

COURSE NUMBER: VR242		COURSE TITLE: Happiness and the Meaning of Life 幸福和人生的意义	
CREDIT: 3		PREREQUISITES: Vy100/200	
TEXTBOOKS/REQUIRED MATERIAL: Texts Provided by Instructor Sample Texts: Darrin McMahon. <i>Happiness: A History</i> Fred Feldman. <i>What Is This Thing Called Happiness?</i> Oxford handbook of happiness Happiness: <i>Classic and Contemporary Readings in Philosophy</i> Julian Baggini. <i>What's It All About?: Philosophy and the Meaning of Life</i> <i>The Meaning of Life: A Reader</i> Edward Slingerland. <i>Trying Not to Try</i>		PREPARED BY: Amalia Jiva DATE OF PREPARATION: 3/3/2019 DATE OF UC APPROVAL: May 2019	
INSTRUCTOR(S): Amalia Jiva		SCIENCE/DESIGN:	
CATALOG DESCRIPTION: Does life have an intrinsic meaning? Is meaning necessary for a happy life? How can one live a meaningful and happy life? This course will explore these and related questions by discussing readings from multidisciplinary and cross-cultural perspectives and finally formulate our own answers in dialogue with these sources.		COURSE TOPICS: Happiness Personal Narrative Meaning and its sources Ethics and Morality Love Mortality	
COURSE STRUCTURE/SCHEDULE: 13 weeks, 2- 90 minute meetings per week			
COURSE OBJECTIVES [Course Outcomes in brackets]	<ol style="list-style-type: none"> To acquaint students with the current academic conversation related to happiness and sources of meaning [1, 2, 3, 4, 5, 6, 8] To offer students the opportunity to explore their own academic and personal perspectives on the class themes [3, 4, 5, 7, 8] To present students with comparative perspectives on how these questions have been answered in different traditions [1, 2, 3, 4] To present students with multidisciplinary perspectives on these questions, from philosophy, literature, core texts, and cognitive science. [1, 2, 3] To practice and improve communication skills through presentations and group projects [3, 4, 5, 6, 7, 8] 		
COURSE OUTCOMES [Student Outcomes in brackets]	<ol style="list-style-type: none"> Students will gain familiarity with western and nonwestern perspectives on the issue of happiness and meaning and purpose in life Students will gain appreciation with the modes of inquiry practiced by different disciplines Students will apply their understanding of the course topics by interpreting works individually and in conversation with each other Students will articulate in writing and through presentations and reflection essays their critical engagement with the topics Students will reflect on their own personal development and formulate personal approaches to the topic informed by course readings, assignments and discussions. Students will practice and improve oral communication individually and in groups Students will practice and improve their written communication Students will practice and improve critical thinking ability 		
ASSESSMENT TOOLS [Course Outcomes in brackets]	Critical Essays 1, 2, 3, 4 Personal Reflection 3, 4, 5, 6, 7 Group Presentations 1, 2, 3, 4, 5, 6, 8 Quizzes 1, 3, 4, 8 Reader Responses 2, 3, 4, 7, 8 Exams 1, 2, 3, 4, 7, 8		