

Course Syllabus

[Jump to Today](#) [Edit](#)

What can social science tell us about happiness and living a happier life?

IDS 2935

3 credits Spring 2021 Taught live online via Zoom T Per 4, H Per 4-5

Instructor: Michael Weigold 3064 Weimer Hall

Office Hours: Live via zoom by appointment or by email with 24 hr response time.

Course Communications: email via Canvas or at mweigold@jou.ufl.edu

Social and Behavioral Sciences (S)

Social and behavioral science courses provide instruction in the history, key themes, principles, terminology, and underlying theory or methodologies used in the social and behavioral sciences. Students will learn to identify, describe and explain social institutions, structures or processes. These courses emphasize the effective application of accepted problem-solving techniques. Students will apply formal and informal qualitative or quantitative analysis to examine the processes and means by which individuals make personal and group decisions, as well as the evaluation of opinions, outcomes, or human behavior. Students are expected to assess and analyze ethical perspectives in individual and societal decisions.

You have 2 required textbooks:

Lyubormirsky, S. (2007). [The How of Happiness: A Scientific Approach to Getting the Life You Want](#). New York: Penguin Press (Links to an external site.). REQUIRED
Bhattacharjee, A. [Social Science Research: Principles, Methods, and Practices - Open Textbook Library \(umn.edu\) \(free download pdf\) \(Links to an external site.\)](#)

Plus choose 1 KEY TEXT related to a semester-long personal activity. **Choose 1:**

- More effective communication skills: Bento Leal, [12-Day Communication Challenge \(Links to an external site.\)](#).
- Acquiring good habits and eliminating bad ones: James Clear, [Atomic Habits \(Links to an external site.\)](#).

Materials and Supplies Fees: None

Course Description: Social scientists from many disciplines have examined the behaviors and habits that do and do not predict long-term happiness. This course uses a multidisciplinary social science perspective to share these practices and encourages you to adopt one to incorporate in your life to live a more fulfilling life.

Prerequisite Knowledge and Skills:

Happiness is a terminal goal in many, if not most, people's lives. The pursuit of happiness is now a pressing question because while many Americans lead lives that are richer, healthier, and freer than at any time in history, evidence suggests they are less happy now than ever before (see [here \(Links to an external site.\)](#) for research detecting this trend well before the current pandemic). Why are Americans less happy, and what can they (and you) do to live a happier, more fulfilling life? Social scientists from many disciplines have examined the behaviors and habits that do and do not predict long-term happiness. This course uses a multidisciplinary social science perspective to share these practices and encourages you to adopt one to enhance your well-being.

In a nutshell, this course uses a three-pronged approach to a social science approach to understanding happiness:

1. What makes us happy (principles drawn from social science research)
2. How do we know? (methods of social science used to understand human emotion, thought and behavior).
3. What can you do with this knowledge? (applying what we know to make your life richer and more satisfying).

Instructional Methods: The objectives of the course are achieved through lectures, videos, readings, class participation, original individual activities, quizzes, a group project, and an exam.

Course Policies:

Attendance Policy: This class is online but taught live. I ask that aside from circumstances clearly described at the link below you notify me IN ADVANCE for permission to miss class or assignments. Legitimate reasons usually are uncontrollable and can be documented. In general, late work is not accepted, with exceptions described in UF's attendance policies, which can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx> (Links to an external site.)

Quiz/Exam Dates/Policies (Required: Most modules have a quiz that opens on Sunday and closes Tuesday morning at 8am. You may access written notes during a quiz, but not online materials (you will be in a proctoring system). You should work on all quizzes without assistance from other students, study aids, websites, content sites such as Quizlet, etc. In other words, the quiz answers are yours and reflect what you've learned from the material. To do otherwise is a violation of the UF Honor Code. The exam covers all material in the class, including lectures and readings.

Make-up Policy: Students may make up work related to university-excused absences or with permission of the instructor. In the latter case, you must notify me in advance of the due date and explain the issues you are facing submitting work on time. Approved

excuses are generally ones that can be documented. Under most circumstances, students should expect to submit assignments and posts on the dates listed in the syllabus.

Assignment Policy: Deadlines for assignments are listed in the syllabus. Students should submit work on the dates indicated except where university policy provides an exemption.

Course Technology: The class materials are in Canvas. All work should be submitted there. Check your email daily for updates on the course and announcements. Videos and other content can be found on the Web and in LinkedIn Learning. Links to this content is in your Canvas shell.

Online course evaluation: Include a statement informing students of the online course evaluation process such as:

“Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/> (Links to an external site.). Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/> (Links to an external site.). Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/> (Links to an external site.).”

UF Policies:

University Policy on Accommodating Students with Disabilities: “Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc (Links to an external site.)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to me when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.”

University Policy on Academic Conduct: UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/> (Links to an external site.)) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

Class Demeanor or Netiquette: All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions and chats. Students should feel free to express their opinions but do so in a way that respects the rights of

others who disagree. Behaviors that detract from an environment that promotes learning will be penalized. Help yourself to learn and help others to learn as well. Make your philosophy one of maturity, as defined by author Stephen Covey:

“Maturity is the balance between courage and consideration. If a person can express his feelings and convictions with **courage balanced with consideration** for the feelings and convictions of another person, he is mature, particularly if the issue is very important to both parties.”

Getting Help:

For issues with technical difficulties for Canvas, please contact the UF Help Desk at:

- <http://helpdesk.ufl.edu>
- (352) 392-HELP (4357)
- Walk-in: HUB 132

Any requests for make-ups due to technical issues MUST be accompanied by the ticket number received from the Help Desk when the problem was reported to them. The ticket number will document the time and date of the problem. You MUST e-mail your instructor within 24 hours of the technical difficulty if you wish to request a make-up.

Other resources are available at [http \(Links to an external site.\):// \(Links to an external site.\)www \(Links to an external site.\). \(Links to an external site.\)distance \(Links to an external site.\). \(Links to an external site.\)ufl \(Links to an external site.\). \(Links to an external site.\)edu \(Links to an external site.\)/ \(Links to an external site.\)getting \(Links to an external site.\)- \(Links to an external site.\)help \(Links to an external site.\)](http://www.distance.ufl.edu/getting-help) for:

- Counseling and Wellness resources
- Disability resources
- Resources for handling student concerns and complaints
- Library Help Desk support

Should you have any complaints with your experience in this course please visit [http://www.distance.ufl.edu/student-complaints \(Links to an external site.\)](http://www.distance.ufl.edu/student-complaints) to submit a complaint.

Grading Policies:

- For information on current UF grading policies visit: [https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx \(Links to an external site.\)](https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx)

Your grade in this class is calculated from several activities that add up to 350 points.

A = 322 or higher, A- = 315, B+ = 308, B = 287, B- = 280, C+ = 273, C = 245, C- = 280, D = 210, E = <210

Your points come from these areas:

1) **Module quizzes (100 points)**. Most weeks include a quiz for your assigned readings or videos. They do not assess lectures. There are 13 quizzes @ 8 points each. Quizzes open two days before they are due and are always due at 8 am on their assigned date. You may not take a missed quiz without advance notification and approval, with exceptions outlined in UF policy. All quizzes are in Canvas.

2) **Activity posts (50 points)**. Each activity post is worth 10 pts. There are a total of 5 activity posts. The activity post is where you describe your experience with a happiness activity for the class. The first activity, which all students will do, is a meditation activity. The remaining four posts describe an activity you've chosen. This semester you can choose to become a better communicator or to acquire a good habit and drop a bad one. Which you do is up to you. Each activity has a TEXT associated with it that you will purchase, read and will serve as a guide as you implement your activity. You should do this on day 1.

To find out what a good activity post is like, read more [HERE](#)

You will choose one based on your belief about which activity will bring you the greatest amount of happiness IF you were to adopt the activity for the rest of your life.

3) **Idea posts (50 points)**, 5 total @ 10 pts each deal with questions related to happiness that are raised in a module. You should try to answer these questions thoughtfully and reflect on how your own life relates to the questions.

4) **Class participation: (50 points)** 2 points per class which is actually 56 points so extra credit is possible here.

- .5 pts for attending on time through the end of class
- .5 pts for camera on
- .5 pts for attentiveness (only available if camera on)
- .5 pts for participation (only available if camera on)

5) **[Activity group presentation](#)** (1 presentation worth **50** points). You will collaborate with others who have chosen the same activity as you. The collaboration will take the form of a presentation to the class about your individual experiences. You will do the presentation live For more on doing well in your group presentation, read [HERE](#)

6) **Exam:** (1 exam worth **50** points) The exam is open-ended and deals **ONLY** with information from LIVE LECTURES, including the group presentations. It is meant to encourage you to pay careful attention to these. You are strongly encouraged to take notes during live lectures and group presentations to have study materials for the exam.

Course Summary:

Date	Details	
Tue Jan 12, 2021	Assignment Syllabus QUIZ DUE 1-19 at 8AM	due by 8am
	Calendar Event Happiness ADV4930-78FE(16255) - Special Study in Adv	1pm to 2pm
Thu Jan 14, 2021	Assignment Participation	due by 11:59pm
	Calendar Event Happiness ADV4930-78FE(16255) - Special Study in Adv	1pm to 2pm
Tue Jan 19, 2021	Assignment IDEA POST 1: Due 1-19 at 8am--Who are you and what is your chosen activity?	due by 8am
	Assignment QUIZ 1 MODULES 1 and 2 due 1-19	due by 8am
	Assignment Participation 3	due by 11:59pm
Thu Jan 21, 2021	Assignment Participation 4	due by 11:59pm
Tue Jan 26, 2021	Assignment ACTIVITY POST 1: Meditation due 1-26 at 8am	due by 8am
	Assignment Quiz 2 Due 8am 1-26 Modules 3 and 4	due by 8am
	Assignment Participation 5	due by 11:59pm
Thu Jan 28, 2021	Assignment Participation 6	due by 11:59pm
Tue Feb 2, 2021	Assignment QUIZ 3 due 2-2 at 8 am: All videos and readings from MODULES 5 and 6	due by 8am
	Assignment Participation 7	due by 11:59pm

Date	Details	
Thu Feb 4, 2021	Assignment Participation 8	due by 11:59pm
	Assignment ACTIVITY POST 2 Due Feb 9: Habit Group-- Decide who you want to be and how your habits will get you there	due by 8am
Tue Feb 9, 2021	Assignment ACTIVITY POST 2: Due Feb 9 Communication Post: Your goals for better communication	due by 8am
	Assignment QUIZ 4 Module 7 and 8 DUE by 8am Feb 9	due by 8am
	Assignment Participation 9	due by 11:59pm
	Assignment QUIZ 5: Module 9 and 10 DUE BEFORE 8am 2-16	due by 8am
Tue Feb 16, 2021	Assignment QUIZ 8: Module 10 DUE BEFORE NOON May 26	due by 11:59am
	Assignment Participation 10	due by 11:59pm
Wed Feb 17, 2021	Assignment QUIZ 9: Module 11 DUE BEFORE NOON May 27	due by 11:59am
Thu Feb 18, 2021	Assignment Participation 11	due by 11:59pm
Fri Feb 19, 2021	Assignment QUIZ 10: Module 13 DUE BEFORE NOON May 29	due by 11:59am
Tue Feb 23, 2021	Assignment QUIZ 6: Module 11 and 12 due at 8am on 2-23	due by 8am
	Assignment Participation 12	due by 11:59pm
Thu Feb 25, 2021	Assignment Participation 13	due by 11:59pm

Date	Details	
Tue Mar 2, 2021	Assignment ACTIVITY POST 3: Due March 2 at 8 am -- Habit Group: Plan your new good habit	due by 8am
	Assignment ACTIVITY POST 3:--Due March 2 at 8am Communication Group: Implement Days 1-4 over the next four weeks	due by 8am
	Assignment IDEA POST 2 Due 3-2	due by 8am
	Assignment QUIZ 7: Module 13 and 14 DUE BEFORE 8 am March 2	due by 8am
	Assignment QUIZ 8: Module 15 and 16 DUE BEFORE 8am on 3-9	due by 11:59am
Wed Mar 3, 2021	Assignment Participation 14	due by 11:59pm
	Page Attend Live Lecture: Presentations Day 2	to do: 11:59pm
Thu Mar 4, 2021	Assignment Participation 15	due by 11:59pm
Tue Mar 9, 2021	Assignment Participation 16	due by 11:59pm
Thu Mar 11, 2021	Assignment Participation 17	due by 11:59pm
Fri Mar 12, 2021	Assignment QUIZ 15: Module 18-- DUE BEFORE NOON June 5	due by 11:59am
Mon Mar 15, 2021	Assignment QUIZ 16: Module 19--DUE BEFORE NOON June 8	due by 11:59am
Tue Mar 16, 2021	Assignment IDEA POST 3 Due 3-16 at 8am	due by 8am

Date	Details	
	Assignment QUIZ 9: Module 17 and 18 --DUE BEFORE 8am 3-16	due by 8am
	Assignment Participation 18	due by 11:59pm
Thu Mar 18, 2021	Assignment Participation 19	due by 11:59pm
	Assignment QUIZ 10: Modules 19 and 20 DUE BEFORE 8am 3-23	due by 8am
Tue Mar 23, 2021	Assignment QUIZ 17: Module 20 DUE BEFORE NOON June 9	due by 11:59am
	Assignment Participation 20	due by 11:59pm
	Assignment QUIZ 18: Module 22--DUE BEFORE NOON June 11	due by 11:59am
Thu Mar 25, 2021	Assignment Participation 21	due by 11:59pm
Fri Mar 26, 2021	Assignment QUIZ 19: Module 23 DUE BEFORE NOON June 12	due by 11:59am
	Assignment ACTIVITY POST 4: Due March 30 at 8 am -- Habit Group: Plan to abandon a bad habit	due by 8am
Tue Mar 30, 2021	Assignment ACTIVITY POST 4:--Due March 30 at 8am Communication Group: Implement Days 5-10 over the next four weeks	due by 8am
	Assignment IDEA POST 4 Due 3-30 at 8am	due by 8am
	Assignment QUIZ 11: Module 21 and 22 DUE BEFORE 8am on 3-30	due by 8am

Date	Details	
	Assignment Participation 22	due by 11:59pm
	Assignment IDEA POST 5 Due 4-6 at 8am	due by 8am
Tue Apr 6, 2021	Assignment QUIZ 12: Modules 23 and 24 DUE 4-6 at 8am	due by 8am
	Assignment Participation 23	due by 11:59pm
Thu Apr 8, 2021	Assignment Participation 24	due by 11:59pm
	Assignment ACTIVITY POST 5: Due April 13 at 8 am -- Habit Group: How it went and looking to the future.	due by 8am
Tue Apr 13, 2021	Assignment ACTIVITY POST 5:--Due April 13 at 8am Communication Group: Implement Days 11 and 12 and reflection	due by 8am
	Assignment Participation 25	due by 11:59pm
Thu Apr 15, 2021	Assignment Participation 26	due by 11:59pm
Tue Apr 20, 2021	Assignment Exam 10:40 am - 11:30 am	due by 11:45am
	Assignment Email confirmation of team name, team leader, and team presentation time	
	Assignment Peer Evals forPresentation	
	Assignment Presentation	