

## Email #3: Core Academic Skills

# Create Happy Science

Our third week, “Happy Science” is going to explore all kinds of ideas about what it means to be happy.

Philosophers and religious thinkers study ideas about happiness with theories. Psychologists study people’s minds and behaviors with surveys and observations. Scientists study ideas with research and experimentation. It may come as no surprise that these different sources are not always in agreement!

This week, our goal is to deepen our understanding of all the different perspectives of happiness and starting your own happiness experiment. The data that you gather this week will be important for next week when you turn your data into art, so get started collecting data as soon as you can!

## Activities

**Watch:** Martin Seligman presentation on “[The New Era of Positive Psychology](#)” and/or follow along on [the transcript](#). Take notes on the presentation to get ideas for your happiness experiment.

**Design [your own personal pursuit of happiness](#) and begin collecting data for your happiness experiment.** Keep in mind that the more details you include about your pursuits, the easier it will be to turn your data into art next week.

**Read:** Choose a few selections from [the Happiness Reader](#) that pique your interest, and choose two to read and analyze more closely.

## Assignments

**Submit two happiness journals to me using [the Google form](#)**

**Discuss the readings with your group.**

In your group, share what ideas from the reading felt important to you and share your “Big Idea” questions that you put in your reading journal. Make sure to include quotations or a summary of what you read because people in your group may have read something else. As a group, make a list of as many different perspectives of happiness as you can. Which ones did you agree with?

**Submit** your personal pursuit design and first day of data collection to me and your group members for feedback.

## Next Steps

- Questions or concerns? Contact me or one of your group members!
- Be sure to submit your assignments using the Google Form by Thursday night!