

CLASS DATES/READING/ASSIGNMENT SCHEDULE**Books: SL= How of Happiness NOBA (pdf/on-line)****Reading is to be completed before class**

- WK 1 WEDNESDAY 9/8 The Science of Happiness and Well-Being**
- NOBA read chapters 1, 2, 3 & 4
- Take the **VIA Strengths survey** on Authentic Happiness
<https://www.authentichappiness.sas.upenn.edu/home> (AH) -
- Complete the Hypothesis reading assignment by 9/11 **11:59 pm** (Saturday)
- Bring a hard copy of the VIA survey results to class on 9/13**
-
- WK 2 MONDAY 9/13 VIA Strengths / Genes, Environment and the “40%” Solution**
- SL read chapters 1, 2 & 3
- Complete the Discussion assignment by 9/17 11:59 pm** Friday
-
- WK 3 ONLINE 9/20 Gratitude lecture – view on Voice Thread**
- SL read chapter 4 Practicing Gratitude and Positive Thinking
- AH take the **Gratitude Survey; upload to Canvas by 9/24**
- Complete the Discussion: My Best Possible Future by 9/24 Friday
-
- WK 4 MONDAY 9/27 Positive Thinking lecture**
- AH take the **Optimism Survey & upload to Canvas before class**
- Read the article: Is Optimism Always Best: Future Outlooks and Preparedness
- Complete the Reflection Assignment: What I have learned about the influence of optimism on well-being by 10/1 Friday
-
- WK 5 ONLINE 10/4 Relationships lecture - view on Voice Thread**
- SL Read chapter 5 Investing in Social Connections
- AH take the **Close Relationships Questionnaires and Compassionate Love Scale; upload to Canvas by 10/8**
- Complete the Q/A assignment by 10/8 Friday

WK 6 MONDAY 10/11**Social Connections lecture**

NOBA read chapters 5. Positive Relationships, and 6. Relationships and Well-being and 7. Love, Friendship, and Social Support

Complete the Reflection Assignment: Strategies for strengthening relationships by 10/15 Friday

WK 7 MONDAY 10/18**Stress Lecture**

SL read chapter 6 Managing Stress, Hardship and Trauma

Read “*Positive psychology in a pandemic: buffering, bolstering, and building mental health*” article in the module

Complete Discussion by 10/22 Friday

WK 8 MONDAY 10/25**FLOW and Savoring**

SL read chapter 7 Living in the Present

Be prepared to respond to prompts/activity in class

****Have you written your gratitude letter yet?***

WK 9 MONDAY 11/1**Meaning and Purpose / Goals**

SL read Chapter 8 Committing to your Goals

NOBA read 13 Motives and Goals

AH take the **Meaning in Life Questionnaire & upload to Canvas before class**

Complete the Discussion: Meaning and Purpose by 11/5 Friday

WK 10 MONDAY 11/8**Goal Setting/ Physical and Psychological health lecture**

SL: read chapter 9 Taking Care of your Body and Soul

NOBA read chapter 11 Emotion Experience and Well-Being

Complete activities in the module re: Goals and Q/A by 11/12 Friday

WK 11 MONDAY 11/15**Curiosity and GRIT lecture**

AH take the **Work-Life and Grit Questionnaires & upload to Canvas before class**

Read chapter provided in module from Curious (Todd Kashdan)

Article/Choices will be provided for Article Review - Draft due 12/6

WK 12 MONDAY 11/22**Mindfulness research and application**

How mindfulness changes the emotional life of our brains | Richard J. Davidson

Explore resources on GGSC website and GGA Practices

Be prepared to respond to prompts in class

Work on Article Review – Draft due 12/6 Monday 11:59 pm (can be a *detailed* outline format)

There is NO CLASS on 11/29 (Wed. classes meet that day)



**Complete the Gratitude Letter Reflection
Discussion assignment by 11/28**

WK 13 MONDAY 12/6**Mindset**

SL: read chapter 10 The Five Hows Behind Sustainable Happiness

Read Dweck's research on growth mindset in module

Be prepared to respond to prompts using Hypothesis

Complete the Article Review by 12/10 Friday 11:59 pm

WK 14 MONDAY 12/13**A few final thoughts: where do you go from here?**

The Four Constituents of Well-Being

Summarize the conclusions made by Dr. Davidson: "Well Being is a Skill"

Complete your Final Reflection IN CLASS

Please complete the course survey (link in module)

ASSIGNMENTS MUST BE COMPLETED ON TIME

PAY ATTENTION TO DATES/TIME FOR SUBMISSION

Be sure to complete the Inventories. No credit will be awarded if the results are not submitted. MOST of these will be uploaded to Canvas

Q/A written assignments may be completed before due dates but please complete the Modules in order.

Points will be deducted for any late submission; no assignments will be accepted 24 hours after due date/time.

PLEASE read the technology info I put on the syllabus. Be sure to give yourself enough time to complete the readings; MOST weeks *written assignments* will take you a *minimum* of 2 hours to complete.

Points for your final average will be determined by points earned for assignments as follows:

CLASS Attendance and Participation 30 pts *

INVENTORIES required (8) 80 pts

DISCUSSIONS (5) 50 pts (some will be using Hypothesis)

Q/A written assignments (5) 50 pts (some will be using Hypothesis)

Article Review 20 pts

Final Reflection 20 pts

TOTAL 250 😊

225- 250 = A

216 - 224 = B+

200 - 215 = B

187 - 199 = C+

174 - 186 = C

160- 173 = D+

136 - 159 = D

135 = F

***+2 pts for each class you attend. To receive points you must attend the class on time and not leave early. Lateness (>10 minutes) and leaving before the class is over (>10 minutes) will result in -1 point for that day.**

Emergencies will be handled on an individual basis. Illness as well as other emergencies that result in missing class or assignments will be given consideration but communication with me will be required. If possible email me ASAP debpark@camden.rutgers.edu

RUTGERS Grade Scale <https://registrar.camden.rutgers.edu/grades-and-transcripts#studentgrades>

A	Outstanding	4.0
B+		3.5
B	Good	3.0
C+		2.5
C	Satisfactory	2.0
D*	Poor	1.0
F	Failing	0.0

Rutgers does not give out "minus" grades (such as "A-" or "B-") A grade of C or better is usually required for Major or Minor courses, while General Requirement courses must only be passed with a D or better.