

COUN A109: DEVELOPING AND UNDERSTANDING HAPPINESS

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	493010 - Career Guidance and Orientation
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7A Theory/ Non-activity (OE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

Course Description

Study of current research and the practical application of research to attain sustainable increases in well-being in order to live a fulfilling life. Will explore such questions as: What is happiness? How do we measure it? What is the evolutionary significance of positive emotion? Topics include the role of happiness, love, spirituality, relationships, forgiveness, and mindfulness. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Students will demonstrate their knowledge of research-based activities covered in the course, by setting goals that have been scientifically shown to influence positive emotions.
2. Students will identify and describe empirical findings by applying principles that enhance levels of happiness relative to the content and scope of the course.

Course Objectives

- 1. Explain how research on subjective well-being is conducted.
- 2. Identify and apply theoretical concepts to personal issues.
- 3. Identify various stages of self-esteem development.
- 4. Identify the nature and causes of dissatisfaction.
- 5. Principles to increase personal levels of satisfaction
- 6. Compare and contrast methods to increase subjective well-being.
- 7. Identify exercises that enhance levels of personal satisfaction.
- 8. Describe and apply current research findings
- 9. Identify and explain historic and contemporary theories of happiness.

- 10. Analyze and prioritize personal values to set goals.
- 11. Explain importance of exercise, nutrition, and moderation on subjective well-being.

Lecture Content

1 Introduction: Defining happiness Why happiness matter Why study happiness 2 Subjective Well-Being: How to measure happiness Stress Wellness Flow Set-Point Approach 3 Objective Well-Being: Health Related Issues Divorce and its Effects Depression and Suicide Rates 4 Economics Money and Happiness Marginal Utility related to experiences Marginal Utility related to purchases Prospect Theory and Expected Utility Theory a. Risk and Rewards Related to Pecuniary and Non-Pecuniary Interests Life Cycle Approach a. Life Stages and expectations Gross Domestic Product a. Standard economic measures and countries happiness levels Employment and Financial Status Reciprocity Nash Equilibrium and its evolutionary benefits 5 Philosophy Curiosity, Creativity, and Contemplation a. Greek perspectives: Happiness and a life well lived (Eudemonia) b. Living a Principled Life 6 Genes and Personality Evolutionary role of Positive Emotions a. Broaden and Build Theory Influence of Genes a. Set-Point Theory Role of Personality 7 Love and Friendship and Happiness Individual Relationships a. Role of relationships and social support Community Relationships Marriage Stages of Love 8 Consuming Happiness Prescription and Non-Prescription Drugs Paradox of Choice a. Research on Rational Choice b. Maximizers and Satisficers c. Common Heuristics d. Cognitive Biases Employment 9 Positive Emotions Smiles, and Laughter Joy and Devotion Optimism Interpreting ambiguous events 10 Happiness and Culture Age, Cultural, and Gender Comparisons a. Cultural Biases Geographic Comparisons a. GDP and happiness 11 Pleasures of the Mind and Body Relationship of Pleasure to Happiness a. Hedonic Adaptation Pleasure and Gratification Savoring and Maximizing Pleasures Overcoming Adaptation Varying and Spacing Exercise and Nutrition Meditation and Mindfulness 12 Positive Traits Signature Strengths and Virtues Gratitude and Social Comparison Gratitude and Altruism Resiliency Forgiveness 13 Positive Institutions Religion and Well-Being a. God or Social Support Religious Experiences Politics and Happiness National Happiness Levels Freedom and Happiness Community Culture a. Can Happiness be Compared Between Cultures Family a. The Influence of Children on Happiness 14 Decision Making Biases Language Squishing Hypothesis a. Interpreting the happiness of others based on language Experience Stretching Hypothesis a. Interpreting the happiness of others based on experiential backgrounds Affective Forecasting Biases Cognitive errors in assessing the value future gain Cognitive errors in assessing the odds of future gain

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

Lecture-discussion regarding materials both in the text and outside materials. Student papers analyzing text material Student papers researching outside materials contemporary events.

Reading Assignments

Students will spend approximately one to two hours per week reading from assigned readings.

Writing Assignments

Students will spend approximately two to three hours per week on outside of class writing assignments. Analytical papers demonstrating the use of language as applied to topics. Class demonstrations of all methods used. Discussion and analysis combined with written papers on factors related to high standard well being. Final examination requiring proficiency as regards factual data, logic and critical thinking. Finding current media examples of positive psychology topics, compare and contrast, with accompanying discussion.

Out-of-class Assignments

Students will spend approximately two to three hours per week completing out of class assignments.

Demonstration of Critical Thinking

Objective and subjective exams Essay examinations Analytical and reaction papers Chapter quizzes Discussion Individual presentations Participation in exercises Completion of self-assessments

Required Writing, Problem Solving, Skills Demonstration

Analytical papers demonstrating the use of language as applied to topics. Class demonstrations of all methods used. Discussion and analysis combined with written papers on factors related to high standard well being. Final examination requiring proficiency as regards factual data, logic and critical thinking. Finding current media examples of positive psychology topics, compare and contrast, with accompanying discussion.

Eligible Disciplines

Counseling: Master's degree in counseling, rehabilitation counseling, clinical psychology, counseling psychology, guidance counseling, educational counseling, social work, or career development, marriage and family therapy, or marriage, family and child counseling, OR the equivalent. (NOTE: A bachelor's degree in one of the above listed degrees and a license as a Marriage and Family Therapist (MFT) is an alternative qualification for this discipline.) Master's degree required. Title 5, section 53410.1

Other Resources

1. Lopez, C, Snyder, C. J. Handbook in Positive Psychology, New York: Oxford University Press, 2021 Gilbert, Daniel. Stumbling on Happiness. New York: Knopf, 2006 Haidt, Jonathan. The Happiness Hypothesis, New York: Basic Books, 2000 Peterson, Christopher. A Primer in Positive Psychology New York: Oxford University Press, 2006 Seligman, Martin. Authentic Happiness: Using the New Positive Psychology to Realize your Potential for Lasting Fulfillment. New York: Free Press 2004 Seligman, Martin. Learned Optimism: How to Change Your Mind and Your Life. New York: Free Press 2004