SKIL40016 *Positive Learning for University*
Term 1 - 2018

Profile information current as at 03/05/2024 04:54 pm

All details in this unit profile for SKIL40016 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

Positive Learning for University introduces you to a variety of concepts through the framework of Positive Psychology. Techniques will be taught to: enhance clarity and identify personal meaning and values; increase optimism through changes in thinking; consider how gratitude and mindfulness improve personal well-being; identify personal strengths; provide opportunities to develop positive relationships; improve communication skills; and integrate healthy living to ensure a healthy environment for study. Through a mixture of theory, practical activities and reflection, you will demonstrate how personal attitudes and ways of thinking affect your learning, and you will consider solutions to the challenges that may be encountered in higher education. Additionally, in order to navigate an online world, you will be introduced to a number of technology platforms that will further support your learning and assist you to demonstrate understanding of concepts using technology.

Details

Career Level: *Non-award*
Credit Points: *6*
Student Contribution Band: *10*
Fraction of Full-Time Student Load: *0.125*

Pre-requisites or Co-requisites

There are no requisites for this unit.
Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the Assessment Policy and Procedure (Higher Education Coursework).

Offerings For Term 1 - 2018

- Distance

Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website

This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Non-award unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

Regional Campuses

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

Metropolitan Campuses

Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **Online Quiz(zes)**
Weighting: 10%
2. **Portfolio**
Weighting: 20%
3. **Portfolio**
Weighting: 40%
4. **Practical and Written Assessment**
Weighting: 30%

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the University's Grades and Results Policy for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the CQUniversity Policy site.
You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the CQUniversity Policy site.

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from Student Evaluation Lecturer Reflections

Feedback

Instructions in the technology worksheets need to be reviewed to check they are up-to-date

Recommendation

Review worksheets to check for consistency and make required changes

Feedback from Student Evaluation

Feedback

Questions in assessment items may repeat themselves.

Recommendation

Lecturer to review assessment items and individual questions to check for clarity and consistency.

Unit Learning Outcomes

On successful completion of this unit, you will be able to:

1. identify the key principles that underpin Positive Psychology
2. apply positive strategies and techniques to enhance learning and personal success
3. reflect on how Positive Psychology concepts affect learning
4. navigate online technologies to promote engagement and share knowledge
5. apply Positive Psychology concepts to real life contexts

Alignment of Learning Outcomes, Assessment and Graduate Attributes

— N/A Level　○ Introductory Level　○ Intermediate Level　● Graduate Level　○ Professional Level　○ Advanced Level

Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes				
	1	2	3	4	5
1 - Online Quiz(zes) - 10%	●				
2 - Portfolio - 20%		●	●		
3 - Portfolio - 40%		●	●	●	
4 - Practical and Written Assessment - 30%				●	●

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes				
	1	2	3	4	5
1 - Self Management	—	—	—	—	—
2 - Communication		—	—	—	—
3 - Information Literacy				—	—
4 - Information Technology Competence	—	—		—	—
5 - Problem Solving	—	—	—	—	—
6 - Critical Thinking	—	—	—	—	—
7 - Cross-Cultural Competence		—	—		—
8 - Ethical Practice	—	—	—		—
9 - Aboriginal and Torres Strait Islander Cultures					

Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes								
	1	2	3	4	5	6	7	8	9
1 - Online Quiz(zes) - 10%	—			—	—	—		—	
2 - Portfolio - 20%	—	—	—	—	—	—	—	—	
3 - Portfolio - 40%	—	—	—	—	—	—	—	—	
4 - Practical and Written Assessment - 30%	—	—	—	—	—	—	—	—	

Textbooks and Resources

Textbooks

There are no required textbooks.

Additional Textbook Information
All study material for this unit is freely available from the SKIL40016 unit Moodle site.

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Access to personal computer
- Webcam (inc microphone) required for Zoom Session

Referencing Style

All submissions for this unit must use the referencing style: [Harvard (author-date)](#)
For further information, see the Assessment Tasks.

Teaching Contacts

Vikki Walters Unit Coordinator
v.walters@cqu.edu.au

Schedule

Module 1: Introduction to Positive Psychology and the CHOOSE model - 05 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Module 1: Introduction to Positive Psychology and the CHOOSE model	Technology: GoSoapBox	Complete the GoSoapBox Activity Participate in the various Discussion Forums Watch all Introductory Videos - Familiarise Yourself with the Unit

Module 2: Positive Life - Know where you are going - Learn from where you have been - 12 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Module 2: Positive Life - Know where you are going - Learn from where you have been	Technology: Zoom	Complete Weekly Reflective Portfolio Tasks Participate in Discussion Forum Register and Participate in a Zoom Session **Quiz - Introduction to Positive Psychology** Due: Week 2 Friday (16 Mar 2018) 11:45 pm AEST

Module 3: Positive Health - Reaping the benefits of a healthy lifestyle - 19 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Module 3: Positive Health - Reaping the benefits of a healthy lifestyle	Technology: Dropbox	Complete Weekly Reflective Portfolio Tasks Complete Technology Element Participate in Discussion Forum & Zoom Session

Module 4: Positive Emotions - Developing positive emotions for a positive outlook - 26 Mar 2018

Module/Topic	Chapter	Events and Submissions/Topic
Module 4: Positive Emotions - Developing positive emotions for a positive outlook	Technology: Jing/Snipping Tool	Complete Weekly Reflective Portfolio Tasks Complete Technology Element Participate in Discussion Forum & Zoom Session

Module 5: Optimism - Always look on the bright side of life - 02 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Module 5: Optimism - Always look on the bright side of life	Technology: Blog/Weebly	Complete Weekly Reflective Portfolio Tasks Complete Technology Element Participate in Discussion Forum & Zoom Session **Reflective Portfolio A** Due: Week 5 Friday (6 Apr 2018) 11:45 pm AEST

Vacation Week - 09 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
		Use this week to catch up on work and finalise assessment tasks

Module 6: Optimism - Education to personal empowerment - 16 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Module 6: Optimism - Education to personal empowerment	Technology: Prezi	Complete Weekly Reflective Portfolio Tasks Complete Technology Element Participate in Discussion Forum & Zoom Session

Module 7: Positive Strengths - Using your best to make you better - 23 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Module 7: Positive Strengths - Using your best to make you better	Technology: Movie Creator	Complete Weekly Online Workbook Tasks Complete Technology Element Participate in Discussion Forum

Module 8: Stress & Resilience - Making molehills out of mountains - 30 Apr 2018

Module/Topic	Chapter	Events and Submissions/Topic
Module 8: Stress & Resilience - Making molehills out of mountains		Complete Weekly Reflective Portfolio Tasks Participate in Discussion Forum & Zoom Session

Module 9: Positive Relationships - Gaining perspective on life, yourself and others - 07 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
Module 9: Positive Relationships - Gaining perspective on life, yourself and others		Review Weekly Reflective Portfolio Tasks & Technology Tasks ready for submission Participate in Discussion Forum & Zoom Session **Reflective Portfolio B** Due: Week 9 Friday (11 May 2018) 11:45 pm AEST

Module 10: Positive Communication - Communicating with others - 14 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
Module 10: Positive Communication - Communicating with others		Participate in Discussion Forum & Zoom Session Review the Final Task and choose the task to complete for Assessment Item 5

Module 11: Self-empowerment - Be inspired to flourish - 21 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
Module 11: Self-empowerment - Be inspired to flourish		Work on Final Assessment Task Participate in Discussion Forum & Zoom Session

Module 12: Enjoyment - Enjoy the moment - 28 May 2018

Module/Topic	Chapter	Events and Submissions/Topic
Module 12: Enjoyment - Enjoy the moment		Participate in Discussion Forum **Final Assessment Task** Due: Week 12 Friday (1 June 2018) 11:45 pm AEST

Review/Exam Week - 04 Jun 2018

Module/Topic	Chapter	Events and Submissions/Topic

Term Specific Information

I am Vikki Walters, the Unit Coordinator, support lecturer and marker for this unit (otherwise known as PLU).

You can contact me via email at v.walters@cqu.edu.au or by phone (07) 5440 7042. I am located on the Noosa campus.

Assessment Tasks

1 Quiz - Introduction to Positive Psychology

Assessment Type
Online Quiz(zes)

Task Description
After reading the Module 1 Study Guide and the additional reading "The new science of happiness" (both accessible through Moodle), you will be required to complete a quiz to demonstrate your understanding of the principles behind Positive Psychology and what research has found to support this theory.

This quiz is an open book test which means you may have these resources on hand to assist you when responding to the questions. The quiz is located on Moodle under the 'Assessment' block on the left hand side. You will be given 2 hours to complete this quiz and you only have one attempt to complete the 20 questions.

Do not attempt this quiz until you have:

1) Completed reading both the Study Guide for Module 1 and the additional reading "The new science of happiness"
2) Ensured you have a steady internet connection
3) Allowed the full two hours to complete the quiz (if required)

Number of Quizzes
1

Frequency of Quizzes

Assessment Due Date
Week 2 Friday (16 Mar 2018) 11:45 pm AEST

Return Date to Students

Results will be provided automatically on completion of the quiz

Weighting
10%

Assessment Criteria
This quiz assesses your understanding of the key concepts around Positive Psychology from Module 1.

Referencing Style

- [Harvard (author-date)](#)

Submission
Online

Learning Outcomes Assessed

- identify the key principles that underpin Positive Psychology

Graduate Attributes

- Self Management
- Information Technology Competence
- Problem Solving

- Critical Thinking
- Ethical Practice

2 Reflective Portfolio A

Assessment Type
Portfolio

Task Description
From Week 2 to Week 4, there will be weekly tasks to complete for the Reflective Portfolio.
Open a word doc (.doc/.docx), title it Reflective Portfolio A, and add all your responses to the weekly reflective tasks. These weekly tasks can be accessed through the weekly Module blocks or through the Assessment Overview tab on Moodle. When formatting the document, headings are suggested in order to ensure the marker can clearly and explicitly identify the individual answers.
In order to complete each task, you will need to **reflect on the material in the study guide** as well as the additional material provided on the Positive Learning for University Moodle site and **apply the content** to your current situation as a student. There may be some activities for which additional information in the form of worksheets, articles, websites or other resources may be required.
Upload the final word document to Moodle through the 'Assessment' block on the left hand side of Moodle.
Full details of these tasks are available on Moodle under the Assessment Overview tab.

Assessment Due Date
Week 5 Friday (6 Apr 2018) 11:45 pm AEST

Return Date to Students
Week 7 Monday (23 Apr 2018)

Weighting
20%

Assessment Criteria
You will be assessed according to the quality and depth of your responses. The criteria that will guide the marker includes:

- Completion of all reflective portfolio tasks
- Demonstrated understanding of each concept
- Depth of thinking and evidence of ability to apply concepts to life

You are expected to write in an academic style using complete sentences when responding to questions and reference all sources using Harvard style referencing.

Referencing Style

- [Harvard (author-date)](#)

Submission
Online

Learning Outcomes Assessed

- apply positive strategies and techniques to enhance learning and personal success
- reflect on how Positive Psychology concepts affect learning

Graduate Attributes

- Self Management
- Communication
- Information Literacy
- Information Technology Competence
- Problem Solving
- Critical Thinking
- Cross-Cultural Competence
- Ethical Practice

3 Reflective Portfolio B

Assessment Type
Portfolio

Task Description
From Week 5 to Week 8, there will be weekly tasks to complete for Reflective Portfolio B. These tasks will ask you to

reflect on the Positive Psychology content and write a written response. In addition, you will also be asked to demonstrate your competence with the technology elements taught throughout these weeks.

Open a word doc (.doc/.docx), title it Reflective Portfolio B and add all your responses to the weekly reflective tasks and the technology tasks. These weekly tasks can be accessed through the weekly Module blocks or through the Assessment Overview tab on Moodle. When formatting the document, headings are suggested in order to ensure the marker can clearly and explicitly identify the individual answers.

In order to complete each task, you will need to **reflect on the material in the study guide** as well as the additional material provided on the Positive Learning for University Moodle site and **apply the content** to your current situation as a student. There may be some activities for which additional information in the form of worksheets, articles, websites or other resources may be required.

Upload the final word document to Moodle through the 'Assessment' block on the left hand side of Moodle.

Full details of these tasks are available on Moodle under the Assessment Overview tab.

Assessment Due Date
Week 9 Friday (11 May 2018) 11:45 pm AEST

Return Date to Students
Week 11 Friday (25 May 2018)

Weighting
40%

Assessment Criteria
You will be assessed according to the quality and depth of your responses. The criteria that will guide the marker includes:

- Completion of all workbook tasks
- Demonstrated understanding of each concept
- Demonstrated competence at navigating the technology elements
- Depth of thinking and evidence of ability to apply concepts to life

You are expected to write in an academic style using complete sentences when responding to questions and reference all sources using Harvard style referencing.

Referencing Style

- Harvard (author-date)

Submission
Online

Learning Outcomes Assessed

- apply positive strategies and techniques to enhance learning and personal success
- reflect on how Positive Psychology concepts affect learning
- navigate online technologies to promote engagement and share knowledge

Graduate Attributes

- Self Management
- Communication
- Information Literacy
- Information Technology Competence
- Problem Solving
- Critical Thinking
- Cross-Cultural Competence
- Ethical Practice

4 Final Assessment Task

Assessment Type
Practical and Written Assessment

Task Description
In order to demonstrate your understanding of the theory of Positive Psychology, you have 3 options to choose from for the final assessment task. Please read through the descriptions below for a basic description and then go to the Assessment Overview Tab on Moodle for more explicit details.

Educational Campaign: As you reflect on the past term, you will notice that there have been many theories and strategies presented to you in order to assist you in becoming a more positive student and person. Your task is to choose a concept that has been covered this term and develop an **Educational Campaign** to further expand on this

subject.

Motivational Video: This task requires you to create an inspirational video that aligns to one of the modules. Within this **inspirational/motivational video**, each of the key elements within that Module needs to be presented in a positive and encouraging manner using Movie creator technology (see Technology Unit in Week 7).

Random Acts of Kindness: This summative task consists of an applied element alongside a reflection of current research. **Random Acts of Kindness** is an approach taught within the realm of positive psychology and is instrumental in creating well-being and a sense of satisfaction for those doing the act of kindness. This task requires you to dedicate some time to completing some **Random Acts of Kindness** and then reflect upon this experience. In addition, students will read some current research findings on the benefits of altruism.

Full details on each of these are available on Moodle. Once you have chosen the task, please email the Unit Coordinator with your decision.

Assessment Due Date
Week 12 Friday (1 June 2018) 11:45 pm AEST

Return Date to Students
Exam Week Friday (15 June 2018)

Weighting
30%

Assessment Criteria
The three options have specific criteria that aligns to each one. This criteria can be found on Moodle alongside the Assessment description.
You will be assessed according to the quality and depth of your responses. The criteria that guides the marker includes:

- Completion of all tasks outlined in the Assessment description

- Demonstrated understanding of the Positive Psychology concepts

- Demonstrated ability to apply concepts using technology

You are expected to write in an academic style using complete sentences when responding to questions and reference all sources using Harvard style referencing.

Referencing Style

- Harvard (author-date)

Submission
Online

Learning Outcomes Assessed

- navigate online technologies to promote engagement and share knowledge
- apply Positive Psychology concepts to real life contexts

Graduate Attributes

- Self Management
- Communication
- Information Literacy
- Information Technology Competence
- Problem Solving
- Critical Thinking
- Cross-Cultural Competence
- Ethical Practice

Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the **Student Academic Integrity Policy and Procedure**. This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

What is a breach of academic integrity?
A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

Why is academic integrity important?
A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

Where can I get assistance?
For academic advice and guidance, the Academic Learning Centre (ALC) can support you in becoming confident in completing assessments with integrity and of high standard.

What can you do to act with integrity?

Be Honest
If your assessment task is done by someone else, it would be dishonest of you to claim it as your own

Seek Help
If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)

Produce Original Work
Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem