

Take Home Lessons from Today 10-17-23

Your final paper for the semester will be worth 30% of your final grade. The paper can be on any topic you choose related to the science of happiness, especially as it might relate to your own future. The goal is to empower you to apply the concepts we have been discussing to your own present and future lives. In other words, it is important that in the paper you make what we have been learning meaningful for you in the present and/or future.

OK, so where do you start? The key to writing a great paper will be to identify the topics that mean the most to you and your life. A perfect place to start is to choose the questions you most want to answer concerning happiness. Here are some possible questions broken down into big questions and then more specific ones.

Big Questions:

- Why am I in college?
- What is my purpose?
- What gives me meaning?
- What can I do that most improves the world around me?
- How can I make those around me happier?
- Is my happiness a destination or a journey?
- How do I want other people to affect my happiness?
- How will my career affect my happiness?

Specific Questions:

- What are things that I control that make me happy?
- What should I avoid in my life so I stay happier?
- What am I missing right now that would make me happier?
- Where do I need to invest time every day to be happier?

Your Questions:
