

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

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/98787385104>

My Office Hours: Wednesdays, 11 – 12 am: Online Zoom: <https://ucsd.zoom.us/j/92859695635>

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 Oct 5th). 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!*
- 2) **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).

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 crisis, I cannot take attendance, because students are allowed to watch asynchronously. Still, the class is much more powerful if you participate synchronously!*

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

Kaitlyn Vanson
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Khanh Le
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Office Hours (by Zoom)

Fridays, 2 – 3 pm: <https://ucsd.zoom.us/j/97667901144>
Fridays, 9 – 10 am: <https://ucsd.zoom.us/j/91722244195>
Thursdays, 11 am – noon: <https://ucsd.zoom.us/j/7529105815>
Mondays, 11 am - noon: <https://ucsd.zoom.us/j/7606831338>

1) Oct 1: **Introduction to Practicing Mindfulness and Well-Being**

YOUR RELATIONSHIP WITH YOURSELF

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

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

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

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

YOUR RELATIONSHIP WITH OTHERS

6) Nov 5: Who Are They (i.e., Other People)? (Part 1)

7) Nov 12: Who Are They (i.e., Other People)? (Part 2)

8) Nov 19: Working it Out with Other People (Part 1)

9) Dec 3: Working it Out with Other People (Part 2)

10) Dec 10: 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 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, Dec 18th 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. Whether you do a video or the written assignment, I will get your permission in case we use it for a documentary (see below).