Psychology 255: Science of Well-Being
Spring 2015, Tuesdays 9:10am-12pm
Goldman Library (Psychology 3210)

INSTRUCTOR
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OFFICE HOUR
Tuesdays 12pm-1pm or by appointment

READING: The required readings, listed immediately below each week, are due on or before the scheduled day. The recommended readings are not required, although you are encouraged to skim them if you have time. All readings will be emailed to students as PDFs.

PRESENTING: Each student will be responsible for leading discussion for one class session. This involves reading carefully and developing discussion points and questions about the required readings, as well as about 2-4 extra papers/chapters. If you prefer to go beyond the recommended lists (where applicable), please contact me if you would like suggestions about which extra papers to read and present.

COURSE SYLLABUS

WEEK 1 – March 31: Can Happiness Be Increased?
Crafting Optimal Well-Being Interventions


Recommended
WEEK 2 – April 7: Can the Pursuit of Happiness Backfire?


WEEK 3 – April 13: NO CLASS (Beijing & Kuwait Well-Being Conferences)

WEEK 4 – April 21: Theories of Emotion—Positive, Negative, and Many Others


Recommended:


WEEK 5 – April 28: Pathways Between Health and Positive Constructs


Recommended:


WEEK 6 – May 5: Interesting Ties Between Money and Well-Being


Recommended:

WEEK 7 – May 12: Cutting-Edge Research on Savoring


WEEK 8 – May 19: The Genomics and Genetics of Well-Being


Recommended:
WEEK 9 – May 26: Happiness Across Cultures


Recommended:


WEEK 10 – June 2: NO CLASS (Santiago Well-Being Conference)