HUMAN HAPPINESS

L&S 160V, PSYCHOLOGY 162

Instructor:

Dr. Dacher Keltner
Office: Room 3422 Berkeley Way
Office Hours: Wednesday 1:30 to 3:00
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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 sources of 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 such as mindfulness, narrative, and play.

By design, this class draws upon the wisdom of psychology (e.g., social psychology, health 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.

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Schedule of Readings

Date	Topic	BTGB	HoH	TCI
August 22	Introduction			
August 27	Philosophical Approaches		2,3	
August 29	New Science of Happiness	2,3		
September 5	Evolution, Neuroscience	4		
September 10	Compassion	11		287-300
September 12	Empathy			16-25
September 17	Gratitude		4	77-85
September 19	Awe	12		51-71, 246-259 86-95
September 24	Mirth			
September 26	Spirituality		9	
October 1	Passion for justice			
October 3	Social Connection	10	5	190-194 100-110
October 8	Friendship			
October 10	Cooperation	6		
October 15	Forgiveness	5		
October 17	Exam 1			
October 22	Trust, Kindness	9		45-50, 157-161
October 24	Respect			
October 29	Stress	7	1, 6	203-212
October 31	Mindfulness			
November 5	Meditation, Contemplation			
November 7	Self-Compassion			
November 12	Holiday: Veterans Day			
November 14	Play	8		

November 19	Savoring		7	133-149
November 21	Happy Thanksgiving			
November 26	Emotional Wisdom		10	260-267
				26-35
November 28	Perspective, Narrative	7	8	150-156

Exam 2