Learning Sustainable Well-Being (Psych 88): “Principles of Clarity”  
Fall Quarter, 2019

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Class Meetings: Thursdays, 3:30 – 4:50 pm, Hojel Auditorium, Institute of the Americas (near RIMAC)  
My Office Hours: Wednesdays, 10 – 11 am, McGill Hall, Rm 5117

Purpose: The principles taught in this class are based on Mindfulness, Positive Psychology and Cognitive Therapy (as well as Buddhism and Neuroscience). The focus is on how to live a life where our actions are aligned with our core values, get straight to the heart of a matter, identify the issues, discriminate between real threats vs. the “stories” we tell ourselves, move away from “shoulds”, take responsibility for our choices, not go into “victim mentality”, communicate needs effectively, bring love, mindfulness and compassion to all situations, and live wholeheartedly, without apology. The goal is to give you the tools you need to feel empowered and to live a life you love, with purpose and clarity.

Format: Each week, there is a short lecture on a given topic, combined with workshop style exercises. The exercises include: 1) private reflection, 2) group discussion, 3) didactic discourse between the instructor and students, 4) partnering up, students taking turns facilitating each other on an exercise. The goal is to break free of the limiting concepts we place on ourselves and others, to speak with truth, and move forward with love. Before or after each class, the instructor sends assignments to prepare for the week (for example, writing out a statement of core values, discussing one’s greatest weakness with a friend).

Grading: Grading is Pass/Not Pass, and is based on attendance plus a required reflection video turned in by finals week (see below for Reflection Video information). Attendance is tracked with iclickers (see below for information), and only one absence is allowed to pass the class, but please try to make all classes! (If you get sick, or have an emergency, please let me know and I will understand).

1) Sept 26: Introduction to Practicing Mindfulness and Well-Being

YOUR RELATIONSHIP WITH YOURSELF

2) Oct 3: Who Are You?: How do you Talk/Think about Yourself?

3) Oct 10: Accepting All of You: the Good, the Bad and the Ugly

4) Oct 17: Manifesting What you Want: Tackling Worry, Doubt and Fear


YOUR RELATIONSHIP WITH OTHERS

6) Oct 31: Who Are They (i.e., Other People)? (Part 1)

7) Nov 7: Who Are They (i.e., Other People)? (Part 2)

8) Nov 14: Working it Out with Other People (Part 1)

9) Nov 21: Working it Out with Other People (Part 2)

10) Dec 5: Summary, Tips for Practicing Clarity and Meditation

NOTE about your emotions: This class is, in part, about learning how to be open and truthful. It can get therefore get emotional sometimes, with people sharing heavy stories and/or issues. Please know that you are never required to share anything in this class, but you should be prepared that others will. Also, know that mental health resources (CAPS) are available on the UCSD campus, if you think you might benefit from a visit: 858-534-3755.
REFLECTION VIDEO: By finals week, you will be required to turn in a 1 – 2 minute reflection video, filmed on any device. This video should be of you talking about a breakthrough or pivotal moment (either positive or negative) you experienced from the class (either during class itself or outside the class). You can make this video anytime during the quarter, but it has to be turned in by finals week, uploaded on Canvas. If you are uncomfortable making a video, please talk to me about an alternative written assignment. Whether you do a video or the written assignment, I will get your permission in case we use it for a documentary (see below).

LSW DOCUMENTARY: This LSW course is part of an initiative I started at UCSD because I believe that everyone – especially young people like yourselves – need a course in “how to be a human”. I have been working with university administrators – including the chancellor, to have an LSW program (with structured curriculum and course credits) be a readily available offering at UCSD. Since implementation of such an LSW program would be a large paradigm shift for UCSD, we are hoping to make a documentary about it. This might involve some filming in our classroom, of mainly me teaching, but I will let you know if/when this is going to happen. If the filming is going to include any students, I will get your permission first.

ICLICKERS: I will be using iClicker to take attendance, and to start each class with a thought-provoking question, and I will share aggregated responses with the class. Your individual responses will be anonymous. You can buy a new iClicker or an old one. The mobile application, iClicker REEF will not be allowed.

Register: You must register your clicker through the course website (which is on Canvas: canvas.ucsd.edu). Look for “iClicker Registration” in the navigation menu on the left side of the page. Click on that link, and you will be prompted to enter your iClicker Remote ID (found on the bar code on the back of the clicker). When complete, you will see the clicker ID and the date you registered it. If you’re using a pre-owned clicker, there is no need for the previous owner to unregister, and you will not be charged a fee to register it through the course Canvas site. If you make a mistake in your entry, click on the “remove” link and re-enter the correct clicker ID information. If you encounter an error when trying to register your clicker, try using Chrome or Firefox instead of Safari or Internet Explorer. Please address any questions you have to: clickers@ucsd.edu.

Clicker frequencies: You may need to change your clicker frequency to match the base receiver in the classroom (which is DD). To change the frequency, hold the power button until the display flashes, then use the buttons to key in the correct code. Three things to note: 1) Prior to the start of the question(s) an image will appear on the screen reminding the class to switch to frequency DD. At that time, please verify that you are on the correct frequency before attempting to answer any questions. 2) An original iClicker remote always defaults to frequency AA when first turned on, so do not turn it off during your class once you have turned it on and set your frequency. 3) An iClicker2 or iClicker+ remote automatically turns off after 10 minutes of inactivity, but when you turn it back on it will remain on the last used frequency.

Batteries: It is recommended that you use Energizer, Rayovac, Eveready or another brand name battery in your clicker. Duracell (and some generic brand) batteries cause a problem in the device due to differences in the dimensions on the inside of the remote and the positive battery terminal that keep the two from making contact. Good batteries should last around 200 hours of class time.