Reflection 👉🔮👈 noitcelfeR

Our final week, "Reflection" asks you to think about everything you learned in this project about happiness and yourself.

We did it! You made it to the end of an online project. This is a BIG accomplishment (studies have shown that only 15% of learners complete online courses)! Whether you did everything you hoped you would, you still made it to the end and now we're ready to reflect on the whole experience. Shakespeare wrote, "There is nothing either good or bad, but thinking makes it so."

This week, we're going to think about this project and reflect on what you learned about happiness, and more importantly, what you learned about yourself.

Activities

Remember that happiness test you took early on in the project? Take it again! Take one or both of these tests to measure your current level of happiness now. How does your score now compare to your score at the beginning? Why do you think it did or did not change? Did your feelings about your score change?

> [Subjective Happiness Survey](#)
> [Oxford Happiness Questionnaire](#)

Write: Return to the [happiness reflections](#) and complete the first reflection on your own philosophy of happiness. Try to write for at least 10 minutes. How does your reflection on happiness compare with the one you wrote at the beginning of this project?

Assignments

Join online for a real-time class reflection: If you can, join us online this Wednesday at 11:00AM using [this shared document](#). If you can't join us live, plan to put your reflections in the document before the class meeting so that your classmates can see your responses.

Write a reflective essay to discuss what you learned during this project. [Use the essay prompt and optional outlines](#) to write a short 1-2 page essay about three ways you've grown during this online project. Email it to me by the end of the week.

Next Steps

- ○ Questions or concerns? Contact me or one of your group members!
- ○ Look for the post-project survey in your email and fill it out honestly to help me better design our next online project experience.