

# PSYCHOLOGY 162: HUMAN HAPPINESS

## Instructor:

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Office Hours: Wednesday 11 to 12

## Texts:

Keltner, D. (2009). *Born To Be Good: The Science of a Meaningful Life*. WW Norton.  
Lyubomirsky, S. (2007). *The How of Happiness*. The Penguin Press.  
Keltner, D., Marsh, J., & Smith, J.A. (2010). *The Compassionate Instinct*. WW Norton.  
Scientific articles to be posted on BCourse

**Goals and procedures.** The goal of this course is to engage you in an interdisciplinary approach to the study of happiness. The first part of the course will be devoted to different approaches to happiness in Classical Greek and Judeo-Christian thought, the great traditions of East Asia, ideas about happiness that emerged in the age of the Enlightenment, and from other cultural traditions. With these perspectives as backdrop, we then will turn to the science of happiness, focusing on three themes. A first is the passions and how emotions such as compassion, gratitude, and awe promote happiness. A second is what might be called the ethics of social living, which emerges out of the robust finding that your happiness is deeply intertwined with your social connections. Here we will turn to new studies to examine the roles cooperation, forgiveness, kindness, trust, and respect play in the meaningful life. Finally, we will look at stress, and how specific patterns of thought – mindfulness, narrative, play, emotional intelligence – give rise to greater well-being. Grading will be based on two exams as well as your participation in section and RPP. There is a lot of reading in the course, so please stay up to date. The exams will be based on the material covered during lecture and in the readings, and will involve short IDs and multiple choice questions.

## GSIs:

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## Schedule of Readings

		BTGB	HoH	TCI	Science
<b>ORIENTATION</b>					
January 20	Introduction				
January 25	Philosophical Approaches	1	1,2		
January 27	New Science of Happiness	2,3, 4			1
February 1	Basic determinants: Matt Killingsworth				2
<b>THE PASSIONS</b>					
February 3	Compassion	11		287-300	3
February 8	Empathy			16-25	
February 10	Gratitude		4	77-85 51-71, 246-259	4
February 15	Holiday				
February 17	Awe	12		86-95	5
February 22	Beauty, Spirituality		3		
February 24	Laughter, Mirth	7			
February 29	Justice				6
<b>ETHICS OF SOCIAL LIVING</b>					
March 2	Social Connection	10	5	100-110 190-194	
March 7	Exam 1				
March 9	Cooperation	6		260-267	7
March 14	Peacemaking, Forgiveness	5		26-35	
March 16	Trust, Altruism	9		45-50, 157-161	
Spring Break					
March 28	Kindness				8
March 30	Modesty, Respect				9
<b>TRAINING THE MIND</b>					
April 4	Stress and the Body		6		

April 6	Toxic Thoughts	1	203-212	
April 11	Mindfulness, Contemplation			10
April 13	Emotional Intelligence			11
April 18	Narrative		150-156	
April 20	Play	8		
April 25	Purpose		133-149	
April 27	Your Path			10

Exam 2 during the scheduled time

## Scientific articles

1. Diener, E. (2000). Subjective Well-Being: The Science of Happiness and a Proposal for a National Index. *American Psychologist*, 55(1), 34-43.
2. Killingsworth, M., & Gilbert, D. (2010). A Wandering Mind is an Unhappy Mind. *Science*, 330 (6006), 932.
3. Simon-Thomas, E.R., et al. (2012). An fMRI Study of Caring vs. Self-Focus During Induced Compassion and Pride. *Social Cognitive and Affective Neuroscience*, 7(6), 635-648.
4. Bartlett, M.Y., & DeSteno, D. (2006). Gratitude and Prosocial Behavior: Helping When it Costs You. *Psychological Science*, 17(4), 319-325.
5. Piff, P. K., Dietze, P., Feinberg, M., Stancato, D. M., & Keltner, D. (2015). Awe, the small self, and prosocial behavior. *Journal of Personality and Social Psychology*, 108(6), 883-899.
6. Rand, D.G., Greene, J.D., Nowak, M.A. (2012). Spontaneous Giving and Calculated Greed. *Nature*, 489(7416), 427-430.
7. Warneken, F., Tomasello, M. (2009). Varieties of Altruism in Children and Chimpanzees. *Trends in Cognitive Sciences*, 13(9), 397-402.
8. Dunn, E.W., Aknin, L.B., & Norton, M.I. (2008). Spending Money on Others Promotes Happiness. *Science*, 319, 1687-1688.
9. Inagaki, T.K. & Eisenberger, N.I. (2013). Shared neural mechanisms underlying “social warmth” and physical warmth. *Psychological Science*, 24, 2272-2280.
10. Davidson, R. J., et al. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65(4), 564–570.
11. Brackett, M. A., Rivers, S. E., Reyes, M. R., & Salovey, P. (2012). Enhancing academic performance and social and emotional competence with the RULER Feeling Words Curriculum. *Learning and Individual Differences*, 22, 218-224.