



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

INSTRUCTOR

Sonja Lyubomirsky
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OFFICE HOUR

Tuesdays, 12:30pm-1:30pm

COURSE REQUIREMENTS AND GRADING

Class time in CHFV10 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		65%
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

<u>Section # (Call #)</u>	<u>Day</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
022 (12188)	Mon	11:10am-12pm	Arezou	INTS 1125
021 (12187)	Mon	12:10pm-1pm	Arezou	OLMH 1126
023 (12189)	Mon	1:10pm-2pm	Arezou	INTS 1134
024 (12190)	Tue	1:10pm-2pm	Katie	INTS 2134
025 (12191)	Tue	2:10pm-3pm	Katie	WAT 1117
026 (12192)	Wed	2:10pm-3pm	Katie	INTS 1130

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

Peterson, C. (2006). *A primer in positive psychology*. New York: Oxford University Press.
Chapter 1 (“What is positive psychology?”; pp. 3-24).

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

Lyubomirsky, S. (2008). *The how of happiness*. New York: Penguin Press. Chapter 2 (“How happy are you, and why?”; pp. 27-38 only).

Diener, E., Oishi, S. & Lucas, R. E. (2009). Subjective well-being: The science of happiness and life satisfaction. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology* (2nd ed.; pp. 187-194). New York: Oxford University Press.

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

Myers, D. G. (2000). The funds, friends, and faith of happy people. *American Psychologist*, 55, 56-67.

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

Lyubomirsky, S. (2008). *The how of happiness*. New York: Penguin Press. Chapter 1 (“Why be happy?”; pp. 24-26 only).

Jacobs Bao, K., & Lyubomirsky, S. (2012). The rewards of happiness. In I. Boniwell & S. David (Eds.), *Oxford handbook of happiness* (pp. 119-133). Oxford: Oxford University Press.

Danner, D. D., Snowdon, D. A., & Friesen, W. V. (2001). Positive emotions in early life and longevity: Findings from the nun study. *Journal of Personality and Social Psychology*, 80, 804-813.

Harker, L., & Keltner, D. (2001). Expressions of positive emotions in women’s college yearbook pictures and their relationship to personality and life outcomes across adulthood. *Journal of Personality and Social Psychology*, 80, 112-124.

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).
Layous, K., & Lyubomirsky, S. (2014). The how, why, what, when, and who of happiness: Mechanisms underlying the success of positive interventions. In J. Gruber & J. T. Moskowitz (Eds.), *Positive emotion: Integrating the light sides and dark sides* (pp. 473-495). New York: Oxford University Press.

NO CLASS – THU, October 18: Generosity Conference

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

Gilovich, T., Keltner, D., Chen, S., & Nisbett, R. E. Keltner, D. (in press). *Social psychology*. New York: W.W. Norton. Chapter 6 (“Emotion”; only pp. 195-200 are required).
Fredrickson, B. L. (2008). Promoting positive affect. In M. Eid & R. J. Larsen (Eds.), *The science of subjective well-being* (pp. 449-468). New York: Guilford Press.

NO CLASS – THU, October 25: Midterm 1

CLASS 8 – TUE, October 30: Positive Emotions

Lyubomirsky, S. (2008). *The how of happiness*. New York: Penguin Press. Chapter 10 (Review “The first how: positive emotion: pp. 257-266).
Lyubomirsky, S. (2013). *The myths of happiness*. New York: Penguin Press. Chapter 2 (“I can’t be happy when...My relationship has fallen apart”; pp. 52-59 only).
Fredrickson, B. L., & Cohn, M. A. (2008). Positive emotions. In Lewis, M., Haviland-Jones, J. M., & Barrett, L. F. (Eds.), *Handbook of emotions* (3rd ed., pp. 777-796). New York: Guilford Press.
Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology*, 95, 1045-1062.

CLASS 9 – THU, November 1: Flow

Lyubomirsky, S. (2008). *The how of happiness*. New York: Penguin Press. Chapter 7 (“Living in the present”; pp. 180-204).
Nakamura, J., & Csikszentmihalyi, M. (2009). Flow theory and research. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology* (2nd ed.; pp. 195-206). New York: Oxford University Press.

Due: Happiness strategy exercise.

Assigned: VIA questionnaire.

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

Peterson, C. (2006). *A primer in positive psychology*. New York: Oxford University Press. Chapter 6 (“Character strengths”; pp. 137-164) and Chapter 5 (“Positive thinking”; pp. 107-136).

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

Lyubomirsky, S. (2008). *The how of happiness*. New York: Penguin Press. Chapter 4 (“Cultivating optimism”; pp. 101-111).
Peterson, C. (2006). *A primer in positive psychology*. New York: Oxford University Press. Chapter 5 (“Positive thinking”; only pp. 107-112 and 119-124 are required).

Scheier, M. F., & Carver, C. S. (1993). On the power of positive thinking: The benefits of being optimistic. *Current Directions in Psychological Science*, 2, 26-30.

Due: VIA questionnaire.

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

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

Lyubomirsky, S. (2008). *The how of happiness*. New York: Penguin Press. Chapter 5 (“Nurturing social relationships”; pp. 138-149).

Lyubomirsky, S. (2013). *The myths of happiness*. New York: Penguin Press. Chapter 1 (“I’ll be happy when...I’m married to the right person”; pp. 40-48 only).

Peterson, C. (2006). *A primer in positive psychology*. New York: Oxford University Press. Chapter 10 (“Positive interpersonal relationships”; pp. 249-274).

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

Lyubomirsky, S. (2008). *The how of happiness*. New York: Penguin Press. Chapter 5 (“Practicing acts of kindness”; pp. 125-138).

Batson, C. D., Ahmad, N., & Lishner, D. A. (2009). Empathy and altruism. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology* (2nd ed.; only pp. 417-419 are required). New York: Oxford University Press.

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

Lyubomirsky, S. (2008). *The how of happiness*. New York: Penguin Press. Chapter 6 (“Learning to forgive”; pp. 169-179).

Lyubomirsky, S. (2013). *The myths of happiness*. New York: Penguin Press. Chapter 2 (“I can’t be happy when...My relationship has fallen apart”; pp. 67-71 only).

McCullough, M. E. (2001). Forgiveness: Who does it and how do they do it? *Current Directions in Psychological Science*, 10, 194-197.

Witvliet, C. v., Ludwig, T. E., & Vander Laan, K. L. (2001). Granting forgiveness or harboring grudges: Implications for emotion, physiology, and health. *Psychological Science*, 12, 117-123.

Due: Strength exercise.

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

Lyubomirsky, S. (2008). *The how of happiness*. New York: Penguin Press. Chapter 4 (“Expressing gratitude”; pp. 88-101).

Emmons, R. A. (2008). Gratitude, subjective well-being, and the brain. In M. Eid & R. J. Larsen (Eds.), *The science of subjective well-being* (pp. 469-489). New York: Guilford Press.

Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84, 377-389.

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