

HUMAN HAPPINESS

L&S 160V, PSYCHOLOGY 162

Instructor:

Dr. Dacher Keltner
Office: Room 3319
Phone: 642-5368
Office Hours: Wednesday 11 to 12
Email: keltner@berkeley.edu

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 kinds of contributors to 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 as mindfulness, narrative, and play.

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

GSI:

Susan Mauskopf, sections 101, 102, 103, mauskopf@berkeley.edu

Marcela Otero, sections 104, 105, 106, marcela.otero@berkeley.edu

Elizabeth Yartsev, sections 107, 108, 109, lyartsev@berkeley.edu

Joseph Ocampo, sections 110, 111, 112, jmocampo@berkeley.edu

Schedule of Readings

		BTGB	HoH	TCI
August 24	Introduction			
August 29	Philosophical Approaches		2,3	
August 31	New Science of Happiness	2,3		
September 5	Evolution, Neuroscience	4		
September 7	Compassion	11		287-300
September 12	Empathy			16-25
September 14	Gratitude		4	77-85 51-71, 246-259
September 19	Awe	12		86-95
September 21	Mirth			
September 26	Spirituality		9	
September 28	Passion for justice			190-194
October 3	Social Connection	10	5	100-110
October 5	Friendship			
October 10	Cooperation	6		
October 12	Forgiveness	5		
October 17	Exam 1			
October 19	Trust	9		45-50, 157-161
October 24	Kindness			
October 26	Respect			
October 31	Stress	7	1, 6	203-212
November 2	Mindfulness			
November 7	Meditation, Contemplation			
November 9	Self-Compassion			
November 14	Play	8		

November 16	Savoring	7	133-149
November 21	Emotional Wisdom	10	260-267 26-35
November 23	Happy Thanksgiving		
November 28	Perspective	7	
November 30	Narrative	8	150-156
Exam 2			

