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Course Information

Course: HONR-300TK The Psychology of Happiness (4 Credits)
Term: Fall 2020
Delivery: Face-to-face and Remote via Microsoft Teams, discussion-based
In-

davisw4@wittenberg.edu

Important Note: @ HONR-300 po

Introduction to psychological research on the causes, correlates, and outcomes of happiness. We will critically examine theory and research on happiness as well as a wide range of related topics including meaning in life, strengths and virtues, coping, authenticity, gratitude, flow, spirituality, and optimism.

Course Outcomes

By the end of this course, successful students will be able to:

1. Explain the difference between hedonic and eudaimonic perspectives on well-being
2. Explain theory and research behind psychological well-being interventions
3. Apply psychological

Mini-Midterm (10%of total)

You will have one week to complete a take-home mini-midterm exam that covers content from the first several weeks of class. The information covered in the first few weeks of class serves as a foundation that we build upon for the rest of the semester, so it is especially important that you fully understand it. The exam will consist of essay questions and you will be able to refer to our class materials while completing it.

Major Paper(s) /Project(s) (40%of total)

You will propose an integrative and culminating paper or project (or multiple smaller papers/projects) in this course. Students in consultation with the professor will determine specific expectations for this assignQ4792 reW*ñBT/F1 11.0

Guidelines for Success

Moodle

All class announcements and assignments will be posted on Moodle. You should get in the habit of checking our Moodle site at least once daily.

Technical Assistance

If you experience any technical issues related to this course, please let the instructor know as soon as possible. The Solution Center can also help you if you are having trouble with Moodle or printing an assignment.

Communication (Email & Course Messages)

The best way to get in touch with me is by email (davisw4@wittenberg.edu). Please include a subject line of your emails to help me get back to you as soon as possible. I will do my best to respond to all emails within 24 hours from Monday through Saturday. If it has been more than 24 hours during those times and you have not received a response, please feel free to send a follow-up email. Sometimes messages just get lost or buried in my inbox and I may miss them.

I will post announcements on our course Moodle page in the Announcements forum. You should also receive a copy of any announcements via email. Please get in the habit of checking both your Witt email and our course Moodle page at least once a day so that you are aware of any changes, assignments, and upcoming deadlines.

Finally, this semester you will also be able to use Microsoft Teams to collaborate with one another. You can access Microsoft Teams at <https://teams.microsoft.com/>

Time Commitment

For each credit hour of classroom or direct faculty instruction, students are expected to engage in two hours of out of class course related work each week for approximately fifteen weeks. A four credit hour course requires eight hours per week of out of class work.

Student Counseling Services

If you are struggling with stress, anxiety, depression, or any other personal crisis, the student counseling services offered by Wittenberg are a valuable resource. The Counseling Services [website](#) has more information about the services they offer. You can also call them at (937) 327-7946 or stop by the Counseling Center in 210 Shouplin Center.

Course Policies

Attendance Policy

Because a large part of this course is discussion-based, **you are expected to attend each of our class meetings** except in the event of an excused absence such as an illness or personal emergency. You will find yourself

Calendar of Course Topics, Assignments, and Activities

We will determine many of our course topics and associated readings throughout the semester based on the interests of the class members and our discussions. Assigned readings and updates to the calendar will be regularly posted on Moodle and announced in class.

Course Topics, Calendar of Activities, Major Assignment Dates

Week	Topic	Readings	Activities	Assignments
Week 1	Introduction to the Course and Foundations			
8/18	First Day	No Readings		
8/20		Seligman & Csikszentmihalyi, 2000 Gable & Haidt, 2005	Perusal Discussion of Readings (Practice) Add a profile picture to Office and Moodle (8/21) Submit a brief autobiography (8/23) Post a video introducing yourself to the class (8/23)	
Week 2	Hedonic and Eudaimonic Well-Being			
8/25	Lucas & Diener			

Week 15 Religion/Spirituality & Virtues

11/24 Fave et al., 2013
Niemiec, 2013

Perusal Discussion of Readings
Reflection:Applying Character Strength:

11/26 No Class - Thanksgiving Break

Week 16 DarkSide of Happiness & Positive Universities

12/1 Gruber, Mauss, & Tamir, 2011
Oades, Robinson, Green, & Spence, 2011

Perusal Discussion of Readings
Final Paper/Project Due During Fina