



April 11:	Mindfulness (Ohmmmmmm)
April 13:	Humor (finally, some fun in this class)
April 18:	Relationships I (love, friendship, and other good stuff)
April 20:	Relationships II
April 25:	Self-esteem I
April 27:	Self-esteem II
May 2:	The good life (wait, what was the course about until now?)
May 4:	What Now? (the next step, the one after, and farewell :(

### **GRADING:**

15%	Section
15%	Response papers
20%	Midterm
25%	Final Project
25%	Final Exam

**Response papers.** On most weeks, you will be required to hand in a response paper, between 1 and 3 pages long. You will receive the question/topic each Thursday by 5pm. Send in your response, pasted in the email, to your TF by 9pm on Monday. The response papers are graded pass/fail—if you hand it in, you pass.

**Final Project.** The final project is due the last day of reading period. More information coming soon...

**Sections.** Sections form an integral part of the class. Beyond the opportunity to better understand ideas from lectures/readings, sections will include exercises that apply the key concepts from the course. Because sections are being developed as groups, there will be no switching sections or attending sections other than your own once the semester and sections are underway.

Did we leave anything out? Oh yes, the reading. Required reading (all available at the Coop):

- Branden, Nathaniel. The Six Pillars of Self-Esteem
- Ben-Shahar, Tal. The Question of Happiness (look out for the sequel, The Answer)
- Maslow, Abraham. Selected Chapters from Towards a Psychology of Being, Third Edition (this is a special edition printed for this class. It is not available on Amazon or anywhere else other than the Coop).

Each week, selections from the above books as well as journal articles will be assigned (all articles are available online).

Not required reading (all available at the Coop): Moby Dick, Ulysses, Remembrance of Things Past (Volume 1-3), Old Man and the Sea, How to Win Friends and Influence People, Think and Grow Rich, Advanced Linear Algebra.