



CCL Course Outline

Course Name and Objective

Course: Understanding Happiness

Objective: To provide students with the research and strategies of Positive Psychology, and other branches of Psychology, so that they can live more joyful, fulfilling and happier lives.

Instructor and Contact Information

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Course Delivery Mode: online asynchronous (Canvas LMS) with weekly synchronous tutorial (Zoom)

Course Description

It could be said that one of the main goals in life is to be “happy”, but what does that really mean and how do we achieve that goal? It might surprise you to know that the information we are given about how to achieve happiness, through our education and through our interactions with society, may not result in the happiness we are seeking.

The research and strategies of Positive Psychology and other disciplines offer us some insight into the true nature of happiness, and explain why it has been hidden from us.

In this course, we will examine the recent decline in individual and global happiness levels through the lenses of materialism, capitalism and technologism. We will explore the concepts of individualism and collectivism in order to better understand the true nature of happiness. We will also evaluate and experiment with some research-based strategies designed to foster greater happiness and well-being.

By the end of this course, you will not only have a deeper awareness of the true nature of happiness, but you will be able to implement happiness strategies in your own lives, creating more personal well-being and by extension, transforming society as a whole.

Course Learning Outcomes and Competencies

Upon successful completion of this course, students will be able to:

1. Explain the current plight of individual and global happiness utilizing societal, psychological and philosophical evidence
2. Debate the happiness benefits and disadvantages of traditional societal conventions, such as materialism, capitalism and technologism by participating in classroom activities and lessons.
3. Identify the research and evidence that supports the significance of human interconnectedness for happiness and well-being by referencing information presented in class.
4. Evaluate the diversity of research-based happiness strategies by participating in classroom activities and projects.
5. Describe the evidence that supports key happiness concepts including the mind-body connection, the happiness set-point, and the negativity bias, by referencing psychology research presented in class.
6. Apply critical thinking skills to the analysis of happiness and well-being research in order to determine personal, professional, academic and societal applications.

Upon completion of this course, students will have gained experience with the following competencies (based on the work of Sir Ken Robinson):

1. **Criticism:** evaluating course information
2. **Curiosity:** discussing and debating online and in synchronous tutorials
3. **Creativity:** developing a happiness plan
4. **Communication:** developing a happiness plan, discussing and debating online and in synchronous tutorials
5. **Collaboration:** group work in weekly tutorials
6. **Compassion:** understanding and integrating course content into personal and professional lives
7. **Composure:** learning how to connect with feelings and develop personal balance by understanding and integrating course content into personal and professional lives
8. **Citizenship:** understanding and integrating course content into personal and professional lives; discussing and debating online and in synchronous tutorials

Course Materials and Readings

All required information will be presented in class. No additional information, books or readings will be assigned.

Course Work

1. **Class Participation (P/F):** Students will be asked to participate in weekly online asynchronous discussions about the course content on the discussion boards. Students will also be invited to attend weekly tutorials and asked to participate in classroom discussions. Participation is defined as (a) asking a question (b) answering a question or (c) participating in a class/small group discussion.
2. **Weekly Content Quizzes (P/F):** Students will complete weekly content quizzes designed to evaluate their understanding of online content and to reinforce key points and concepts. All quizzes will be open book.
3. **Happiness Project (P/F):** Students will complete a happiness project designed to evaluate their ability to apply what has been learned in class to their own lives

Student Code of Conduct and Expectations

1. Attendance and participation in class have been shown to be the best predictor of learning and academic success. Students are asked to complete all class content and assigned activities. Students are also asked to attend and participate in weekly tutorials, when possible, in order to have meaningful conversations about the class content and to develop a better understanding of how to apply the concepts to their own lives.
2. Students are asked to respect the diversity of opinions of their classmates. Respectful debate and dialogue are encouraged and students are asked to come to tutorials with an open mind and kind heart.
3. Students are invited to engage with their classmates throughout the online course platform, through the use of discussion boards, posting boards and other interactive formats. This creates a positive classroom environment and helps to develop strong citizenship and communication skills.

Copyright and Recording

Students are advised that lectures, demonstrations, performances, and any other course material provided by an instructor include copyright protected works. The Copyright Act and copyright law protect every original literary, dramatic, musical and artistic work, **including lectures** developed by CCL instructors.

The recording of lectures, tutorials, or other methods of instruction is prohibited by the students.

Course Schedule

Class #	Theme	Activities and Content	Resources
Class 1	Happiness Foundations	<p>Content: Society and Happiness, Happiness Myths, Disease Model of Health, Why are We Unhappy?</p> <p>Activities: Online videos, recorded lectures, Word documents, Padlet activities, surveys, discussions, weekly Zoom tutorial</p>	Canvas (LMS) resources including lectures, videos, interactive boards, questionnaire links and polling links
Class 2	A Better Understanding of Happiness	<p>Content: Happiness Benefits, What is Happiness, What You Need to Know, Happiness Across the Globe</p> <p>Activities: Online videos, recorded lectures, Padlet and AnswerGarden activities, surveys, discussions, weekly Zoom tutorial</p>	Canvas (LMS) resources including lectures, videos, interactive boards, questionnaire links and polling links
Class 3	The Secrets of the Mind-Body Connection	<p>Content: Mind-Body Dualism, Stress, Mind-Body Connection for Health and Happiness, Mind-Body Connection for Gratitude, Focusing on the “Now”, Optimism and Positivity</p> <p>Activities: Online videos, recorded lectures, Padlet activities, surveys, discussions, weekly Zoom tutorial</p>	Canvas (LMS) resources including lectures, videos, interactive boards, questionnaire links and polling links
Class 4	We Are Meant to be Connected	<p>Content: Understanding Human Connection, Benefits of Connection,</p>	Canvas (LMS) resources including lectures, videos, interactive boards,

		<p>Relationships and Friendships, Technology's Impact, Happiness from relationships</p> <p>Activities: Online videos, recorded lectures, activities and surveys; discussions, Zoom tutorial</p>	<p>questionnaire links and polling links</p>
Class 5	<p>Meaning, Purpose and Happiness</p>	<p>Content: Focusing on Positives, Character Strengths, Intrinsic Motivation, Meaning and Purpose, Shackles of Technology</p> <p>Activities: Online videos, lectures, activities and surveys; discussions, Zoom tutorial</p>	<p>Canvas (LMS) resources including lectures, videos, interactive boards, questionnaire links and polling links</p>
Class 6	<p>Creating Lasting Happiness</p>	<p>Content: Understanding our Programming, Noticing Unhelpful Behaviours, Behaving our Way to Happiness, Planning to be Happy, Happiness FIT, Daily Happiness, Why We Need Happiness Now More Than Ever</p> <p>Activities: Online videos, lectures, activities and surveys; discussions, Zoom tutorial</p>	<p>Canvas (LMS) resources including lectures, videos, interactive boards, questionnaire links and polling links</p>