Learning Sustainable Well-Being (Psych 88):
“Principles of Clarity”
Spring Quarter, 2020

Professor: Dr. Karen Dobkins, Ph.D.
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Class Meetings: Thursdays, 8 am – 9:20 am, Online Zoom: https://ucsd.zoom.us/j/968185146
My Office Hours: Wednesdays, 11 – 12 am: Online Zoom: https://ucsd.zoom.us/j/209557097

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 simple attendance and handing in a short video reflection piece at the end of the quarter. In the past, attendance has been tracked with clickers, and students were allowed only one absence to pass the class, although I highly recommend that they make all classes! Because of the current CO-VID crisis, I decided to be very lenient and allow two absences. Of course, if you are experiencing psychological issues that are making it hard to attend, please let me know. (See below, for taking attendance on Zoom).

UGIAs: We will sometimes 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 e-mail Office Hours (by Zoom)
Carson Crawford chcroft@ucsd.edu Mondays, 2 – 3 pm: https://ucsd.zoom.us/j/375303906
Carissa Cayco ccayco@ucsd.edu Thursdays, 11 am – 12: https://uchealth.zoom.us/j/168115156
Hailey Hurst hhurst@ucsd.edu Tuesdays, 11 am – 12: https://ucsd.zoom.us/j/459612932
Montana Taylor mntaylor@ucsd.edu Tuesdays, 9:30 am – 10:30: https://zoom.us/j/199029128

1) April 2: Introduction to Practicing Mindfulness and Well-Being

YOUR RELATIONSHIP WITH YOURSELF

2) April 9: Who Are You?: How do you Talk/Think about Yourself?

3) April 16: Accepting All of You: the Good, the Bad and the Ugly

4) April 23: Manifesting What you Want: Tackling Worry, Doubt and Fear

5) April 30: Emotional Resilience: Practicing Non-Identification

YOUR RELATIONSHIP WITH OTHERS

6) May 7: Who Are They (i.e., Other People)? (Part 1)
7) May 14:  Who Are They (i.e., Other People)? (Part 2)
8) May 21:  Working it Out with Other People (Part 1)
9) May 28:  Working it Out with Other People (Part 2)
10) June 4:  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 call: 858-534-3755.

REFLECTION VIDEO:  By the end of finals week (Friday, June 12th 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. 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).

ATTENDANCE ON ZOOM:  Please sign in through UCSD Zoom LTI Pro. Zoom keeps track of attendance, including total entry and exit time.