

The Ohio State University
First-Year Seminar Program
Course Proposal

Course Information

1. Attach a syllabus that includes the following (sample syllabi can be found at <http://firstyearseminars.osu.edu>):

- the course goals
- a brief description of the content
- the distribution of meeting times
- a weekly topical outline
- a listing of assignments
- grade assessment information (A-E or S/U)
- required textbooks and/or reading list
- the academic misconduct and disability services statements (sample statements can be found at <http://asccas.osu.edu/curriculum/asc-syllabus-elements>)

Instructor Information

2. Attach a brief biographical paragraph that includes the current research interests, teaching awards and honors, and undergraduate courses taught by the participating instructor(s). The paragraph will be included in materials for first-year students.

Jennifer Cheavens, Department of Psychology

Proposer's Name and Primary Academic Unit (please print)

Happiness: What is it? Who Gets It?

Proposer's Title

Cheavens.1@osu.edu

Proposer's e-mail Address

3/2/2020

Submission Date

Charles F. Emery

Approval of Department Chair of Academic Unit (please print)

Please return this form and any attachments to First-Year Seminar Program, 100 Denney Hall, 164 Annie & John Glenn Avenue, ATTN: Todd Bitters or e-mailed to bitters.4@osu.edu.

Happiness: What is it and who gets it?
First Year Seminar, 2020

ARTSCI 113X.xx (one credit hour, Graded A – E)

Day and Time: TBD

Location: TBD

Professor: Jennifer S. Cheavens, Ph.D., Department of Psychology

Office Hours: Tuesdays 10:00 – 11:00, 147 Psychology Building

Email: cheavens.1@osu.edu

Course Description: If you ask people what they want in the future, most of them will tell you they want to be happy. New parents will tell you that it doesn't matter what their child does in the future as long as that child is healthy and *happy*. College students let you know that they want a future career and relationships that bring them meaning and *happiness*. People nearing retirement say that they want to spend their time doing the things that make them *happy*. What exactly are we envisioning when we set our sights on a happy future? What do we know about what makes us happy? Is happiness for the few or for the many – can we all be happy? Is it something that needs to “be found” or is happiness something that is accessible to us at any given moment? Do we need to be successful before we can be happy or does being happy increase the likelihood that we will be successful? In this seminar, we will examine the lessons gleaned from the scientific study of happiness and well-being. Each week we will cover a new topic in the study of happiness and will attempt to put these lessons into practice.

Course objectives:

1. Learn about the theories of happiness and the empirical work that has been done to test these theories
2. Develop and implement tests of happiness practices
3. Practice balancing critical thinking and open-mindedness in discussions with peers

Required Texts:

Rubin, G. (2009). *The happiness project*. HarperCollins, New York.

Chapters from other sources will be made available throughout the course.

Course Requirements:

Participation. Students are expected to attend class and participate in class discussions. In order to adequately participate in class discussions, it is important to come to class prepared. This requires that you complete the reading for the week before each class meeting.

Experiential Exercise Journal. You will be asked to participate in 10 experiential exercises and write short (250 – 500 words) journal entries describing your experience for each. These entries should describe how you implemented the experiential exercise and reflect on how the exercise impacted (or did not impact) you. I am interested in your experience and reflections on the exercises, as opposed to a review of the literature on these exercises.

Final Project. I will assign groups and topic areas by the 5th week of the semester. The members of each group will be asked to design an experiential exercise for their assigned topic. Experiential exercises should include instructions, goals/objectives, potential data collection mechanisms, and expected outcomes. Groups will present their exercises to the class at the end of the semester.

Grading:

Participation: 30%

Experiential Exercise Journal: 50%

Final Project: 20%

Academic Misconduct: All students at the Ohio State University are bound by the Code of Student Conduct. Suspected violations of the code in this class will be dealt with according to the procedures detailed in said code. Specifically, any alleged cases of misconduct will be referred to the Committee of Academic Misconduct. Please refer to the code at: (<http://studentaffairs.osu.edu/csc/>) for more details.

“It is the responsibility of the Committee on Academic Misconduct to investigate or establish procedures for the investigation of all reported cases of student academic misconduct. The term “academic misconduct” includes all forms of student academic misconduct wherever committed; illustrated by, but not limited to, cases of plagiarism and dishonest practices in connection with examinations. Instructors shall report all instances of alleged academic misconduct to the committee (Faculty Rule 3335-5-487). For additional information, see the Code of Student Conduct at <http://studentconduct.osu.edu>.

Students with Disabilities: “The University strives to make all learning experiences as accessible as possible. If you anticipate or experience academic barriers based on your disability (including mental health, chronic or temporary medical conditions), please let me know immediately so that we can privately discuss options. To establish reasonable accommodations, I may request that you register with Student Life Disability Services. After registration, make arrangements with me as soon as possible to discuss your accommodations so that they may be implemented in a timely fashion. **SLDS contact information:** slds@osu.edu; 614-292-3307; slds.osu.edu; 098 Baker Hall, 113 W. 12th Avenue.”

Sexual misconduct/relationship violence: “Title IX makes it clear that violence and harassment based on sex and gender are Civil Rights offenses subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories (e.g., race). If you or someone you know has been sexually harassed or assaulted, you may find the appropriate resources at <http://titleix.osu.edu> or by contacting the Ohio State Title IX Coordinator, Kellie Brennan, at titleix@osu.edu”

Biographical Statement: I am a licensed clinical psychologist and an Associate Professor of Psychology; I teach undergraduate (Positive Psychology, Personality Disorders) and graduate (Dialectical Behavior Therapy/clinical supervision) courses. My program of research incorporates two intersecting lines of study. I study emotional disorders, like depression and borderline personality disorder, and focus on ways to treat these disorders. Additionally, I study positive psychology concepts, like hope, gratitude, and forgiveness. I am interested in understanding why some people are more successful and happier than others, given similar abilities and circumstances. Much of my work in this area has focused on studies of goal-setting and goal pursuits. I work closely with very talented graduate and undergraduate students in both lines of research.

Course Schedule: Subject to change

Date	Topic	Assignment
August 24	Defining Happiness	Introductions
August 31	Vitality	Rubin Chapter 1
September 7	Social Connections – Love	Rubin Chapter 2
September 14	Social Connections – Friends	Rubin Chapter 6
September 21	Work	Rubin Chapter 3
September 28	Play	Rubin Chapter 5
October 5	Money	Rubin Chapter 7
October 12	Meaning	Rubin Chapter 8
October 19	Mindfulness	Rubin Chapter 10
October 26	Attitudes and Interpretations	Rubin Chapter 11
November 2	Goal-Setting	Rubin Chapter 9
November 9	Failing Up	Anchor Chapter 4
November 16	Creating Habits	Anchor Chapter 6
November 23	Gratitude	
November 30	Presentations	