First-Year Seminar
The Pursuit of Happiness: The Philosophy and Psychology of Well-Being
FYE F100 F03
CRN 78224

Instructor: Dr. Alicia Hall
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Office hours: Wednesday, 12:00 – 2:00 PM; also by appointment
Office phone: 474-5841
Class time: Wednesday, 3:30 – 5:00 PM
Class location: Gruening 304

Required Texts:

(1) Jonathan Haidt, *The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom*. Basic Books, 2006.
(2) Other selected readings to be posted on Blackboard.
(3) You will also need a separate notebook or exam booklet for Journal assignments. You must bring this journal to every class period.

Course Description

This course will consist of an interdisciplinary exploration of happiness. Throughout the semester, we will explore what philosophy and psychology tell us about the nature of happiness and well-being. Some of the questions we will consider include: What does it mean to be happy? Can we be mistaken about our own happiness? Can psychological research into common errors of decision-making and self-knowledge inform our own pursuit of happiness? What are the elements of a good life?

As we explore these questions, students will be introduced to research methods used in the humanities, discover how research in philosophy can both influence and be influenced by the sciences, and gain skills in critical thinking, critical reading, and communication that are necessary for all majors. Throughout the semester we will continue to discuss and practice critical assessment and argumentation skills in reading, writing, and discussion.

The Freshman Seminar (FYE) program will also give students an introduction to the necessary skills and processes for academic success at UAF. Students will use Blackboard to learn how to complete a four-year academic plan; the purpose of the UAF Core Curriculum and its requirements; the use of UAOnline to manage registration, progress, financial aid, and contact information; use of DegreeWorks to assess progress to graduation; the UA Board of Regent Policy on the student code of conduct including plagiarism.

Course Goals
My main goals as an instructor for this course are three-fold: first, I want students to gain a knowledge base in philosophical and psychological research on happiness and well-being through reading and class discussions. Second, the course is designed to help students develop critical thinking skills by reading, evaluating, and applying arguments from the readings, as well as developing their own arguments in both journal assignments and group discussion. And finally, the course aims to help students develop skills for academic success.

Intended Learning Outcomes
Students will:

1. Learn how scholarship is conducted in philosophy and in the humanities in general.
2. Learn how philosophers conduct research into the sciences.
3. Be able to describe some of the main philosophical theories of and current psychological research into happiness and well-being.
4. Sharpen their reading and critical assessment skills.
5. Engage with others in constructive, rigorous, and respectful conversations.
6. Reflect critically and systematically on questions about the nature of happiness.
7. Work to clearly express their ideas and conclusions.
8. Improve understanding of academic planning, program requirements, and the student code of conduct.

Course Format
Class sessions can involve a mix of lectures, large and small group discussions, in-class writing assignments, and other in-class activities. Students will regularly work in small groups to interpret and evaluate the readings and explore their positions on specific questions. In a class such as this, class participation and discussion is extremely important. Accordingly, I expect you all to come to class having read and reflected upon the week's readings, and to come prepared to participate in class discussions.

Blackboard
There will be a Blackboard website for this course. Students will use Blackboard to learn some of the necessary skills for student success at UAF. In addition, announcements, assignment information, some readings, and other course materials will be posted to Blackboard. Students are responsible for checking the course website regularly for any updates and announcements.

Readings
Be sure to **bring your text and/or the assigned readings for the day to every class period.**

Explanation of Graded Assignments
Your final course grade will depend on two assessments:

1. **Journal** (80%) Students will be required to keep a journal in which they write their reflections on the day's topic and answer questions about the readings. Some journal exercises will be completed in class, while others will be given as take-home assignments. This will be collected and graded at the end of the semester.
2. **Participation** (20%) Attendance and participation in class sessions will be graded. Each student is allowed one unexcused absence. After one, each unexcused absence will lower your participation grade by one full letter grade for each absence. Absences will only be excused for emergencies or illnesses with a doctor's note, or for certain approved school activities. If you plan to miss a class, let me know via email or in writing 24 hours in advance. Otherwise, consider your absence unexcused.

Grades will follow UAF Guidelines**:**

A	93-100%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	73-76%
C-	70-72%
D+	67-69%
D	63-66%
D-	60-62%
F	Below 60%

A An honor grade, indicates originality and independent work, a thorough mastery of the subject and the satisfactory completion of more work than is regularly required.

'A' work is work that is considered exceptional and could be used as a model for other students. An A grade will only be given to work that is original, clear, accurate, thorough, innovative, and insightful and far exceeds assignment requirements.

B Indicates outstanding ability above the average level of performance.

'B' work is work that is well done and exceeds assignment requirements. B level work is work that is clear, accurate, thorough and insightful.

C Indicates a satisfactory or average level of performance.

'C' work is work that is adequate. It completely satisfies the basic requirements of the assignment.

D The lowest passing grade, indicates work of below-average quality and performance.

'D' work is sloppy or lazy work. It may address most elements of an assignment, but often reflects inattention to specifics, sketchy details, and superficial reasoning.

F Indicates failure. All F grades, including those earned in pass/fail courses, are included in the GPA calculations.

ETS Proficiency Profile test

Students must complete the ETS Proficiency Profile test. This is a 40-minute multiple choice omnibus test that will be taken outside of class.

Tentative Class Schedule:

Week	Reading	Student Success Skills (on Blackboard) and Other Assignments
1 Sept. 7	Introduction	Academic Advising introduction, add/drop instructions, and UAOnline contact (address) update instructions
2 Sept. 14	**Haybron, "Happiness, Well-Being, and the Good Life: A Primer" (on Blackboard)**	
3 Sept. 21	Haidt chapter 1: "The Divided Self"	Plagiarism and the UAF Code of Conduct
4 Sept. 28	Haidt chapter 2: "Changing Your Mind"	
5 Oct. 5	Haidt chapter 3, "Reciprocity With a Vengeance"	DegreeWorks + general, Core, major and degree requirements, and semester educational plan
6 Oct. 12	Haidt chapter 4, "The Faults of Others"	Complete the ETS Proficiency Profile exam online. (Can be completed on your own computer or in Testing Services in Gruening 211.) Instructions posted on Blackboard.

Week	Reading	Student Success Skills (on Blackboard) and Other Assignments
7 Oct. 19	**Haybron, "Do We Know How Happy We Are?" (on Blackboard)**	Freshman progress reports, withdrawals, financial aid satisfactory progress, and learning resources
8 Oct. 26	Haidt chapter 5, "The Pursuit of Happiness"	Take the Strengths Test online at www.authentichappiness.org Education/Career Exploration and the what if in DegreeWorks + student year-long education plan
9 Nov. 2	Haidt chapter 6, "Love and Attachments"	Preparing for next semester using UAOnline + spring calendar
10 Nov. 9	Haidt chapter 7, "The Uses of Adversity"	
11 Nov. 16	Haidt chapter 8, "The Felicity of Virtue"	
12 Nov. 23	Haidt chapter 9, "Divinity With or Without God"	Four-year educational plan including co-curricular planning
13 Nov. 30	Haidt chapter 10, "Happiness Comes from Between" and chapter 11, "Conclusion: On Balance"	
14 Dec. 7	**Kolbert, "What can policymakers learn from happiness research?" (On Blackboard)**	

NOTE: The above assignments, due dates, topics, schedule, standards, and readings are subject to change at any point during the semester. You are responsible for any announcements of changes that have been posted on Blackboard or announced during class time.

General Information and Policy

- **Assistance with the Course:** Please do not hesitate to email me with any questions, or if you have any concerns or difficulties with fulfilling course

requirements. I want everyone in this class to do well, and I will be happy to help you work through any trouble you have with the course.

- **Cheating and Plagiarism:** I take cheating and plagiarism very seriously. While I will often encourage you to work together, any work that you turn in must be your own. Plagiarism is defined as appropriating passages or ideas from another person's work and using them as one's own. Copying passages of text from the internet without citing the source is also plagiarism. If you copy anyone else's words or utilize anyone else's ideas (even if you paraphrase), you must appropriately cite this information (whether or not your are providing a direct quote); otherwise, this is plagiarism. **Any student caught cheating or plagiarizing will receive 0 points for the assignment and may fail the course.**
- **Disruptive Classroom Behavior**: Any student engaging in disruptive behavior may receive disciplinary action and/or be asked to leave the classroom. Students are required to read and follow the Student Code of Conduct found in the UAF Catalog (available at http://www.uaf.edu/catalog/current/academics/regs3.html#Student_Conduct).
- **Disabilities Services:** The University of Alaska Fairbanks is committed to equal opportunity for students with disabilities. I will work with the Office of Disabilities Services (208 WHITAKER BLDG, 474-5655) to provide reasonable accommodation to students with documented disabilities.
- Other policies, including the policy on adding and dropping courses, can be found in the UAF Catalog.