

Psychology 12300

Beyond Mental Health: The Science of Well-Being

Instructor: Professor Louis Tay

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Office Hours: Online Office Hours

[Online-Zoom-Link](#)

Course Information

Fall 2023

Lectures: Tuesday & Thursdays

Time: 9:00 am - 10:15 am

Location: BEERING 2280

Max class size: 120 students

Teaching Assistant: Daphne Hou

Office: Psychology Building Room 2198

Phone: (765) 701-7719

Email: [hou12@purdue.edu](mailto:houl2@purdue.edu)

In-Person Office Hours: Thursday 10:30 am – 11:30 am

Or By Appointment Online: [Zoom](#)

Course Overview

Beyond Mental Health: The Science of Well-Being is a course on both the science and practice of well-being.

Well-being and the experience of it are close to the hearts of college students and societies. College students across the world care about well-being more than money. Yet, college students are increasingly reporting high levels of depression and anxiety. Beyond college, societies are increasingly concerned with assessing and tracking well-being as a measure of societal progress.

This course seeks to provide a scientific and psychological account of well-being - its definition, determinants, and outcomes. We address questions such as: How do we go about measuring happiness? Can happiness enhance longevity and health? What interventions can promote happiness? What types of societies are happier? This course will engage and challenge students not only intellectually but also experientially as we work on enhancing happiness in our lives and in the lives of others around us.

The course will introduce you to the science of well-being and provide an opportunity to experience and empirically test positive psychology exercises. Through lectures, in-class demonstrations, exercises, readings, and hands-on outside class exercises, students successfully completing the course should be able to:

- (1) Outline the history of well-being research to its present-day incarnation
- (2) Identify the key antecedents of well-being

- (3) Distinguish the different scientific theories of well-being
- (4) Understand the positive outcomes of happiness for individuals and societies
- (5) Appreciate the scientific process of studying well-being (data collection, research design, confounds)
- (6) Apply positive psychology exercises in their lives
- (7) Find resources on campus to promote mental health and well-being

By understanding happiness and practicing positive psychology exercises, I hope that students (and those around them) will be able to make choices that lead to happier lives.

Course Organization and Evaluations

Class Meetings

Lectures will be regularly held on Tuesdays and Thursdays 9:00 am to 10:15 am in BEERING Room 2280.

Lecture slides will be posted in Brightspace following each lecture.

Course Requirements

Lecture attendance. Students should *attend the two lectures each week*. Lectures will cover all the information on each scheduled topic. Content presented in lectures will appear in the tests. In addition, lectures will include demonstrations, videos, discussions, and other exercises to introduce, illustrate, and reinforce key concepts.

Textbook. There is no required textbook in this course. *Hooray for savings!*

Test, Exams, and Quizzes on Lectures

Tests. There are NO tests.

Final Exam. There is NO final examination for this course. This means that you are free from studying during finals week. *Hooray for less final exam week stress!*

Lecture Quizzes. Non-cumulative lecture quizzes will be available on Brightspace after lectures, at the end of the week. These quizzes will comprise 8-10 multiple-choice items. Each quiz will be available for 7 days after it is posted (end of day Friday).

There will be NO study guides or notes provided for the quizzes. Students will have the PowerPoint slides and their personal lecture notes available to answer the quizzes.

Students are encouraged to come to scheduled office hours with the teaching assistant or make appointments with the instructor to obtain clarifications or otherwise strengthen their grasp on class material.

Reading Quizzes

There are three (3) **challenging** scientific readings on published research papers that are assigned in this course. The dates for completing these readings are in the schedule.

- The readings will be available on Brightspace in the “Readings for Quizzes” folder. Should you have issues downloading these articles from Brightspace, all three articles are also available online through Purdue’s library. These readings are demanding and will require reading over multiple times.
- There will be online quizzes on Brightspace comprising 10 multiple-choice questions on each of these research papers. These questions are intended to be challenging and require a clear understanding of the material, though you are allowed to have the reading with you during the quiz. You will have one hour to complete each quiz. The dates for completing these online quizzes are in the schedule.
- It is expected that students work on these quizzes independently.

Out-of-Class Online Interviews and Surveys

As part of the experience of conducting well-being research and collecting well-being data, students will need to conduct three (3) interviews and fill out online survey questionnaires. The dates for completing the interviews are in the schedule.

- Each interview and survey should take approximately 20-30 minutes to complete.
- Students will need to find potential interviewees and obtain survey answers.
 - Interviewees should **not** be students currently in the class.
 - Students will **need to record the interviews** (i.e., audio or video) in order to demonstrate that they have actually completed the interview
 - The interviews can be conducted in person or over the phone, but must be recorded with video or audio
- The questions that should be asked in the interview are on Brightspace. Please go to the appropriate interview folder. Then click on the “Interview Directions & Protocol” file. You may review these questions ahead of time by reviewing the

survey prior to conducting the interview. *The interview questions are also available for you to download and print.*

- Full score will be given **ONLY** IF interviews are sent in with survey completion AND uploading a media file (audio or video) of the interview to Brightspace (to verify that the interview was conducted).
 - Tips on finding participants: personal network and social network sites

Positive Psychology Exercises

For students to experience exercises that may help improve happiness, students will need to undertake three (3) positive psychology exercises and complete daily surveys on their experiences in these exercises.

- More information for these exercises will be distributed later in the semester
- In general, positive psychology exercises will be presented in class on Thursdays. Students are expected to *practice these exercises each day for 4 consecutive days* (Thursday, Friday, Saturday, Sunday) and record their experiences via a daily Brightspace survey.
- An in-class review of the exercises will then be conducted the next Tuesday. The goal is to examine the effectiveness of positive psychology exercises in a scientific manner.
- Students will obtain full credit if they complete all the daily exercises and surveys. Partial completion of the exercises and surveys will result in partial credit.

Extra Credits

- 1.) **Complete Welcome Survey on Brightspace (1 point)** (date for completing this is in the schedule)
- 2.) **Complete End-of-Semester Course Evaluation (1 point)**
 - If the class has a 90% completion of course evaluations, everyone will have an additional bonus 1 point on the final score

Grading

The final course grade will be based on the following components, plus the potential to receive extra credit points.

Core Components	Percentage
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Cumulative score of lecture quizzes	%30
Three (3) Interviews - Each completed interview is 8.33% each	%25
Three (3) Positive Psychology Exercises - Each completed Positive Psychology exercise is 10% each	%30
Three (3) Online Reading Quizzes (challenging) - Each completed Online Reading Quiz is 5% each	%15
Total	100%

Extra credit points (up to 2 points) will be additional points over and above the total percentage score (100).

Extra Credits	Extra Points Possible
BONUS: Welcome Survey on Brightspace	1
BONUS: 90% of class completed course evaluations	1

The final grades based on the total score are follows:

Grade Range	Final Grade	Points
A	A+	98-102
	A	94-97
	A-	91-93
B	B+	87-90
	B	84-86
	B-	81-83
C	C+	77-80
	C	74-76
	C-	71-73
D	D	61-70
F	F	<61

In order to have proper credit recorded on the Purdue Brightspace Learning System for all grading components, students MUST be sure to have and use their Purdue University ID numbers (NOT Social Security numbers).

Missed Assignments/Penalties

Students who miss tests or other assignment deadlines without timely written documentation of an appropriate excuse will receive no credit for that grading component; no additional extra credit or make-up credit will be offered. Students should contact the **teaching assistant (TA) one (1) week in advance and provide appropriate documentation if they anticipate missing any test or other deadline.** Students should provide appropriate documentation to that TA within one (1) week of return from any

unexpected absence (e.g., due to illness, family crisis, or other emergencies). Students with approved documented excuses then must make appropriate individual arrangements with the TA to complete their work. Except for emergencies, or official University conflicts (e.g., officially-designated final exam overlaps), students should expect to take exams and meet deadlines as scheduled in order to receive credit. Students therefore, should plan holiday and other personal travel with this in mind.

Classroom Guidance Regarding Protect Purdue

Any student who has substantial reason to believe that another person is threatening the safety of others by not complying with Protect Purdue protocols is encouraged to report the behavior to and discuss the next steps with their instructor. Students also have the option of reporting the behavior to the [Office of the Student Rights and Responsibilities](#). See also [Purdue University Bill of Student Rights](#) and the Violent Behavior Policy under University Resources in Brightspace.

Academic Integrity

Academic integrity is one of the highest values that Purdue University holds. Individuals are encouraged to alert university officials to potential breaches of this value by either emailing integrity@purdue.edu or by calling 765-494-8778. While information may be submitted anonymously, the more information is submitted, the greater the opportunity for the university to investigate the concern. More details are available on our course Brightspace table of contents, under University Policies.

Nondiscrimination statement

Purdue University is committed to maintaining a community which recognizes and values the inherent worth and dignity of every person; fosters tolerance, sensitivity, understanding, and mutual respect among its members; and encourages each individual to strive to reach his or her own potential. In pursuit of its goal of academic excellence, the University seeks to develop and nurture diversity. The University believes that diversity among its many members strengthens the institution, stimulates creativity, promotes the exchange of ideas, and enriches campus life. More details are available on our course Brightspace table of contents, under University Policies.

Accessibility

Purdue University strives to make learning experiences as accessible as possible. If you anticipate or experience physical or academic barriers based on disability, you are welcome to let me know so that we can discuss options. You are also encouraged to

contact the Disability Resource Center at: drc@purdue.edu or by phone: 765-494-1247. More details are available on our course Brightspace under Accessibility Information.

Mental Health Statement

If you find yourself beginning to feel some stress, anxiety and/or feeling slightly overwhelmed, try [WellTrack](#). Sign in and find information and tools at your fingertips, available to you at any time.

If you need support and information about options and resources, please contact or see the [Office of the Dean of Students](#). Call 765-494-1747. Hours of operation are M-F, 8 am-5 pm.

If you find yourself struggling to find a healthy balance between academics, social life, stress, etc., sign up for free one-on-one virtual or in-person sessions with a [Purdue Wellness Coach at RecWell](#). Student coaches can help you navigate through barriers and challenges toward your goals throughout the semester. Sign up is completely free and can be done on BoilerConnect. If you have any questions, please contact Purdue Wellness at evans240@purdue.edu.

If you're struggling and need mental health services: Purdue University is committed to advancing the mental health and well-being of its students. If you or someone you know is feeling overwhelmed, depressed, and/or in need of mental health support, services are available. For help, such individuals should contact [Counseling and Psychological Services \(CAPS\)](#) at 765-494-6995 during and after hours, on weekends and holidays, or by going to the CAPS office of the second floor of the Purdue University Student Health Center (PUSH) during business hours.

Emergency Preparation

In the event of a major campus emergency, course requirements, deadlines and grading percentages are subject to changes that may be necessitated by a revised semester calendar or other circumstances beyond the instructor's control. Relevant changes to this course will be posted onto the course website or can be obtained by contacting the instructors or TAs via email or phone. You are expected to read your @purdue.edu email on a frequent basis.

Course Schedule

Week	Date	Topic + Activities	Things To-Do
Week 1	08/22 Tue	1. Introduction/Course Goals/Steps to Leaps <i>Conduct 1st Interview: Complete Interview by 9/03 Sunday midnight (up to 8.3%)</i> <i>Extra Credit: Welcome Survey on Brightspace by 9/7 Thursday midnight (up to 1 point)</i>	Interview and survey an individual who is 20 or more years older than you; Extra Credit
	08/24 Thu	2. Mental Health and Well-Being	
Week 2	08/29 Tue	3. History of Well-Being: Well-Being through the Ages	
	08/31 Thu	4. Scientific Theories of Well-Being: How is well-being scientifically conceptualized?	Lecture Quiz 1 (Opens on Friday; Available for 1 week)
Week 3	09/05 Tue	5. Scientific Process: How do we study happiness? <i>Online Reading Quiz 1 "Malleability of Happiness": Complete Quiz by Friday 9/15 midnight (up to 5%)</i>	Online Reading Quiz
	09/07 Thu	<i>6. Positive Psychology Exercise 1 – Mindfulness / Savoring (up to 10%)</i> <i>Complete Reporting of Exercises on Brightspace by Sunday 9/10 midnight</i>	Complete In-class exercise on Thursday, practice over the weekend and review
Week 4	09/12 Tue	<i>7. Positive Psychology Exercise 1 – Mindfulness / Savoring (review)</i>	
	09/14 Thu	8. How changeable is well-being?	Lecture Quiz 2 (Opens on Friday; Available for 1 week)
GENERAL TOPIC: CAUSES OF HAPPINESS			
Week 5	09/19 Tue	9. Biological basis of well-being; universal ingredients of happiness?	
	09/21 Thu	10. Life events and well-being: Bouncing back from difficulties <i>Conduct 2nd Interview: Complete Interview by 10/01 Sunday midnight (up to 8.3%)</i>	Interview and survey individuals with different culture Lecture Quiz 3 (Opens on Friday; Available for 1 week)
Week 6	09/26 Tue	11. Income and well-being: Does money make you happy?	
	09/28 Thu	12. Work and happiness	Lecture Quiz 4

Week	Date	Topic + Activities	Things To-Do
			(Opens on Friday; Available for 1 week)
Week 7	10/03 Tue	13. Leisure and well-being: What types of leisure activities makes you happy? <i>Online Reading Quiz 2 "Funds Friends Faith of Happy People": Complete Quiz by Friday 10/20 midnight (up to 5%)</i>	Online Reading Quiz
	10/05 Thu	14. Cultural differences in happiness	Lecture Quiz 5 (Opens on Friday; Available for 1 week)
Week 8	10/10 Tue	October Break	No Class
	10/12 Thu	15. Positive Psychology Exercise 2 – Active Listening (up to 10%) <i>Complete Reporting of Exercises on Brightspace by Sunday 10/15 midnight</i>	Complete In-class exercise on Thursday and practice over the weekend and review
Week 9	10/17 Tue	16. Positive Psychology Exercise 2 – Active Listening	
	10/19 Thu	Break	No Class
GENERAL TOPIC: SCIENTIFIC THEORIES OF HAPPINESS			
Week 10	10/24 Tue	17. Evolution	
	10/26 Thu	18. Relationship Theories	Lecture Quiz 6 (Opens on Friday; Available for 1 week)
Week 11	10/31 Tue	19. Key Theories of Happiness 1	
	11/02 Thu	20. Key Theories of Happiness 2 <i>Conduct 3rd Interview: Complete Interview by 11/14 Tuesday Midnight (up to 8.3%)</i>	Interview and survey individuals on health status and productivity
Week 12	11/07 Tue	To Be Determined	
GENERAL TOPIC: OUTCOMES OF HAPPINESS			
	11/09 Thu	21. Positive Psychology Exercise 3 – Gratitude (up to 10%) <i>Complete Reporting of Exercises on Brightspace by Sunday 11/12 midnight</i>	Lecture Quiz 7 (Opens on Friday; Available for 1 week) Complete In-class exercise on Thursday
Week 13	11/14 Tue	22. Positive Psychology Exercise 3 – Gratitude	

Week	Date	Topic + Activities	Things To-Do
			and practice over the weekend and review
	11/16 Thu	23. Health outcomes Online Reading Quiz 3 "National Accounts of SWB": Complete Quiz by Friday 12/01 midnight (up to 5%)	Lecture Quiz 8 (Opens on Friday; Available until Dec 2nd) Online Reading Quiz
Week 14	11/21 Tue	-	No Class: Thanksgiving Break
	11/23 Thu	-	No Class: Thanksgiving Break
Week 15	11/28 Tue	24. Relationships and Productivity	
GENERAL TOPIC: POLICIES			
	11/30 Thu	25. National accounts of SWB for public policy	
Week 16	12/05 Tue	26. Well-Being for Higher Education Institutions / Steps to Leaps	Lecture Quiz 9 (Opens on Tues; Available till Dec 08 Friday)
	12/07 Thu	27. Review / Q&A	
	12/08 Fri	Extra Credit: Complete Course Evaluation; 90% class completion rate (1 point)	