

Extra Credit Paper
15 points

Applied Positive Psychology Project:

Develop a proposal for an application of one of the positive psychology constructs we covered in class. Your job is to develop a feasible program that promotes the construct among a specific target population with the goal of enhancing their well-being. The program is to be developed using your creativity, however, there should be a clear rationale for the effectiveness of the program based on previous research of the construct. Past examples have included founding a Random Acts of Kindness Club at CSU, building a Positive School from the ground up, creating a drop-in massage center at CSU, and creating a couple's counseling program for romantic couples based on positive psychology principles. You do not need to actually do the program, so the sky's the limit!

Submit a 4-6 page paper that presents a proposal for your project. Using existing research (empirical articles), course material, and your own creativity, you will describe your project, including the reason for your interest, the target population, research support for your idea, a detailed description of the program you propose, and a specific way in which you would assess whether your program works (if you actually were to implement your program).

Introduction	Excellent	Satisfactory	Needs Improvement
Defines the construct selected and the theory or model used	2 points Completely and accurately defines the construct and theory or model used; the theory or model connects to the construct	1 point Provides a complete definition/explanation of the theory or model and connects it to the construct; may not be as thorough or well-described as "excellent"	0 point The theory or model is not specified or does not clearly relate to the construct
Includes findings from 3 empirical articles related to the construct of interest	3 points The 3 articles selected are empirical, are related to the construct of interest, inform the program that is proposed, and are written about in a clear, accurate manner	2 points There are 3 articles, at least 2 of which are empirical, clearly relate to the construct of interest, and inform the program that is proposed. They may not be as clearly described as an "excellent" paper	0-1 points Empirical articles are not incorporated, are not relevant, and/or are not tied to the construct of interest.
Provides background and rationale for current project	2 points Provides	1 point Provides some	0 point Provides limited

	sufficient background information and rationale to support the development of the program described in this paper	background information and rationale for developing the program, may be slightly lacking in depth or rationale	or no background information or rationale for developing the program
<u>Program Development</u>	Excellent	Satisfactory	Needs Improvement
Describes main purpose(s)/objective(s) of program	2 points Main purpose/objective is clearly, concisely stated	1 point Main purpose/objective is apparent but may not be stated as clearly and concisely as possible	0 points Main purpose/objective is unclear and/or not stated
Describes structure of program	2 points Describes duration, number of sessions, length of sessions and overall program, individual/group format, setting	1 point Provides information about the structure of the program, may not be as detailed as an “excellent” paper	0 points Provides very limited or no information about the structure of the program
Describes and provides rationale content of program	2 points Describes each session’s goals and activities, providing some specific examples and provides rationale for each main component of the program	1 point Describes some of the session’s goals and activities and provides some examples with some rationale for the main components of the program, but not as in depth or detailed as an “excellent” paper	0 point Provides very limited or no information about the program content and rationale for inclusion of main components
<u>Mechanics</u>	Excellent	Satisfactory	Needs Improvement
Uses proper spelling, grammar, punctuation; organization and flow of paper	2 points	1 point	0 points