

***Learning Sustainable Well-Being (Psych 88):  
“Compassion for Self and Others”  
Spring Quarter, 2021***

**Professor: Dr. Karen Dobkins, Ph.D.**  
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**Class Meetings: Thursdays, 9:30 – 10:50 am, Online Zoom: <https://ucsd.zoom.us/j/97563651484>**  
**My Office Hours: Tuesdays, 10 – 11 am: Online Zoom: <https://ucsd.zoom.us/j/92583604872>**

**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. After each class, I usually send a follow-up email with some videos, readings, etc., if you are interested. Please have a small notebook/pen ready for class for different exercises and your own note-taking.

**Grading:** Grading is Pass/Not Pass, and is based on

- 1) **Weekly Reflection Essay:** You will turn in a weekly essay (a paragraph is fine!) describing what you got most out of the class for *that week’s lecture* (this is a type of “journaling” exercise). **The assignment is due by Monday, 11:59 pm of each week.** (So, the first one is due April 5<sup>th</sup>). You will be allowed to miss only *one* of these reflection essays for the quarter. You will not be graded on this, you just have to show that you put in an effort! *If you miss an essay, you can still submit it late, but then you must ALSO attend an office hour that week, and let the UGIA know in advance.*
- 2) **Final Video Reflection Piece:** At the end of the quarter, you will be asked to turn in a short video reflection piece, where you can be playful and creative, and even work together on it (See below).
- 3) **Filling out a survey on well-being** before the first day of class (**before April 1**), which will be sent to you.

**Note about attendance:** In the past, attendance has been tracked with clickers, and students were allowed only one absence to pass the class, although I highly recommended that they make all classes! *Because of the current Covid-19 situation, I cannot take attendance, because students are allowed to watch asynchronously. This means that all classes are recorded (see Zoom Recording, below). Still, the class is much more powerful if you participate synchronously!*

**UGIAs:** We will often break into smaller groups, each one led by a UGIA or myself. The UGIAs will also hold 1 hour of office hours/week to go over the concepts discussed during class time. *This can be thought of as a peer-to-peer discussion group, however, it should not be used for private counseling sessions, as UGIAs are not qualified for this.*

**UGIAs**

Carmen Blum  
Peyton FitzGerald  
Sophia Higareda  
Jane Collier  
Vivian Liu

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**Office Hours (by Zoom)**

Wednesdays, 9 – 10 am: <https://ucsd.zoom.us/j/3557866251>  
Thursdays, 11 – noon: <https://ucsd.zoom.us/j/96333558504>  
Mondays, 12 – 1 pm: <https://ucsd.zoom.us/j/94919529535>  
Wednesdays, 3 – 4 pm: <https://ucsd.zoom.us/j/97124255092>  
Fridays, 10 - 11 am: <https://ucsd.zoom.us/j/8801411973>

## Topics by Week

1) April 1: Practicing Psychological Well-Being: Insights from Eastern and Western Philosophies

### SELF-COMPASSION: YOUR RELATIONSHIP WITH YOURSELF

2) April 8: Who Are You?: How do you Talk/Think about Yourself?

3) April 15: Accepting All of You: the Good, the Bad and the Ugly

4) April 22: Manifesting What you Want: Tackling Worry, Doubt and Fear

5) April 29: Emotional Resilience: Practicing Non-Identification

### COMPASSION FOR OTHERS: YOUR RELATIONSHIP WITH OTHERS

6) May 6: Compassion for Others (Part 1)

7) May 13: Compassion for Others (Part 2)

8) May 20: Conflict Resolution with Others (Part 1)

9) May 27: Conflict Resolution with Others (Part 2)

10) June 3: Summary, Tips for Practicing Well-Being

**NOTE about your emotions:** This class is, in part, about learning how to be open and truthful. It can 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 call: 858-534-3755.

**NOTE about the teachings:** Everything taught in this class are just *suggestions* for ways to live life openly and wholeheartedly, while mitigating stress, depression and loneliness. You are free to adopt which of these teachings work for you, as everyone is different 😊

**REFLECTION VIDEO:** By the end of finals week (Friday, June 11<sup>th</sup> at 11:59 pm) 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. *Note: You don't have to film YOURSELF in the video, you can instead do a voice-over if you'd like. And, you can work together with other students to make a video together, if you prefer!* Just have fun with it!! If you are uncomfortable making a video, please talk to me about an alternative written assignment. There is a possibility we may want to use your video for a documentary about the LSW initiative at UCSD. As a way of getting your permission, when you upload your videos, I will ask you to write in “YES” or “NO” in the title of your video (e.g., “Karen Dobkins-YES”). To play it really safe, we will also have a quiz question asking you whether you want to opt out of having your video used. If your video is chosen for the documentary, we will get your permission in a separate release form.

**ZOOM RECORDINGS:** This class uses video and audio recording or other personal information for the purpose of facilitating the course. If you have privacy concerns and do not wish to appear in the recording of the class session, do not turn on your video. If you prefer to use a pseudonym instead of your name, please let the instructor know what name you will be using before class so that they will know who you are during the session. You may use the zoom private chat feature to comment or ask questions. UC San Diego does not allow vendors to use this information for other purposes. Recordings will be deleted when no longer necessary.

