is also meant to help you develop an attitude of consilience towards learning, that is, "the linking together of principles from different disciplines especially when forming a comprehensive theory". Essentially, this assignment assesses how well you can see these academic constructs and concepts at play in the world. I strongly recommend that you consult me (your prof) on your choice of non-academic work to base this paper on.

**** Note if you took PSY 340 Emotions & Behaviour with me:** There was a similar assignment in some sections of that class. For this PSY 335 class, If you chose Option 1 – CIP, *please ensure that you are focusing on concepts from this course* – PSY 335 Positive Psych / Science of WB – and not concepts or emotions from PSY 340 – Emotions & Behaviour. **

CRITERIA in addition to Common Criteria:

* See also Common Criteria and Formatting on previous page. *

- properly cite and reference your non-academic work you are basing this paper on
- must include citations/references to a minimum of 6 scientific peer-reviewed articles
 - these can include:
 - original research
 - meta-analyses
 - mega-analyses
 - review articles of any kind
 - these cannot include:
 - book chapters
 - article of any kind about the non-academic work you chose
 - these minimum 6 articles must be published from 2016 onward
- Note: You will need to also cite older material to establish a base for the PP concepts and theories
 - in addition to the types of publications noted above, you can also include book chapters for this aspect

... See next page for Grading Rubric for Option 1 ...

Grading Rubric for Option 1 - Concept Integration Paper

ITEM	points deducted
0.25% deducted for each formatting error as per criteria for cover sheet and paper	
1% deducted for each article short of minimum number required – up to a maximum of 5% Minimum requirement = 6 academic articles published from 2016 onward as per criteria	
2% deducted if criteria not met for length of body of paper (6-8 pages not including cover page and reference list)	
0.25% deducted for each APA formatting error up to a maximum of 5% (3 ‘free’ errors permitted; repeated penalty will not be given for the the same error if made <i>consistently</i> throughout the paper)	
Total Marks DEDUCTED:	

ITEM	WORTH	letter grade*	points earned
Language, Style, Flow, Organization, Clarity: writing overall—spelling, punctuation, sentence structure, grammar, word choices, coherent flow of ideas, clarity of writing	30%		
For each section, marks are for clarity, comprehensiveness, and accuracy			
Depth of concept integration and development	35%		
Accuracy, appropriateness, and thoroughness of scientific research cited in support of your observations.	35%		
points EARNED			
% score:			
% deduction for errors (from above):			
% PAPER GRADE:			
LETTER GRADE:			

Your Choice Written Assignment - Option 2: Literature Review

Your task is to write a mini-literature review on one of the below listed topics. This assignment lets you do a deeper dive into a single topic, thus enhancing your scientific understanding of this topic within Positive Psychology / Science of Wellbeing. This assignment is designed to provide you with an opportunity to enhance your skills in conducting a scientific literature review and scientific written communication.

Topics To Choose From:

- Character-Strength-Based PPIs¹
- Broaden-and-Build Theory
- Self-Determination Theory
- Meaning in Life
- Gratitude
- Curiosity
- Hope
- Self-Compassion
- Kindness
- Wellbeing Literacy
- Global or cross-cultural differences in wellbeing (broadly construed)

CRITERIA in addition to Common Criteria:

* See also Common Criteria and Formatting on previous page. *

- must include citations/references to a minimum of 12 scientific peer-reviewed articles
 - these must be:
 - original research articles
 - these cannot include:
 - review articles of any kind
 - meta- or mega-analyses
 - book chapters
- these minimum 12 articles must be published from 2016 onward

Note: You will need to also cite older material to establish a base for the PP concepts and theories

- in addition to the types of publications noted above, you can include book chapters for this aspect
- See Grading Rubric for overview of required sections
- Note that you still need to section the body of your paper into subsections with appropriate headings

I **strongly** recommend that you **Check Moodle** for overview and hints on writing literature reviews.

... See next page for Grading Rubric for Option 2 ...

1 PPI: Positive Psychology Intervention

Grading Rubric for Option 2 - Literature Review

ITEM	points deducted
0.25% deducted for each formatting error as per criteria for cover sheet and paper	
1% deducted for each article short of minimum number required – up to a maximum of 5% Minimum requirement = 12 academic articles published from 2016 onward as per criteria	
2% deducted if criteria not met for length of body of paper (6-8 pages not including cover page and reference list)	
0.25% deducted for each APA formatting error up to a maximum of 5% (3 ‘free’ errors permitted; repeated penalty will not be given for the same error if made <i>consistently</i> throughout the paper)	
Total Marks DEDUCTED:	

ITEM	WORTH	letter grade*	points earned
Language, Style, Flow, Organization, Clarity: writing overall—spelling, punctuation, sentence structure, grammar, word choices, coherent flow of ideas, clarity of writing	30%		
For each section, marks are for clarity, comprehensiveness, and accuracy			
Introduction	7%		
Body of Paper (review of research): Accuracy, appropriateness, and thoroughness of the scientific research reviewed	50%		
Limitations	3%		
Future Directions	5%		
Conclusion	5%		
points EARNED			
% score:			
% deduction for errors (from above):			
% PAPER GRADE:			
LETTER GRADE:			

Your Choice Written Assignment - Option 3: Critical Review of Self-Help Material

There is a plethora of information on the internet (sites, blogs, podcasts, apps) and in book stores about how to enhance your wellbeing. However, not all of what is advised and promoted is based on scientific evidence. Some of this material may even be written about under the guise of being based on “positive psychology” or be produced by someone claiming to be a “positive psychologist”! In this assignment, you will investigate the scientific evidence (or lack thereof) for the claims made in the self-help material you choose.

This assignment is designed to help you enhance your critical thinking skills with respect to discerning evidence for activities and “interventions” promoted as being effective for enhancing wellbeing. In completing this assignment, you will also become more familiar with recent scientific literature in the domain of positive psychology—the science of wellbeing. Of course this assignment is also an opportunity to hone your academic writing skills.

CRITERIA in addition to Common Criteria:

* See also Common Criteria and Formatting on previous page. *

- properly cite and reference the self-help material you are basing this paper on
- 1. Find a self-help blog page, article, podcast, or website pertaining to improving wellbeing. **Note:** The self-help blog page, article, podcast, or website you choose must not be from a scientific source or have citations noted within it. Do not choose a news article the basis of which is providing information about results of a study.
- 2. Write a summary of this material. What is being claimed? What activities are promoted or suggested? Be clear, specific, and thorough. Also provide a brief summary of who authored the material, and include any credentials for the author that are available.
- 3. Now choose one of the suggested activities from the self-help material.
- 4. Find a minimum of 6 peer-reviewed academic articles that are relevant to that suggestion. These can include:
 - original research
 - meta-analyses
 - mega-analyses
 - review articles of any kind
 - these cannot include:
 - book chapters
 - these minimum 6 articles must be published from 2016 onward
- 5. If you cannot find a minimum of 6 peer-reviewed academic articles relevant to the self-help suggestion you chose, discuss what you were able to find according to the criteria in Step 4. Then choose another suggestion. If you cannot find a minimum of peer-reviewed academic articles relevant to that suggestion, again, discuss what you were able to find according to the criteria in Step 4 and then check with me (your prof) at that point.]
- 6. Discuss the suggestion from the self-help material with respect to the scientific evidence you found. Compare and contrast the self-help material with the scientific literature. How closely aligned is the content in the self-article material with the scientific literature? What did the self-help material miss-the-mark on? What was on-target? How much evidence is there for what is in the self-help material? (Note: For this point, discuss this beyond the minimum 6 peer-reviewed articles you chose; e.g., How difficult was it to find 5 peer-reviewed articles – provide an indication of how many scientific articles that met the criteria there were to choose from.) Is there a consensus in the scientific literature on these practices/suggestions, or it is inconsistent across scientific studies?
- 7. Now you will critique the scientific literature you found. What are the strengths of these studies? Think in terms of methodology, samples, power, analyses. What are the limitations? Are there gaps in the research that need to be addressed? Discuss future directions for research in these areas.

... See next page for Grading Rubric for Option 3 ...

Grading Rubric for Option 3 - Critical Review of Self-Help Material

ITEM	points deducted
0.25% deducted for each formatting error as per criteria for cover sheet and paper	
1% deducted for each article short of minimum number required – up to a maximum of 5% Minimum requirement = 6 academic articles published from 2016 onward as per criteria	
2% deducted if criteria not met for length of body of paper (6-8 pages not including cover page and reference list)	
0.25% deducted for each APA formatting error up to a maximum of 5% (3 ‘free’ errors permitted; repeated penalty will not be given for the same error if made <i>consistently</i> throughout the paper)	
Total Marks DEDUCTED:	

ITEM	WORTH	letter grade*	points earned
Language, Style, Flow, Organization, Clarity: writing overall—spelling, punctuation, sentence structure, grammar, word choices, coherent flow of ideas, clarity of writing	30%		
For each section, marks are for clarity, comprehensiveness, and accuracy			
Summary of Self-Help Material	5%		
Comparison & Contrast to Scientific Literature	30%		
Critique of Scientific Literature	30%		
Conclusion	5%		
points EARNED			
% score:			
% deduction for errors (from above):			
% PAPER GRADE:			
LETTER GRADE:			

Your Choice Written Assignment - Option 4: New Unique PPI

Although there are numerous PPIs / wellbeing interventions, there is no "one-size-fits-all". This assignment puts your creative and critical thinking to work. You will develop a new, unique PPI / wellbeing intervention to build on what is already out there in the scientific literature; you will also provide the procedures/method for testing the efficacy of this new PPI. (Note: You are not running the study. You are developing and planning it as though you were going to run the study.) This assignment develops your research planning skills. Additionally, in completing this assignment, you will also become more familiar with recent scientific literature in the domain of positive psychology—the science of wellbeing, and, of course, hone your academic writing skills.

CRITERIA in addition to Common Criteria:

* See also Common Criteria and Formatting on previous page. *

Your paper must include the following:

- brief introduction / background literature review and with respect to the foundation or previous literature you are building your PPI on
- justification for development of this particular new PPI
- citations/references to a minimum of 5 scientific peer-reviewed articles across your background and justification sections
 - these can be:
 - original research articles
 - review articles of any kind
 - meta - or mega-analyses
 - these minimum 6 articles must be published from 2016 onward
- complete instructions for the PPI
- design of study - which must be one of the following:
 - within participant pre-post design
 - between groups pre-post design with random assignment to experimental or control group(s)
- full procedure (i.e. what exactly will participants be doing from start to finish of the study)
- if you are using a between groups pre-post design with random assignment:
 - you must include complete instructions/description for the control group
- complete list of dependent variables / aspects of wellbeing you will be measuring and brief rational for why you chose those aspects of wellbeing to assess
 - citations/references must be included for each questionnaire
 - but you do not need to include the full questionnaire
- description of participant sample
- hypothesis / hypotheses

... See next page for Grading Rubric for Option 4 ...

Grading Rubric for Option 4 - New Unique PPI

ITEM	points deducted
0.25% deducted for each formatting error as per criteria for cover sheet and paper	
1% deducted for each article short of minimum number required – up to a maximum of 5% Minimum requirement = 5 academic articles published from 2016 onward as per criteria	
2% deducted if criteria not met for length of body of paper (6-8 pages not including cover page and reference list)	
0.25% deducted for each APA formatting error up to a maximum of 5% (3 ‘free’ errors permitted; repeated penalty will not be given for the same error if made <i>consistently</i> throughout the paper)	
Total Marks DEDUCTED:	

ITEM	WORTH	letter grade*	points earned
Language, Style, Flow, Organization, Clarity: writing overall—spelling, punctuation, sentence structure, grammar, word choices, coherent flow of ideas, clarity of writing	30%		
For each section, marks are for clarity, comprehensiveness, and accuracy			
Introduction / Background & Justification	5%		
Novelty and appropriateness of PPI	20%		
Instructions for PPI (& control group if applicable)	15%		
Design of study	5%		
Procedure	12%		
DVs / Wellbeing measures	7%		
Participant Sample	4%		
Hypothesis / Hypotheses	2%		
points EARNED			
% score:			
% deduction for errors (from above):			
% PAPER GRADE:			
LETTER GRADE:			