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

Professor: Dr. Karen Dobkins, Ph.D.
e-mail: kdobkins@ucsd.edu

Class Meetings: Thursdays, 9:30 – 10:50 am, In Person. McGill Hall Rm 1350 (with masks)
My Office Hours: Tuesdays, 1 – 2 pm, In Person. McGill Hall 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. 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) Class attendance: Attendance is required and will be monitored each class. You will be allowed to miss only one class for the quarter. If you want to make up for a missed lecture, you will have to attend an office hour of one of the UGIAs that week, and let the UGIA know in advance, and they will be prepared to give a mini-lecture (overview) for that week (See Bottom Line for Passing, below).
2) 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 Monday, Sept 27th). 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 of one of the UGIAs that week, and let the UGIA know in advance (See Bottom Line for Passing, below).
3) 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).
4) Filling out a survey on well-being before the first day of class (before September 23rd), which will be sent to you a few days before class starts.

Bottom Line for PASSING the class:
- Fill out the pre-survey before Wednesday, Sept 22nd at 11:59 pm
- You can miss 1 class and 1 essay without any explanation to us, and you will still pass.
- If you miss more than 1 class, you can make it up by going to a UGIA office hour that week
- If you miss more than 1 essay, you can make it up by going to a UGIA office hour that week, and submitting the essay late

Note 1: Turning in late submissions overburdens the UGIA who have just the same amount of coursework as you. Do everything you can to attend every lecture and turn in assignments on time.
Note 2: I understand that emergencies happen that make it impossible to attend class. If an emergency is getting in the way of you being able to pass the class, please reach out to me so I can help you pass the class!
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.

<table>
<thead>
<tr>
<th>UGIAs</th>
<th>E-mail</th>
<th>Office Hours (by Zoom or in person)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natalie Sanchez</td>
<td><a href="mailto:nasanche@ucsd.edu">nasanche@ucsd.edu</a></td>
<td>Fridays, 1:30 – 2:30, Starbucks UCSD</td>
</tr>
<tr>
<td>Aneke Harris</td>
<td><a href="mailto:a4harris@ucsd.edu">a4harris@ucsd.edu</a></td>
<td>Mondays, 4 – 5 pm, TBD</td>
</tr>
<tr>
<td>Emily Bolter</td>
<td><a href="mailto:ebolter@ucsd.edu">ebolter@ucsd.edu</a></td>
<td>Wednesdays, 9 – 10 am, <a href="https://ucsd.zoom.us/j/4077691583">https://ucsd.zoom.us/j/4077691583</a></td>
</tr>
<tr>
<td>Essence Wells</td>
<td><a href="mailto:elwells@ucsd.edu">elwells@ucsd.edu</a></td>
<td>Wednesdays, 1 -2 pm, <a href="https://ucsd.zoom.us/j/93131716097">https://ucsd.zoom.us/j/93131716097</a></td>
</tr>
<tr>
<td>Thai Duong</td>
<td><a href="mailto:tkduong@ucsd.edu">tkduong@ucsd.edu</a></td>
<td>Mondays, 5 – 6 pm, <a href="https://ucsd.zoom.us/j/93750917325">https://ucsd.zoom.us/j/93750917325</a></td>
</tr>
</tbody>
</table>

Topics by Week

1) Sept 23: Practicing Psychological Well-Being: Insights from Eastern and Western Philosophies

SELF-COMPASSION: YOUR RELATIONSHIP WITH YOURSELF

2) Sept 30: Who Are You?: How do you Talk/Think about Yourself?

3) Oct 7: Accepting All of You: the Good, the Bad and the Ugly

4) Oct 14: Emotional Resilience (Part 1)

5) Oct 21: Emotional Resilience (Part 2)

COMPASSION FOR OTHERS: YOUR RELATIONSHIP WITH OTHERS

6) Oct 28: Compassion for Others (Part 1)

7) Nov 4: Compassion for Others (Part 2)

8) Nov 11: Conflict Resolution with Others (Part 1)

9) Nov 18: Conflict Resolution with Others (Part 2)

10) Dec 2: Summary, Tips for Practicing

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 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. All of us benefit from support during times of struggle. You are not alone. There are many helpful resources available on campus and an important part of the college experience is learning how to ask for help. Asking for support sooner rather than later is often helpful. Please also know that if you have experienced traumatic events or have mental health concerns, a course like this will not fix mental health concerns that require a therapeutic approach.

Note about mental health concerns: This course is not designed to address mental health disorders or acute concerns. As such, some discussions are never permitted in this course in discussions with your peers, including details of traumatic events, means of self-harm, and an intent to hurt yourself or others. If you would benefit from talking to a mental health professional, please go to the counseling center (CAPS) on the UCSD campus. If you are thinking about harming yourself or others, please go to Urgent Care at CAPS immediately (they are open from 8AM to 4PM and can be reached at 858-534-3755; if afterhours, please call the suicide hotline at 800-273-TALK [8255]).
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 Tuesday of finals week (Tuesday, Dec 7th 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., “Jane Doe-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.

COVID-19 CONCERNS: There is a possibility that we may have to move over to remote classes if instructed to do so by UCSD. In this case, I will set up a Zoom room, and the class will be recorded. 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.