

HUMAN HAPPINESS

PSYCHOLOGY C162

Instructor:

TBD

Office: TBD

Phone: TBA

Office Hours: TBD

Email: TBA

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.

Resources:

greatergood.berkeley.edu

Great articles

ggia.berkeley.edd

Science tested practices

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, and ideas about happiness that emerged in the age of the Enlightenment. With these perspectives as backdrop, and grounded in the scientific method, we will consider three kinds of contributors to happiness. A first is the cultivation of emotions that play a strong role in the good life (e.g., compassion, gratitude, awe). A second is social connection, and processes such as cooperation and forgiveness that promote strong ties and communities. A third is the resilient mind in handling stress, and how it is cultivated by practices as mindfulness, narrative, and play.

By design, this class draws upon the wisdom of psychology (e.g., social psychology, neuroscience) and related disciplines (economics, sociology). While exploring ideas from the past two millennia, this class is also rooted in the scientific method, and its grounding in theory, precise measurement, experimental design, and hypothesis testing. At the same time, we will focus on actionable knowledge, in which science translates to practices that promote 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 largely on the material covered during lecture and section, and will involve short IDs and multiple choice questions.

GSI:
TBD

Schedule of Readings

		BTGB	HoH	TCI
TBD	Introduction			
TBD	Philosophical Approaches		2,3	
TBD	New Science of Happiness	2,3		
TBD	Evolution, Neuroscience	4		
TBD	Compassion	11		287-300
TBD	Empathy			16-25
TBD	Gratitude		4	77-85 51-71, 246-259
TBD	Awe	12		86-95
TBD	Mirth			
TBD	Spirituality		9	
TBD	Passion for justice			190-194
TBD	Social Connection	10	5	100-110
TBD	Friendship			
TBD	Cooperation	6		
TBD	Forgiveness	5		
TBD	Exam 1			
TBD	Trust	9		45-50, 157-161
TBD	Kindness			
TBD	Respect			
TBD	Stress	7	1, 6	203-212
TBD	Mindfulness			
TBD	Meditation, Contemplation			
TBD	Self-Compassion			
TBD	Play	8		

TBD	Savoring	7	133-149
TBD	Emotional Wisdom	10	260-267 26-35
TBD	Happy Thanksgiving		
TBD	Perspective	7	
TBD	Narrative	8	150-156

Exam 2

