

Syllabus ADV 4930 / MMC 6936

Study Abroad 2023 Happiness

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Text: Robert Waldinger and Marc Schulz, The Good Life: Lessons from the World's Longest Scientific Study of Happiness, 2023, Simon & Schuster. Buy the inexpensive digital copy on Amazon and read BEFORE we arrive in Italy. Link is [HERE \(Links to an external site.\)](#).

Class Time: 10am or 11am depending on your section

Overview: Happiness: What is it and how can you be happier?

Overview: This is a special topics course offered by the Department of Advertising. Special topics courses involve special issues not covered in the general curriculum. This 3 credit course will count toward your professional elective requirements if you are an ad major. You do not need to be an ad major to take this class however.

Objectives: The objectives for the course are to a) define happiness b) encourage you to consider your own thoughts about happiness and what makes people happy c) review the literature on happiness and well being to deidentify what does and what does not make people happy, d) to encourage you to develop daily practices that can help you become a happier person.

How the class works: Read the book prior to departure to inform your class contributions.

Once abroad we will meet regularly as a group to talk about the book and address how the lessons in the books can be applied to your life. Some out-of-class exercises will be assigned. To ensure you have read before arriving, a quiz may be given during the first class.

On our final class day we will have an essay exam on readings and the lectures. I strongly encourage you to take notes during our classes to have study materials available for the exam.

Grades will be based on:

1. Spot quiz on arrival (10%)
2. Classroom participation (quantity and quality) (40%)
3. Final exam (50%)

Grad Students

In addition to the work identified above you will identify two published research papers on happiness, summarize these works, and present your findings while we are abroad. Your summary should be organized as an approximately 2000 word paper explaining the theoretical focus, research methods used, findings, and conclusions.

The specific focus of the papers should be:

- a) Happiness and communication
- b) Cross-cultural comparisons of happiness

The two papers can be in one of these areas or one in each area.

Course Overview

1. What is happiness?
2. What can we do to be happier?
3. Daily activities to improve happiness
4. Sources of happiness
 1. Our selves
 2. Happiness across cultures
 3. Spirituality
 4. Personality
 5. Relationships
 6. Money

Class Attendance Policy

Class time in study abroad is precious, so it is vital that students attend all classes, be on time, and participate fully.

All planned activities in Italy (i.e., activities that are listed as part of your program, scheduled classes, and any added professional activities that your faculty or program staff notify you about) is considered "class." As such, the policies below pertain to all of these activities, not just scheduled class events.

In all cases, be professional, attentive, and cooperative. On any scheduled tours, please do not speak when a guide is talking. Do not leave scheduled events early or arrive late.

Missing a class without a medical emergency (i.e. you are seeking medical help) will always result in a letter grade deduction. Getting lost or delayed will not be accepted as an excuse. Please plan accordingly.

Late arrival to a class is a half-letter grade

In class, be awake and ready to participate. Sleeping or distracting behaviors will reduce your grade each time they are observed. While we want you to have fun in Spain, we also want you to be ready to participate in the academic portion of the program. If you need a good night's sleep before class to be effective, please be sure to get it! Please no food in class or beverages other than water.

Accommodations:

Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to you. You then must bring the documentation to me when requesting accommodation.

Course Evaluations:

Students are expected to provide feedback on the quality of instruction in this course based on 10 criteria. These evaluations are conducted online at <https://evaluations.ufl.edu> (Links to an external site.) . Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results> (Links to an external site.) .