



HANYANG UNIVERSITY

2019 HISS Syllabus

Psychology of Happiness

Professor: **Allison Buller, Ph.D., LPC**
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Home Univ.: University of Bridgeport
Dept.: Department of Counseling and Psychology

Description: The "Psychology of Happiness" explores the research of what science says about well-being. The purpose of the course is to not only learn what psychological research says about what makes us happy but also to put those strategies into practice. The first part of the course reveals misconceptions we have about happiness and the annoying features of the mind that lead us to think the way we do. The next part of the course focuses on activities that have been proven to increase happiness along with strategies to build better habits.

Objective: Students will learn:

- Misconceptions about happiness
- Definitions of well-being
- Why we're so bad at predicting what makes us happy
- Evidenced Based Practice to Improve Happiness

Preparations: Materials for this course will be provided by the instructor via electronic copies

Schedule:

Week 1	<ul style="list-style-type: none">• Introduction• Defining Happiness across cultures• Explore the research on misconceptions about happiness• Creating a Personal Behavior modification plan
Week 2	<ul style="list-style-type: none">• Develop a hypothesis about why our expectations for achieving happiness are so bad

	<ul style="list-style-type: none"> Using descriptions from research, describe how we can overcome our biases about happiness Evidenced based practice that really makes us happy
Week 3	<ul style="list-style-type: none"> Putting Strategies of happiness into practice Using social commitment to change behavior Designing your environment to help change your behavior Stages of change and motivational interviewing
Week 4	<ul style="list-style-type: none"> Understanding the power of mindset to change your behavior Student Presentations on Personal Behavior Modification Plan

Evaluation:	Midterm (40%)	Final (40%)	Attendance (%)	Assignments (10%)	Participation (10%)	Etc. (%)
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