

Course Syllabus

Course Information

Course Motto: “Life is not determined by what you want. Life is determined by the choices you make.” Mr. Seaver, Junior High School Teacher. Full reference [HERE](#).

Course Instructor: Michael Weigold

Office Location: 3064 Weimer Hall, College of Journalism and Communications, UF

Office Hours: Live via Zoom by appointment or by email within 24-48 hours. Please see the contact information below for our teaching assistants, who will be grading your assignments and providing support and answers to your questions, as well as hosting weekly office hours via Zoom.

Course Communications: Email via the Canvas Inbox or at . Expect a response within 24-48 business hours.

Course Teaching Assistants: Summer Shelton and Bridget Grogan

Office Hours: Summer and Bridget will hold regular weekly office hours live via Zoom. They are also available via Zoom by appointment for individual student support when requested. They are also available via the Canvas Inbox or UF email with a 24-hour or less response time.

Course Communications: Email Summer or Bridget via the Canvas Inbox or at and. Expect a response within 24 hours.

Credit Hours: 3

Description: Happiness is a terminal goal in many, if not most, people’s lives. The pursuit of happiness is now a pressing question because while many Americans lead lives that are richer, healthier, and freer than at any time in history, evidence suggests they are less happy now than ever before (see [hereLinks to an external site.](#) for research detecting this trend well before the current pandemic). Why are Americans less happy, and what can they (and you) do to live a happier, more fulfilling life? Social scientists from many disciplines have examined the behaviors and habits that do and do not predict long-term happiness. This course uses a multidisciplinary social science perspective to share these practices and encourages you to adopt one to enhance your well-being.

This course uses a two-pronged approach to understanding and improving happiness:

1. Understand what makes us happy and why.

2. Apply what you know about happiness to make your life richer and more satisfying).

Requirements, Materials, and Methods

Materials
<ul style="list-style-type: none">• Feedback• Technology• Methods

You will have two **required textbooks**:

1. Lyubormirsky, S. (2007). The How of Happiness: A Scientific Approach to Getting the Life You Want. New York: Penguin Press
2. Clear, J. (2018). : Atomic Habits: An easy & proven way to build good habits and break bad ones. New York: Avery.

All other resources will be provided in Canvas.

Grades

For information on current UF grading policies visit Grades and Grading Policies (<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>).Links to an external site.

Your grade in this class is calculated by summing the points from several activities listed below. There are 350 possible points for the required assignments. (And 17 possible extra-credit points for completing the extra-credit assignment related to breaking a bad habit.) The points needed for each grade are as follows:

A = 320 or higher

A- = 313 - 319

B+ = 300 - 312

B = 289 - 299

B- = 281 - 288

C+ = 273 - 280

C = 245 - 272

D = 205 - 244

E = 204 or below

Module quizzes (125 points). Most weeks include a quiz covering all module activities. There are 13 quizzes. The course introductory quiz is worth 5 points. All other quizzes are worth 10 points each. Quizzes open on Wednesday mornings at 5 am and close that same day at 11 pm. They only take about 5 minutes and consist of 5 questions. They are multiple-choice. Please keep in mind that, once you start the quiz, you will only have 8 minutes to take it. You can't stop and return to it later. It cannot be re-opened for you. So be prepared to answer all 5 multiple-choice questions before exiting the quiz.

You may not take a missed quiz without advance notification and approval, with exceptions outlined in UF policy. All quizzes are in Canvas. You may use **paper notes** during the quiz, but no electronic devices, tablets, or digital aids of any kind.

Idea posts (100 points). Each post is worth 16.6 pts. There are a total of 6 posts. The idea posts are where you offer insights about your happiness based on what you are learning. You will also describe your experience developing a new good habit in some of your posts. You will keep a two-week journal about your habit development prior to turning in the journal and writing about that experience in some of your posts. The instructions for each post will further explain these expectations and how to complete the work.

Research Project (75 points). You will conduct original research by doing Interviews and reporting on happiness as reflected among a diverse group of people. You will be expected to thoroughly three diverse people about happiness ad report their answers in a research paper. The assignment details will explain how to do this.

Exam (1 exam worth 50 points). The exam is open-ended and deals ONLY with information from the lectures. You are strongly encouraged to take notes during lectures to have study materials for the exam.

Course Schedule

Orientation: Course Overview

Module 1: What Is Happiness?

Module 2: How Happy Are You?

Module 3: The Mind: Anxiety, Depression, Gratitude

Module 4: Resources for Happiness, Part 1: Others

Module 5: Resources for Happiness, Part 2: Love

Module 6: Resources for Happiness, Part 3: Wealth

Module 7: Resources for Happiness, Part 4: Fitness

Module 8: Resources for Happiness, Part 5: Purpose

Module 9: Resources for Happiness, Part 5: Purpose continued

Module 10: The Role of Time in Happiness

Module 11: The Role of the Self in Happiness

Module 12: Making Repairs: Apologizing and Forgiving

Module 13: Idea Post 8 and Final Exam

Policies

Course Policies

- **UF Policies**

Attendance Policy

The class modules are expected to be completed weekly. Every module week begins on Thursday and ends on Wednesday of the following week (except for your orientation week.) Please pay attention to module dates and assignment and quiz deadlines to make sure you stay on track.

You should begin working on each module and complete the assigned readings, lectures, and videos before taking the Wednesday quizzes. You are unlikely to do well, and will definitely not benefit and grow if you do not reserve a specific time each week to complete work in the class.

Aside from the circumstances mentioned in the Make-up Policy section, I ask that you **contact Summer and Bridget IN ADVANCE to request time extensions on assignments**. Excused extensions may be made for circumstances that are beyond your control if you can provide documentation for the problem. In general, if you contact them after a due date has passed, the work will not be accepted, except in those situations described in UF's attendance policies or other circumstances that Summer or Bridget can approve for you on a case-by-case basis. UF's attendance policies can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx> **Links to an external site.**

Quiz/ Exam Policies

Required: Most modules have a quiz that is available early Wednesday morning and closes at 11 pm that same day. If the quiz day is a holiday, the quiz will open the following weekday.

You may access written notes during a quiz, but not online materials. You should work on all quizzes without assistance from other students, study aids, websites, content sites such as Quizlet, etc. In other words, the quiz answers are yours and reflect what you've learned from the material. To do otherwise is a violation of the UF Honor Code. The final exam covers all material in the class, including lectures and readings.

Make-Up Policy

Students may make up work related to university-excused absences or with the permission of Summer or Bridget. In the latter case, you must notify them before the due date and explain the issues you are facing submitting the work on time. Approved excuses are generally ones that can be documented and are not under the student's control. For example, if you are ill, notify them in advance of the assignment due date and see a doctor who can provide a note.

Assignment Policy

Deadlines for assignments are listed in Canvas. Students should submit work on the dates indicated except where university policy provides an exemption.

Class Community

All members of the class are expected to follow rules of common courtesy in all email messages and Zoom meetings. Students should feel free to express their opinions but do so in a way that respects the rights of others who disagree.

Behaviors that detract from an environment that promotes learning will be penalized. Help yourself to learn and help others to learn as well. Make your philosophy one of maturity, as defined by author Stephen Covey:

“Maturity is the balance between courage and consideration. If a person can express his feelings and convictions with courage balanced with consideration for the feelings and convictions of another person, he is mature, particularly if the issue is very important to both parties.”

Getting Help

Technical Help
• Student Support

For issues with technical difficulties with Canvas or any other course technologies, please contact the UF Help Desk at: <http://helpdesk.ufl.edu> or [Links to an external site.](#) (352) 392-HELP (4357).

A request for make-ups due to technical issues MUST be accompanied by the ticket number received from the Help Desk when the problem was reported to them. The ticket number will document the time and date of the problem.

Disclaimer

This syllabus represents the instructor's current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected.

Course Summary:

Date	Details
Mon Jan 9, 2023	Calendar Event IDS2935 - Dual Enroll Happiness
	Assignment Intro Video
Fri Jan 13, 2023	Quiz Orientation Quiz
	Discussion Topic Introduce Yourself
Mon Jan 16, 2023	Calendar Event Summer's Office Hours
	Calendar Event Bridget's Office Hours
Wed Jan 18, 2023	Assignment Idea Post 1 (Mod. 1)
	Quiz Quiz 1
Fri Jan 20, 2023	Quiz Quiz 1 (1 student)
	Quiz Orientation Quiz (1 student)
Mon Jan 23, 2023	Calendar Event Summer's Office Hours
	Assignment Idea Post 1 (Mod. 1) (1 student)
	Calendar Event Bridget's Office Hours
Wed Jan 25, 2023	Assignment Idea Post 2 (Mod. 2)
	Quiz Quiz 2

Date	Details
Thu Jan 26, 2023	Assignment Idea Post 1 (Mod. 1) (1 student)
Sun Jan 29, 2023	Quiz Quiz 1 (1 student)
Mon Jan 30, 2023	Calendar Event IDS2935 - Dual Enroll Happiness
	Calendar Event Summer's Office Hours
	Calendar Event Bridget's Office Hours
Wed Feb 1, 2023	Assignment Module 3: Research Project: Identify 3 Participants
	Quiz Quiz 3
Fri Feb 3, 2023	Assignment Idea Post 1 (Mod. 1) (1 student)
Mon Feb 6, 2023	Calendar Event Summer's Office Hours
	Calendar Event Bridget's Office Hours
Wed Feb 8, 2023	Quiz Quiz 4
Fri Feb 10, 2023	Assignment Idea Post 3 (Mod. 4)
	Quiz Quiz 2 (1 student)
Sun Feb 12, 2023	Quiz Quiz 3 (1 student)
Mon Feb 13, 2023	Calendar Event Summer's Office Hours

Date	Details
Wed Feb 15, 2023	Calendar Event Bridget's Office Hours Quiz Quiz 5
Mon Feb 20, 2023	Calendar Event Summer's Office Hours
Wed Feb 22, 2023	Calendar Event Bridget's Office Hours Assignment Idea Post 4 (Mod. 6) (1 student) Assignment Idea Post 4 (Mod. 6) Quiz Quiz 6
Mon Feb 27, 2023	Calendar Event Summer's Office Hours
Tue Feb 28, 2023	Assignment Idea Post 4 (Mod. 6) (2 students)
Wed Mar 1, 2023	Calendar Event Bridget's Office Hours Quiz Quiz 7
Fri Mar 3, 2023	Assignment Idea Post 4 (Mod. 6) (2 students)
Sun Mar 5, 2023	Quiz Quiz 7 (1 student)
Mon Mar 6, 2023	Calendar Event Summer's Office Hours
Wed Mar 8, 2023	Calendar Event Bridget's Office Hours

Date	Details
	Assignment Idea Post 5 (Mod. 8)
	Quiz Quiz 8
Fri Mar 10, 2023	Assignment Idea Post 4 (Mod. 6) (1 student)
Mon Mar 13, 2023	Calendar Event Summer's Office Hours
	Assignment Idea Post 5 (Mod. 8) (1 student)
	Quiz Quiz 8 (1 student)
Wed Mar 15, 2023	Calendar Event Bridget's Office Hours
	Assignment Idea Post 2 (Mod. 2) (1 student)
	Assignment Idea Post 3 (Mod. 4) (1 student)
Thu Mar 16, 2023	Quiz Quiz 4 (1 student)
	Quiz Quiz 5 (1 student)
Sat Mar 18, 2023	Assignment Idea Post 5 (Mod. 8) (3 students)
Mon Mar 20, 2023	Calendar Event Summer's Office Hours

Date	Details
Tue Mar 21, 2023	Assignment Idea Post 5 (Mod. 8) (2 students)
	Calendar Event Bridget's Office Hours
Wed Mar 22, 2023	Assignment Idea Post 6 - EXTRA CREDIT (Mod. 9)
	Quiz Quiz 9
Thu Mar 23, 2023	Quiz Quiz 9 (1 student)
Mon Mar 27, 2023	Calendar Event Summer's Office Hours
	Calendar Event Bridget's Office Hours
Wed Mar 29, 2023	Quiz Quiz 10
	Quiz Quiz 9 (1 student)
Fri Mar 31, 2023	Assignment Idea Post 5 (Mod. 8) (1 student)
Sun Apr 2, 2023	Quiz Quiz 9 (1 student)
Mon Apr 3, 2023	Calendar Event Summer's Office Hours
	Calendar Event Bridget's Office Hours
Wed Apr 5, 2023	Assignment Idea Post 7 - EXTRA CREDIT (Mod. 11)
	Quiz Quiz 11

Date	Details
Mon Apr 10, 2023	Calendar Event Summer's Office Hours
	Calendar Event Bridget's Office Hours
Wed Apr 12, 2023	Assignment Module 12: Research Project - Final Submission
	Quiz Quiz 12
Mon Apr 17, 2023	Calendar Event Summer's Office Hours
	Calendar Event Bridget's Office Hours
Wed Apr 19, 2023	Assignment Idea Post 8 (Mod. 13)
Mon Apr 24, 2023	Calendar Event Summer's Office Hours
Wed Apr 26, 2023	Calendar Event Bridget's Office Hours
	Calendar Event Bridget's Office Hours
Wed May 3, 2023	Quiz Module 13: Final Exam