CHFY 10: Psychology of Happiness and Virtue  
Tue & Thu 11:10am-12:30pm  
HMNSS 1501  

INSTRUCTOR  
Sonja Lyubomirsky  
Psychology 3111C; 951-827-5041  
E-mail: sonja.lyubomirsky@ucr.edu  

OFFICE HOUR  
Tuesdays, 12:30pm-1:30pm  

COURSE REQUIREMENTS AND GRADING  

Class time in CHFY10 will consist of two 80-minute lectures (mixed in with discussions) per week, as well as weekly 50-min discussion sections and weekly 50-min workshops. You are expected to attend every lecture, section and workshop to receive credit for this course. During the section meetings, you will discuss positive psychological (PP) concepts and methods, participate in demonstrations, and practice and discuss PP exercises. During the workshops, your peer mentors will guide you through the transition to university life and link you to the resources necessary for your academic success. You are expected to be an active participant in lecture, section discussions, and workshops.  

There will be two (2) midterm exams and a final exam in this course, consisting of multiple-choice questions and some short-answer questions. The two midterms will comprise 35% of your final course grade and the final will contribute 30% towards your final grade. You will be tested on material from the assigned reading assignments and from lectures. Please bring your own scantron sheets to each exam. Official documentation of a family or medical emergency is required to take a make-up exam (only one make-up time is available per exam).  

In addition, because you will be receiving 4 units for this course (with an addition unit for attendance in workshop), you will be assigned a heavy reading load, as well as three (3) take-home exercises (involving short response papers; see below).  

Most of the readings will be available as PDF files on the iLearn course website. The rest of the readings are from the instructor’s books (The How of Happiness and The Myths of Happiness), which give a “layperson” version of many of the topics and readings covered. Both should be available at the UCR bookstore, or in any popular chain or online store (e.g., www.amazon.com). It is absolutely critical that you read carefully and reflectively each article and chapter assigned – usually 2 to 4 articles/chapters per week – though please note that often only particular pages (and not entire chapters) are required. The page numbers are the same for the hardcover and paperback editions of either book.  

You will also be required to apply concepts and strategies learned in the course to your own personal lives and to write about your experiences. Accordingly, you will complete four (4) take-home assignments, due on Oct 9, Nov 1, Nov 8, and Nov 29. You will be called on to discuss these assignments during some of the class and section sessions. Grades for these four assignments will count 35% towards your final grade.
Finally, for extra credit, you are encouraged to collect newspaper articles, magazine articles, or cartoons that demonstrate principles or phenomena discussed in this course. Those of you who submit your collection in section during the week of Dec 3, with a 1/2 to 1 page description of the principles demonstrated, will receive up to an extra 3% of your Final Exam grade.

In summary, your final course grade will be composed of the following:

Exams  
- Midterm 1 (Oct 25) 15%  
- Midterm 2 (Nov 15) 20%  
- Final Exam (Dec 12) 30%  

Take-Home Assignments 35%  
- Daily Mood Form (Oct 9) 5%  
- Happiness Strategy Exercise (Nov 1) 10%  
- VIA Questionnaire (Nov 8) 10%  
- Strengths Exercise (Nov 29) 10%

COURSE WEB PAGE AND FORUM

All relevant course materials (e.g., readings, hand-outs, copies of PowerPoint slides from lecture) will be posted on the CHFY10 web page. To access it, go to http://ilearn.ucr.edu and login by entering your username and password (see instructions on the page). You are encouraged to visit the web page frequently, as announcements will be posted there as well. In addition, this web page has a student forum to allow students to communicate with one another.

OFFICE HOURS (If you cannot make any of these times, please make an appointment.)

Instructor Sonja Lyubomirsky  
Psychology 3111C; x25041  
sonja.lyubomirsky@ucr.edu  
Tue, 12:30pm-1:30pm

Teaching Assistant Katie Bao  
Olmsted 2107  
kjaco001@ucr.edu  
Wed, 1pm-2pm

Teaching Assistant Arezou Ghane  
Olmsted 3xxx  
acava001@ucr.edu  
Thu, 1:30pm-2:30pm

SECTIONS

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<tr>
<th>Section # (Call #)</th>
<th>Day</th>
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<td>Arezou</td>
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SYLLABUS

CLASS 1 – THU, September 27: Strengths Introductions

NO READINGS & NO ASSIGNMENTS DUE

Assigned: Daily mood, behavior, and situation form.

CLASS 2 – TUE, October 2: Introduction to Positive Psychology


CLASS 3 – THU, October 4: Happiness – What Is It and How Is It Measured?


CLASS 4 – TUE, October 9: Why Are Some People Happier Than Others?


Lyubomirsky, S. (2013). *The myths of happiness*. New York: Penguin Press. Chapter 6 (“I can’t be happy when…I’m broke”; pp. 145-148 only); Chapter 1 (“I’ll be happy when…I’m married to the right person”; pp. 18-34 only); Chapter 5 (“I’ll be happy when…I find the right job”; pp. 131-135 only). (Optional: Download the References for this book, which are stored in a separate file.)

Due: Daily mood, behavior, and situation form assignment.

CLASS 5 – THU, October 11: Benefits of Happiness


Assigned: Happiness strategy exercise (Gratitude Letter or Forgiveness Letter or Best Possible Selves).

CLASS 6 – TUE, October 16: Is It Possible to Increase Happiness and If So, How?

Lyubomirsky, S. (2008). *The how of happiness*. New York: Penguin Press. Foreword (pp. 1-9), Chapter 1 (“Is it possible to become happier?”; pp. 13-26); Chapter 2 (“How happy are you, and why?”; pp. 27-68); Chapter 3 (“How to find happiness activities that fit your
interests, your values, and your needs”; pp. 69-79), and Chapter 10 (“The five hows behind sustainable happiness”; pp. 257-281).


**NO CLASS – THU, October 18: Generosity Conference**

**CLASS 7 – TUE, October 23: Introduction to Emotions and Their Measurement**


**NO CLASS – THU, October 25: Midterm 1**

**CLASS 8 – TUE, October 30: Positive Emotions**


**CLASS 9 – THU, November 1: Flow**


Due: Happiness strategy exercise.

Assigned: VIA questionnaire.

**CLASS 10 – TUE, November 6: What Are Strengths and Virtues?**


**CLASS 11 – THU, November 8: Strengths and Virtues – Optimism**


**Due:** VIA questionnaire.

**Assigned:** Strength exercise (Develop Low Strength or Use Signature Strength).

**CLASS 12 – TUE, November 13: Strengths and Virtues – Love**


**NO CLASS – THU November 15: Midterm 2**

**CLASS 13 – TUE, November 20: How Happy Is Our Class?**

NO READINGS & NO ASSIGNMENTS DUE

**NO CLASS – THU, November 22: Thanksgiving**

**CLASS 14 – TUE, November 27: Strengths and Virtues – Altruism**


**CLASS 15 – THU, November 29: Strengths and Virtues – Forgiveness**


**Due:** Strength exercise.

**CLASS 16 – TUE, December 4: Strengths and Virtues – Gratitude**


**Due:** Extra-credit assignment (optional) due in section (Dec 3-5).
CLASS 17 – THU, December 6: Final Exam Review

NO READINGS & NO ASSIGNMENTS DUE

FINAL EXAM – THU, December 13: 11:30am-2:30pm