

COUN C109: DEVELOPING AND UNDERSTANDING HAPPINESS

- 10. Explain importance of exercise, nutrition, and moderation on subjective well-being.

Item	Value
Curriculum Committee Approval Date	11/12/2021
Top Code	493011 - Interpersonal Skills
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
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• CL Option 1 Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

Course Description

Students will study current research and apply actionable strategies to acquire sustainable increases in well-being and productive habits. The course will explore such questions as: What is happiness and how is it measured? Do we really know what will make us happy? We will discuss how meaning, resilience, love, spirituality, relationships, and mindfulness among others, relate to happiness. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Apply knowledge of research-based activities covered in the course, by setting personal goals that have been scientifically shown to influence positive emotions.
2. Identify and articulate empirical findings and key concepts relative to the concept of happiness.
3. Analyze the relationship between happiness, human connection, and "prosocial" qualities, such as compassion, altruism, and gratitude.

Course Objectives

- 1. Explain how research on subjective well-being is conducted.
- 2. Identify and apply theoretical concepts to personal issues.
- 3. Identify the nature and causes of dissatisfaction.
- 4. Discuss strategies for increasing personal levels of satisfaction.
- 5. Compare and contrast methods to increase subjective well-being.
- 6. Identify exercises that enhance levels of personal satisfaction.
- 7. Describe and apply current research findings.
- 8. Identify and explain historic and contemporary theories of happiness.
- 9. Analyze and prioritize personal values to set goals.

Lecture Content

Introduction Defining Happiness Why does happiness matter. Why study happiness. Subjective Well-Being How to measure happiness Stress and Wellness Flow Set-Point Approach Objective Well-Being Health-related issues Divorce and its effects Depression and suicide rates Money and Happiness Life Stages and expectations Employment and financial status Curiosity, Creativity, and Contemplation Greek Perspectives: Happiness and a life well lived (Eudemonia) Living a principled life Genes and Personality Evolutionary role of positive emotions Broaden and build Theory Influence of genes Role of personality Love, Friendship, and Happiness Individual relationships Role of relationships and social support The influence of children on happiness Community relationships Marriage Stages of love Consuming Happiness Prescription and non-prescription drugs Paradox of Choice Research on rational choice Maximizers and satisficers Common heuristics Cognitive biases Positive Emotions Smiles and laughter Joy and devotion Optimism Interpreting ambiguous events Happiness and Culture Age, cultural and gender comparisons Cultural biases Geographic comparisons Pleasures of the Mind and Body Relationship of pleasure to happiness Hedonic Adaptation Pleasure and Gratification Savoring and maximizing pleasures Exercise and nutrition Meditation and mindfulness Positive Traits Signature strengths and virtues Gratitude and social comparison Gratitude and altruism Resiliency Forgiveness Positive Institutions Religion and well-being Religious experiences Politics and happiness National happiness levels Freedom and happiness Community and culture Can happiness be compared between cultures.

Method(s) of Instruction

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

Instructional Techniques

Instruction is designed to support the diverse learning styles of students. Methodologies include lectures, interactive lectures, power point and multimedia presentations, group discussions, group projects, individual exercises and assessment, video, guest speakers, readings, handouts, and directed assignments.

Reading Assignments

Students will spend approximately two to three hours per week reading from assigned readings, handouts and online resources.

Writing Assignments

Students will spend approximately two hours per week on writing assignments. Students will reflect critical thinking skills in written assignments which may include an autobiography, written reports, guided journal entries reflecting on discovery and intention statements, and short answer exercises and exams. Each student will identify problems or obstacles that hinder their well-being and then identify and explain techniques, skills or resources that can be used to solve these issues.

Out-of-class Assignments

Assignments will include a variety of reflections, worksheets, self-assessments and chapter exercises related to weekly class content.

Demonstration of Critical Thinking

Critical thinking will be demonstrated through written assignments, weekly quizzes, class participation, journals, and final examination/essay.

Required Writing, Problem Solving, Skills Demonstration

Students will reflect critical thinking skills in written assignments which may include an autobiography, written reports, guided journal entries reflecting on discovery and intention statements, and short answer exercises and exams. Each student will identify problems or obstacles that hinder their well-being and then identify and explain techniques, skills or resources that can be used to solve these issues.

Eligible Disciplines

Counseling: Masters 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 bachelors 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.) Masters degree required. Title 5, section 53410.1

Textbooks Resources

1. Required Smith, Bruce W. Move From Surviving to Thriving: The Positive Psychology Workbook for Challenging Times, 1st ed. Seattle: Kindle Direct Publishing, 2021

Other Resources

1. OER - Open Educational Resources 2. Coastline Library