

The Pursuit of Happiness and the Good Life

FALL 2023

HSS 045 93919

MW 1000AM-1120AM CKB 212

New Jersey Institute of Technology

Instructor: Dr. Narendra Neel Khichi, Jr

Office: Cullimore 314

Office Hours: FMH 307: 730am-830am M/W

Email: nkhichi@njit.edu

COURSE DESCRIPTIONS

What is “happiness?” What is your definition of happiness? In this course, we will explore the various meanings of happiness throughout time. What makes people and cultures “happy?” What is the science of happiness? Can happiness be taught? Is it innate? What is the ultimate pursuit of happiness for individuals in their lifetimes? This course will examine and analyze sociologists, psychologists, philosophers, artists, and musicians, among others, and their views and experiences with happiness and what constitutes a “good life.” This course will not make you “happy.” However, it will provide insight, exploration, and understanding into the social and cultural changes that evolved what it means to be “happy”. Together, we will examine the “science” behind happiness and individually, the course will provide students tools to aid in the creation of their own individual definition of happiness.

COURSE OBJECTIVES:

1. Define and discuss the term “Happiness” and demonstrate the basic terminology, concepts, and principles of the discipline.
2. Identify, evaluate, and compare the major perspectives in “Happiness”
4. Discuss the ways that social-psychological theories are used to assess, predict, or change human behavior
5. Discuss and demonstrate how “Happiness” is applied to influence and improve the lives of human beings.
6. Gain insight into one's own personality and personal relationships by thinking critically about Cyber-psychological theories and principles.
7. Recognize how each approach views human thought and behavior towards "happiness."

PREREQUISITES/COREQUISITIES: Prerequisites: HUM 102 with a grade of C or higher, and 6 credits at the 300-level History and Humanities GER with a grade of C or higher; 3 credits at the 300-level may be taken concurrently as a co-requisite. Restrictions: Registration requires senior standing.

REQUIRED TEXTBOOKS:

Positive Psychology: The Science of Well-Being. Author: John M. Zelenski. Sage Publications © 2020. ISBN: 978-14739-0214

Mindfulness for Beginners: Reclaiming the present moment-and your life. Author: Jon-Kabat-Zinn. Sounds True, Inc. © 2012. ISBN: 978 1-60407-658-5

RECOMMENDED READING

(notes are from these texts, as well):

The Book of Joy. Author: His Holiness the Dalai Lama and Archbishop Desmond Tutu with Douglas Abrams. Avery Publishing. © 2016. ISBN: 9780399185045

GRADING POLICY

Syllabus Overview	50 points
In Class Essay #1	50 points
In Class Essay #2	50 points
Group Assignment	50 points
Quiz #1	100 points
Quiz #2	100 points
Quiz #3	100 points
Quiz #4 (cumulative)	200 points
Individual Presentation	100 points
Reflection Paper	50 points
<i>*POP Quizzes*</i>	<i>100 points</i>

Total Point Value	850 points (**or 950 points)
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GRADING SCALE:

100-90.....	A
89-87.....	B+
86-80.....	B
79-77.....	C+
76-70.....	C
69-65.....	D
65 <.....	F

Quizzes:

Quizzes must be submitted during the scheduled time they are open. No exceptions to this rule.

Communication:

It is extremely important you keep in touch with me (via email or schedule an office hour meeting) to inform me of any issues that come up. Emailing me mid-way through the semester is not enough. If you have any specific personal issues that prevents you from participating in the course, I will need documentation from the Dean of Students. You have access to email through numerous devices. It is your responsibility to keep me informed for any reason on why you cannot/have not participated. I do not give extra credit. Nor do I respond to emails or questions that ask, "Is there anything I can do to 'get an A' or to 'bump up my grade a few extra points?'" Please do not attempt to send me emails of this nature.

Students are responsible to keep track of their own grades, what work they owe, and what they are missing. Please note where an 'A' begins and where a 'B+' begins and ends. Any issue with a grade for a specific quiz or assignment must be addressed via email, with screenshots, and/or specific issue NO MORE than one week after the quiz, reader response, or assignment is administered. Anything issue after a week will not be considered and your grade will remain as is. Any issue with a missed assignment must

be addressed within one week after the assignment in due otherwise a “0” will be entered for the grade and will remain as is. This is the policy of the course.

Furthermore, Canvas allows me to see your online activity in regards to this course and during this Spring session. It allows me to see what articles you read, how long you read them for, if you looked at the notes, when you opened the quizzes, and when they are closed. Please understand that Canvas maintains a detail track record of your use and interaction with the course materials. So I see/have/ and maintain a full transcript of your activity online in this course. Please be aware that before any conversation occurs between you and I, I will have this detailed activity report in front of me. Please also understand that should there be any “technical” issues, I am provided and have access to detailed reports that inform me of any issues Canvas has.

Academic Integrity:

“Academic Integrity is the cornerstone of higher education and is central to the ideals of this course and the university. Cheating is strictly prohibited and devalues the degree that you are working on. As a member of the NJIT community, it is your responsibility to protect your educational investment by knowing and following the academic code of integrity policy that is found at:

<http://www5.njit.edu/policies/sites/policies/files/academic-integrity-code.pdf>

Please note that it is my professional obligation and responsibility to report any academic misconduct to the Dean of Students Office. Any student found in violation of the code by cheating, plagiarizing or using any online software inappropriately will result in disciplinary action. This may include a failing grade of F, and/or suspension or dismissal from the university. If you have any questions about the code of Academic Integrity, please contact the Dean of Students Office at dos@njit.edu

Students are expected to read and understand NJIT’s academic integrity policy. Members of the NJIT community are expected to be honest and forthright in their academic endeavors. There is a zero tolerance policy on any and all forms of cheating.

Student’s that require special accommodations Disabilities Service Policy

Students with disabilities who are otherwise qualified and are college able will receive reasonable accommodations to support their special needs. Students must self-identify to the Disabilities Services office to qualify to receive services. NJIT is in full compliance with the regulations of the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act. New Jersey Institute of Technology is committed to making students with disabilities full participants in its academic and other programs, services and activities through the provision of reasonable accommodations to students with documented disabilities.

The Coordinator of Student Disability Services will coordinate the provision of appropriate accommodations and/or academic adjustments on a case-by-case basis for students with disabilities who identify themselves, provide adequate documentation of their disability and need for accommodation, request services and complete appropriate forms. Appropriate accommodations are provided at no cost to the student.

If you have any questions or would like additional information, please contact Dr. Phyllis Bolling, Center for Counseling and Psychological Services (C-CAPS), Campbell Hall, (entry level), room 205, (973) 596-3420.

Personal Conflicts/Issues

Should you have any personal issues or conflicts that prevent you from participation in the online course, miss assignments, or do not log onto the course for an extended period of time- by extended period of time I define as more than two weeks- you must provide me with documentation from the Dean of Students. Otherwise, you will not be allowed to make up the work you miss. In addition, anything that requires discussion must be done during office hours. If you are not engaged with the class for weeks- simply writing me an email stating “I’ve been really sick and couldn’t do my work” is not a viable excuse.

Email

Please check your NJIT email regularly. Any announcements, reminders, or notifications are sent via Canvas directly to your NJIT email account. Also note I respond to emails relatively quickly during the week between the hours of 8am and 12pm. Please be patient and do not send multiple emails with the same information or the same question. Any email sent after 1:00pm will be responded to the next day. Any email sent on Fridays will be responded to on Monday morning.

Graded Assignments:

Quizzes: 100 points: There are 4 timed quizzes. Dates and details are provided in the syllabus.

Quiz#4 is worth 200 points.

If for any reason you miss the quiz, you have **one day** to contact me following the closing of the quiz, and if you provide appropriate documentation, we will arrange a make up for Quizzes 1, 2, and 3, there are no extensions or make ups after the quiz closes. There are no make ups for Quiz #4.

Syllabus Overview Agreement: 50 points

Reflection Paper: 50 points

Group Assignment: 50 points. Your group is required to have 6 questions ready for discussion for **both** class days, the week are you assigned.

Individual Presentation: 100 points.

You will be required to present to the class. Details to follow after Spring Break.

In Class Essay #1 & #2 There are TWO in class essay assignments due this semester. Each are worth 50 points

Please note anything submitted late is automatically reduced by ½.

In Class Essay Rubric:

90-100: Your initial essay provides a *minimum* of five examples, topics, or issues from the readings; provides thoughtful and detailed analysis. The essay ties in both the student’s views and supports those views the sources and data from the course content. The assignment is structured and organized well, there is a strong fluid writing style, and there is an originality in style and presentation. There is a clear connection and relationship among the examples.

80-89: Your essay provides four examples, provides thoughtful and detailed analysis. The assignment ties in some student's views and supports those views with some of the sources and data from the course content. The assignment has good structure and organization with some minor issues in writing style. The paper does not take any creative or original risks. There is somewhat of a relationship between the examples.

70-79: Your essay provides three examples, but is weak on the analysis. It ties in very little of the student's views and provides minimal support from the sources and the data. Some structural and organizational issues are present. The assignment meets the bare minimum requirements of the assignment. Your Turnitin score is between 25%-33%. It is unclear if a relationship exists between the examples and the topics.

60-69: Your provides three examples or less, but is weak on the analysis. It ties in very little of the student's views and provides minimal support from the sources and the data. Some structural and organizational issues are present. The assignment meets the bare minimum requirements of the assignment. It is unclear if a relationship exists between the examples and the topics. Work is unacceptable and not on par with college level work.

50: Work is unacceptable and not on par with college level work.

0: You did not submit the assignment.

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This will be a fun, interesting course and an overall strong learning experience for you. Should you have any questions or any difficulty with anything, please do not hesitate to contact me via email. I am always available via email or during my office hours. Please give me at least 24 hours to respond to your email. If you've made it this far into the syllabus congrats and well done. Please post in the Syllabus Confirmation forum on Canvas by copying and pasting the following: "I have read, understood, and will abide by the expectations of the course. I have viewed the audio/visual syllabus in its entirety and understand how the class functions." If you do this, before Sunday, September 10th, 2023@1159pm will be given a grade of 50/50. Anything posted on September 11th, 2023 will be given a grade of 25/50. Anything posted September 12th, 2023 and after is automatically a 0. Unless you state otherwise in the post it is understood that you have read this completely and agree to the conditions in this syllabus.

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SPRING 2023 SCHEDULE

Week	Topics/Readings	Assignment
WEEK 1: SEPTEMBER 5-10 TH	Introductions, Hellos and Get to Knows	Syllabus Confirmation Assignment: READ the syllabus CAREFULLY. Familiarize yourself with Canvas
WEEK 2: SEPTEMBER 11 TH -17 TH	Describing the Science of Positive Psychology	READ Zelenski Chapter 1
WEEK 3: SEPTEMBER 18 TH -24 TH	Positive Emotions	READ Zelenski: Chapter 2: Group 1 questions
WEEK 4:	Happiness	READ Zelenski: Chapter 3

SEPTEMBER 25 TH -OCTOBER 1 ST		Group 2 questions In Class Essay #1 on Wednesday, September 27th, 2023
OCTOBER WEEK 5: OCTOBER 2 ND - OCTOBER 8 TH	Personality	READ: Zelenski: Chapter 4: Group 3 Questions Quiz#1: Wednesday, October 4th, 2023 (online- at home or in class)
Week 6 OCTOBER 9 TH - OCTOBER 15 TH	The Self	READ: Zelenski: Chapter 5 Group 4 Questions
WEEK 7: OCTOBER 16 TH - OCTOBER 22 ND	Thinking	READ: Zelenski: Chapter 6: Group 5 Questions
WEEK 8: OCTOBER 23 RD - OCTOBER 29 TH	Social and Physical Environments	READ: Zelenski: Chapter 7 Group 6 Questions Quiz #2: Wednesday, October 25th, 2023 (online- at home or in class)
NOVEMBER WEEK 9: OCTOBER 30 TH - NOVEMBER 5 TH	Close Relationships	READ: Zelenski: Chapter 8: Group 7 Questions Go over individual presentations
WEEK 10: NOVEMBER 6 TH -NOVEMBER 12 TH	Stability and Change	READ: Zelenski: Chapter 9:
WEEK 11: NOVEMBER 13 TH - NOVEMBER 19 TH	Looking Forward	READ: Zelenski: Chapter 10: In Class Essay #2, Wednesday, November 15th, 2023

WEEK 12: NOVEMBER 20 TH - NOVEMBER 26 TH		Quiz #3 Monday, November 20th, 2023 (at home or In class) Thanksgiving Recess 11/21 (THURSDAY CLASSES MEET) 11/22 (FRIDAY CLASSES MEET)
WEEK 13: NOVEMBER 27 TH - DECEMBER 3 RD		Individual Presentations
DECEMBER WEEK 14: DECEMBER 4 TH - DECEMBER 10 TH		Individual Presentations
WEEK 15: DECEMBER 11 TH - DECEMBER 17 TH		Quiz #4 (cumulative): Monday, December 11th, 2023 Reflection Paper due Tuesday night, December 12th, 2023 @1159pm Individual conferences by appointment on Wednesday, December 13th, 2023 in office Cullimore 314