Farmingdale State College
STATE UNIVERSITY OF NEW YORK

Composition: Rhetoric EGL 101 HAPPINESS & THE SELF: A STUDY of PERSPECTIVES IN THE SCIENCE OF HAPPINESS: FALL 2026

Happiness & The Self : A Course in Critically Thinking and Writing about a variety of social and internal factors that contribute to our overall Happiness . This course is designed for first year, first semester freshmen.

FALL 2026 - Professor .Mignano-Brady
Office Hours: T/R 10:40am-11:15 am
Knapp Hall Room 233
Email:bradyj@farmingdale.edu
Blog: http://identitythroughwriting.blogspot.com

CRN: 91168 T/R 9:30- 10:40 am Knapp Hall Room 233
CRN: 90166 T/R 12:15-1:30pm TR Knapp 233

EGL 101 and EGL 102, as College requirements, have a passing grade of C or better. You will have to repeat this course to graduate if you do not achieve this grade. Students who have financial aid are advised to speak with the Office of Financial Aid, as repeating courses may affect financial aid.

Catalog Course Description: EGL 101 Composition I: College Writing. This is the first part of a required sequence in college essay writing in Rhetoric. Students learn to view writing as a process that involves generating ideas, formulating and developing a thesis, structuring paragraphs and essays, as well as revising and editing drafts. The focus is on the development of critical and analytical thinking. Students also learn the correct and ethical use of print and electronic sources. At least one research paper is required. A grade of C or higher is a graduation requirement.

Happiness & The Self - A Critical Thinking Course Exploring a Variety of Perspectives within the "Science of Happiness": A course in expository writing with an emphasis on the use of acceptable patterns of English and the application of rhetorical principles and research. Rhetoric can be defined as the art of speaking or writing effectively: the study of principles and rules of composition: the study of writing or speaking as a means of communication or persuasion (Merriam-Webster). Students will gain experience in the writing process, including citation and paragraph development. This class will require students to complete assignments in library research, note taking, outlining, speaking , presenting and applying all skills in a variety of tasks including writing workshops. This will include formal and informal presentations, Socratic seminar (fishbowls) and low stakes writing assignments (whole class as well as small group) learning communities.

Happiness & The Self will enable students to explore and write about various aspects that relate to a variety of perspectives in the study of happiness. The class will examine the many factors that contribute to our happiness. These topics include: The Stoics (Meaning & Purpose) PERMA as it relates to the field of Positive Psychology in our discovery of Happiness, Genetics, Personality Traits, Explanatory Styles, Education (Grit & Perseverance), Relationships : Love & Friendship , Generosity :Service and Philanthropy , Money: Careers and Happiness, Laughter, Exercise and Sleep. ***This course*** will highlight a variety of realms in context as students begin to contextualize and apply knowledge of the classroom to the outside world. Students will read, write , and research complex concepts as they take this journey through THE SCIENCE OF HAPPINESS & THE SELF

General Education: EGL 101 is a General Education Course. This course fulfills 3 General Education Credits.

Farmingdale State College
STATE UNIVERSITY OF NEW YORK

Learning Outcomes:

- To begin the writing process by critically thinking about social identity and self- discovery in accordance with reading a variety of selected essays and articles.
- To formulate ideas that aid in appreciating the author's purpose and audience.
- To immerse in the writing process by responding to writing prompts in a reflective journal that will serve as a tool for further developing topics and controlling ideas for later research.
- To delve into the writing components such as thesis, organization, transitional phrases, paragraph structure and research. This will be vital to your development as a critical thinker and a writer.
- To become an independent and creative thinker and writer as well as an active member of a writing community. Students will participate in workshops, panel discussions and writing fishbowls and discussions. Students will be asked to make both informal and formal presentations.
- To become familiar with the writing process such as, pre- writing (brainstorming, clustering and outlining), writing, editing and revising.
- To make inferences and support statements using concrete examples from the literature and outside sources.
- To evaluate sources that will later be cited within a research paper.
  To construct an effective Works Cited Page

*** Upon completion of this course, students will be able to:

- Explore ways to organize and develop expository writing, and demonstrate an awareness of form and audience.
- Revise and rewrite for some of the following (depending on document):
  - Central purpose and/or argument
  - Coherent organization, integration, and structure
  - Support from relevant examples and evidence
  - Connections between ideas and examples/evidence
  - Connections between ideas and thesis
  - Interpretation and explanation of ideas, connections, and examples/evidence
  - Specific details and facts pertaining to audience and genre
  - Citations and documentation (where applicable)
  - Effective word choice, style, and tone
  - Smooth flow of ideas through the use of transitional words, phrases, or paragraphs where necessary
  - Correction of grammatical and mechanical errors
  - Appropriate format, document design, and preparation in accord with manuscript requirements
- Develop critical arguments and identify, analyze, and evaluate those arguments.
- Access, evaluate and utilize different types of research, information, and resources to support and strengthen writing.
- Use MLA in-text citations and compose a list of Works Cited.

Reading: This class will require you to read selections from the text in addition to articles and essays that will be provided for you on our class blog. Reading assignments will be given at the end of each class. It is important that you read the selections so that you can participate in class discussions, writing workshops and journal writing. You will have the opportunity to obtain information about reading selections and due dates in class. I may post weekly reading assignments and

due dates on the blog. However, the best way to get information is to be in class. I will post reading selections on the blog and ask the class to write a written response to be published. I will call this published writing and it will be both high stakes and low stakes writing. Students will be notified of this ahead of time and a written response will be due the subsequent day.

**** The first step to effective writing and critical thinking is reading. It is imperative that you take the time to read the selections in order to participate in class discussions and writing workshops.***

Writing/ Rhetoric: *Essays, Research, Published Writing, In-Class Writing & Informal Oral Presentations*

You will be responsible for completing the following essays throughout the semester: *Expository, Argumentative, Compare/Contrast and a Research paper* in MLA format. Published Writing is a major aspect of this class. You will be asked to analyze a variety of texts that relate to the theme of identity and publish your work. The Research component will require you to incorporate primary sources derived from class discussions and the readings. Paper themes will reflect the themes presented in class. Other sources include research you will conduct at the library. You will be asked to spend some time gathering sources to include in your research paper to be handed in prior to the final draft. This will include an outline, working draft and printed research. We will spend time in the library evaluating sources and databases for research. In accordance, we will prepare for the research paper by dedicating time in class discussing MLA format and parenthetical citation. I have set up some time for a conference. I will explain how conferencing works in depth as the semester progresses. We will work together as a class to explore concepts to be further developed independently. There will be a variety of writing workshops and informal presentations in class. Your research paper will count as your final exam. There will be a presentation that corresponds with your final paper. This class will require you to write in class and outside of class. You will be asked arbitrarily to read an article online and prepare a written response. You will find these articles on the blog that I have set up for this class. You might want to purchase a folder. This will serve as your writing portfolio. This is a great way to organize your formal written essays. I will provide my students with feedback and give them ample time to revise their written papers.

PURCHASE A FOLDER FOR THIS CLASS !!!!!!!!! PURCHASE A NOTEBOOK!!!

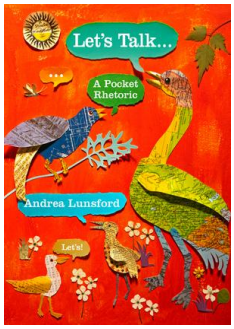
Come to EVERY CLASS WITH A PEN!

Motto: " Nothing great was ever achieved without enthusiasm."
-Ralph Waldo Emerson
Essayist & poet (1803 - 1882)

TEXTBOOK:

BOOKSTORE: $37 new and $28 used. OR you can buy it directly from the publisher W.W. Norton online for $22. Here is the link to the Norton *Let's Talk* site
--https://wwnorton.com/books/9780393427189

Farmingdale State College
STATE UNIVERSITY OF NEW YORK

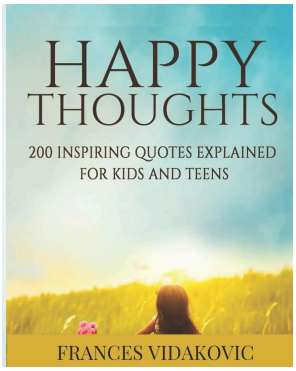


Let's Talk...

A New Little Rhetoric, by Andrea Lunsford, Let's Talk..., A Pocket Rhetoric, Andrea A. Lunsford, 9780393427189

wwnorton.com

" Happy Thoughts" by Frances Vidakovic
Amazon - New OR USED -UP TO YOU!



Cancellation of Classes:

Weather and other campus-wide cancellations will be listed on the FSC home page and posted on social media. You can also sign up for RAVE and SUNY Alert. Go to www.getrave.com and use your Farmingdale user ID and password to enter the site. For SUNY-Alert, please visit the University Police web page

*Students will be notified if class is canceled in advance. The announcement will **be made on our CLASS BLOG and Brightspace!** Please check our class blog frequently for all assignments and announcements. This will include a cancellation. All notices and updates will be on our CLASS BLOG and I will try to update BRIGHTSPACE!. Please follow our class blog by EMail. ALWAYS CHECK Brightspace and Our CLASS BLOG

Electronic Devices Policy: As a member of a community of learners and an active participant in this class, please turn your phone off/vibrate before you enter the classroom. If you need to make a call or take a call please do so. I

encourage students to step outside of the classroom should they need to take an important call. **If you are texting during class discussions, lectures or fishbowls you are distracting the teacher and your classmates and will be ASKED TO PLACE YOUR ELECTRONIC DEVICE IN THE FREEDOM BASKET!**

Attendance/ Late Policy: Due to the intense nature of this course. It is critical that you maintain a good attendance record. You should not miss more than **3** classes before your grade is affected. Failure to make up for missing work will greatly affect your grade. Papers are due on time on Brightspace . LECTURES AND FISHBOWLS REQUIRE Participation and All papers and published writing assignments are expected to be handed in on time.

THINGS HAPPEN? - Of Course Life Happens
Students will lose a half grade for every day a paper is late. I will not accept any late papers or published writing assignments or make up workshops . Students will lose points for handing in late work and it is ONLY based on Student Need and Professor Discretion. . Attending class on a regular basis and on time is paramount to your success both in this class and as a college student.

*** Students are responsible for notes and assignments.** If you are absent it is your responsibility to contact a classmate / visit our class blog or stay after class to find out what you missed. ALL MAJOR Assignments and Workshops will be posted on OUR CLASS BLOG and BRIGHTSPACE.

Use of Email: It is College policy that instructors and students use the Farmingdale email system or the BRIGHTSPACE email system to contact one another. You can best reach me using the Farmingdale email system.

Copyright Statement: Course material accessed from Brightspace or the Farmingdale website is for the exclusive use of students who are currently enrolled in the course. Content from these systems cannot be reused or distributed without written permission of the instructor and/or the copyright holder. Duplication of materials protected by copyright, without permission of the copyright holder is a violation of the Federal copyright law, as well as a violation of SUNY copyright policy.

Financial Aid Information: Laffin Hall Room 324, Phone: (631) 420-2578, FAX: (631) 420-3662, Email: faoffice@farmingdale.edu. Office Hours when classes are in session: Monday - Friday 8:45 am - 4:30 pm. Evening Hours are scheduled by Appointment Only.
Disability Services Center: Located in Roosevelt 151. Phone: (631) 794-6174 Fax: (631) 794-6173.

Classroom Recording:

The recording of classroom instruction is for the sole purpose of supporting the course learning objectives and can only be accessible to FSC faculty, staff, and students. Capturing, copying, and or sharing of recordings is strictly prohibited unless approved by the instructor. Recordings may not be shared on any other learning platform, or internet site, including social media sites. Students not adhering to campus policies would be in violation of the Student Code of Conduct.

Farmingdale State College
STATE UNIVERSITY OF NEW YORK

Religious Absences:

If you are unable to attend class on certain days due to religious beliefs, please consult with your instructor well in advance of the absence so that appropriate accommodations can be made. A reasonable accommodation in course work may be unavailable, if a request results in a significant number of absences or substantially impacts class participation. Please note a significant number of absences is viewed as greater than 5% of class time.

Use of Email:

It is College policy that instructors and students use the Farmingdale email system or the Brightspace email system to contact one another.

Copyright Statement:
Course material accessed from Brightspace or the Farmingdale website is for the exclusive use of students who are currently enrolled in the course. Content from these systems cannot be reused or distributed without written permission of the instructor and/or the copyright holder. Duplication of materials protected by copyright, without permission of the copyright holder, is a violation of the federal copyright law, as well as a violation of SUNY copyright policy.

Academic Integrity Policy:

Because intellectual honesty is a cornerstone of all academic and scholarly work, each member of the Farmingdale State College campus community is expected to maintain academic integrity. Farmingdale State College has developed regulations concerning academic dishonesty and integrity to protect all students and to maintain an ethical academic environment. For more information, click the updated link below:

https://www.farmingdale.edu/policies/?pid=214095

It is important for you to understand the concept of plagiarism. Plagiarism is intentionally representing the words, images or ideas of another as one's own in any academic exercise. This includes words, images or ideas in either print or electronic format.

Students will be asked to explain the circumstances based on the teacher's discretion. Students who plagiarize are held accountable and will be reported to the Dean of Students. There is no reason to plagiarize. I support all of my students. I would rather a student speak honestly and lose points for lateness than lose integrity and honor.

Students who hand in work that is plagiarized will receive a failing grade for the assignment and possibly the course. In this case, both the Department Chair and the Dean of Students will be notified. The student will be under considerable review.

Campus Mental Health Services

Occasionally, students may experience problems related to excessive stress, anxiety, depression, and other mental health issues. All registered students at Farmingdale State College have access to Campus Mental Health Services, located in Dewey Hall, first floor facing the "mall". There is no fee for services.

CMHS provides both short and long-term treatment for anxiety, mood disorders, acute and chronic stress disorders, and other emotional or behavioral problems that may adversely impact students' functioning. Additionally, CMHS is available 24/7 for students who may be in crisis. You are encouraged to contact CMHS at (934) 420-2006 or cmhs@farmingdale.edu if you are having difficulties in the above areas. In an emergency call 934-420-2111. They are also available for consultation to help you determine whether or not services may be helpful.

AI Use Statement:

The use of AI continues to evolve, and faculty have the right to determine how it will or will not be used in their courses. The following statements are suggestions on how to frame the use of AI as it pertains to course assignments.

IN MY CLASS: **Not allowed**

The use of AI tools to generate content or responses for assignments in this course is prohibited. Such tools include chatbots like ChatGPT and Copilot, image generators, coding assistants, and similar technologies. Students may not submit work that is wholly or partially generated by AI. Tools that provide grammar checking (such as Grammarly) should not be used in ways that greatly modify writing style or content. An essential outcome of this course is to strengthen students' foundational skills as thinkers, creators, and communicators by doing and presenting their own work. As students personally develop and demonstrate the skills taught in this course, they will be better prepared to perform effectively with or without the assistance of AI. Using such tools in this class will be considered a violation of Farmingdale's Academic Integrity Policy, and such violations could result in a failure of an assignment, or the course, at the discretion of the instructor.

Student Code of Conduct:

The President of the College and the Vice President for Student Affairs recognize the rights of designees including University Police, to enforce all regulations, policies, license agreements, laws and codes on campus. If any individual allegedly violates the laws, Student Code of Conduct or campus policies, a President's designee will institute proceedings against the offender (s).
For more information on the student code of conduct, click the link below.
http://www.farmingdale.edu/campus-life/pdf/handbook_2011_2012.pdf)

Farmingdale State College
STATE UNIVERSITY OF NEW YORK

Farmingdale Grading System

The college uses the following breakdown for reporting final grades.

Percentage	Grade
93 - 100%	A
90 - 92%	A-
87 - 89%	B+
83 - 86%	B
80 - 82%	B-
77 - 79%	C+
73 - 76%	C
70 - 72%	C-
67 - 69%	D+
60 - 66%	D Minimum Passing
0 - 59%	F
Incomplete	I

"HAPPY" Research & Writing EGL Assessment

Published Writing Assignments –25% (There will be 2 Published Writing Assignments - Students will publish short papers with clPublished Writing 2-3 Pages MLA Formatear and organized deadlines to be submitted on to Brightspace - *Each Paper will be 3-4 pages including a Works Cited Page. Academic Essay writing Styles will include: Expository , Compare/Contrast & Persuasive Essay Writing.*

Participation -30 % (Socratic Seminar, Around The Room Discussions, Spot & Jots , Don't Drop The Ball, The Gong Show - RING THE BELL- Low Stakes Writing In Class, Happy Draws, Thesis Challenges, Brainstorming Sessions, Writing Workshops, Battle of The Boards, Brainstorming Sessions , Whole- Class Brainstorming Sessions , Attendance!

WRITING WORKSHOPS -30 % (Analytical Writing Groups: Writing Tasks based on Development of Research & Class Instruction, Academic Essays in MLA Format (Informal Presentations) to reflect all the aspects of Academic Rhetoric. Writing Workshops Will Require MLA Format . Attendance and Full Participation

Research Paper/Final (Persuasive) – 15%-: 5-7 PAGES PLUS Works Cited Page - MLA Format 5-8 Sources Conferencing, Support Groups & Topics TBA in November

Writing Workshop Requirements:

PLEASE NOTE THAT YOU MUST BE IN CLASS TO PRESENT IN ORDER TO RECEIVE FULL CREDIT FOR THE WORKSHOP GRADE- Partial CREDIT is given to students who are not able to present based on an individual basis and up to the Professor's Discretion.

Farmingdale State College
STATE UNIVERSITY OF NEW YORK

IMPORTANT: WE WILL HAVE 3 WRITING WORKSHOPS Paired with Informal Presentations - STUDENTS MUST BE IN CLASS TO RECEIVE CREDIT FOR THE WORKSHOP & PRESENTATIONS- This is a double Dip - Workshop Grade + Participation Grade = Success !

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*Note- **Participation** is worth 30 percent of your overall grade. If you are a B or B+ student, you have the opportunity to receive an A in the class just by showing up every day and bringing something to the table. Participation includes class fishbowls, mini fish bowls, informal presentations and writing workshops. More Importantly, Have Fun! It is my goal to ensure that you have a genuinely engaging and fulfilling experience this semester.

WRITING: In order to write you must read and take notes!!

ALL ASSIGNMENTS and DUE DATES WILL BE POSTED IN ADVANCE ON OUR CLASS BLOG & BRIGHTSPACE .

WRITING / READING ASSIGNMENTS ARE ALSO ANNOUNCED IN CLASS IN ADVANCE!

THIS INCLUDES LOW STAKES WRITING, FORMAL PUBLISHED WRITING PAPERS & WORKSHOPS!!!!

All final draft dates will be announced in class and in ADVANCE !!! ALL Papers must be handed in on the dates they are due. Failure to hand in your papers will greatly affect your grade. Late papers will lose half of a grade every day after the due date (this includes days we do not meet and weekends). Students who do not hand in their papers on time will not be able to revise their papers.

All revised papers must be accompanied by a visit to THE WRITING CENTER with a signed sheet from the tutor. Students who take the opportunity to revise their paper will be given ample time to do so.

***See Rules for Revising (on the class blog)**

The Writing Center is located in Greenley Library on the 3rd Floor. Please drop in or call to make an appointment 631-420-2082

FALL 2026 SEMESTER:

BREAK DOWN OF THE CLASS: 15 WEEKS- Research Articles & Writing Topics Include:

- The Intro - Why Write? - The Cluster/ Students Define Happiness
- PART 2 Intro: *Articles Include 2018-2025 "The Science Behind The Happiness"* Includes: Global Happiness Report- FOOD & Happiness
- The Stoics : Meaning & Purpose - Aristotle, Epictetus, Marcus Aurelius, Plato

Seligman & the PERMA Model - *The Great Arenas + The Good Life*

- ***The Global Happiness Report - Overall Happiness -Food, Culture & Lifestyle***
- Intrinsic V. Extrinsic
- Optimism V. Pessimism
- Introversion v. Extraversion
- Genetics & Behavior
- Explanatory Styles & Self TAlk
- Emotional Intelligences- Personality Traits
- Perseverance & Determination : GRIT- Learned Behavior/ Education & Sports/*The Growth Mindset 85/15 Rule*
- Relationships& Happiness: Friendships / Romantic Love

WILL TRY TO MAKE TIME!

- **MONEY, Careers & Happiness**
- Service - Generosity & Philanthropy

Brady Sprinkle In Between - What Makes Us Unhappy?
Exploring Social Media, The Smartphone and Technology of The Ages

Course CLUSTER & CALENDAR - Posted ON Brightspace & Our Class Blog
FALL 2026 : WRITING CALENDAR:

ASSIGNMENTS, Published Writing Paper DUE DATES, Writing Workshop Presentations and Class Lectures are subject to Change at any time based on a classroom needs and teacher discretion. ALL DUE DATES and ASSIGNMENTS ARE ALWAYS ANNOUNCED IN CLASS IN ADVANCE!!! IT IS IMPORTANT TO BE IN CLASS IF YOU WANT TO BE A SUCCESSFUL COLLEGE STUDENT!!

Date	Topic	
Week 1: **9/1-9/3**	Diagnostic Essay	Jackson Brown Quote / Syllabus/ Icebreakers·
Week 2: **9/8-9/10**	The Intro - Why Write ? The Happy Cluster/ Students Define Happiness	**Intro to the Stoics - Wisdom of The Ages** *The Happy Draw*

	Class Brainstorming Session What is The Writing Process -Whole class lesson The Academic Essay- Brady Handout Sources, Transitions, Concrete Examples	*14 Ways To Jump For Joy* *The Global Happiness Report* *HW:* *Choose a Stoic - Decide on a Favorite Quote* *Mirror the quote over the weekend.. Print Selected Reading*
Week 3: **9/15-9/17**	Stoics PART 2 - The Global Happiness Report Report- Venn Diagram - Whole Class Lesson PRINT WORKSHOP 1 & The OUTLINE Format *World Happiness Report*	**WORKSHOP 1 - THE OUTLINE** **The Happiness Factor** The Stoics : Meaning & Purpose - " The Great Arenas" 2 DAY workshop Groups & Tasks
Week 4: **9/22-9/24**	Workshop 1 The Great Arenas Marcus, Epictetus, Socrates, Aristotle *Workshop 1* *Writing Focus : Topic Sentences, Concrete Examples, Quotes (in Text Citation)*	*Workshop 1 - Continues* *We ROLL THE DICE* *Homework :* TED TAlk and Selected Reading The Beginning of Positive Psychology - Seligman & the PERMA Model Intrinsic V. Extrinsic .

Farmingdale State College
STATE UNIVERSITY OF NEW YORK

Week 5: 9/29-10/1 9/29 PM Governance	Students Watch Video and Take NOTES :Seligman The Beginning of Positive Psychology - Explanatory Styles Intrinsic V. Extrinsic	**TAKE NOTES And PREPARE FOR A LECTURE**
Week 6: **10/6-10/8**	Seligman Lecture HW PERSONALITY TRAITS and PRINT PUB 1	**Go over PUB 1** **GENETICS & HAPPINESS** **HW - start working on it**
Week 7: **10/13-10/15**	Intrinsic V. Extrinsic Explanatory Styles EDUCATION & Happiness Brainstorming Sessions	GRIT Perseverance 85/15 Rule Success & Failure **Prepare for Workshop 2**

Week 8: **10/20-10/22**	Around the Room Discussions Perseverance & Determination : GRIT- Learned Behavior/ Education & Sports/*The Growth Mindset 85/15 Rule*	**Workshop #2** **Sleep / Exercise & Physical Health**
Week 9: **10/27-10/29** Last Week To Withdraw	Workshop# 2 - In CLASS	Workshop #2

Week 10: **11/3-11/5** **11/3- am Governance**	PUB 2 - " Education & Happiness" *2 Things All College Freshmen Should Know*	RELATIONSHIPS FRIENDSHIP/ LOVE & HAPPINESS Stoics - Research Articles - Writing Focus Additional Sources, Parenthetical Citation Critical Thinking
Week 11: 11/10-11/12	Workshop 3 Friendship & Love Developing Evidence With Concrete Support	**Workshop# 3** **Love & Friendship** **Selected Research Articles**
Week 12: **11/17-11/19**	Selected Research Articles Workshop 3	**Workshop# 3**

Week 13: **11/24-11/26** **No Class 11/26 Thanksgiving**	T MONEY & HAPPINESS Library Databases Students Discuss Topics	**MONEY & HAPPINESS** Writing Focus: The Argumentative How To Write An Argument - Take a Position Research / Sources/ Works Cited
Week 14: **12/1-12/3**	Prepare for the Research PAPER / Support Groups / Databases / Conferences	Prepare for the Research PAPER / Support Groups / Databases / Conferences
Week 15: **12/8-12/10**	Conferences	**Conferences**
Week 16: **Final Exam Week** **NO CLASSES**	THE Final Paper is DUE	Final Exams Week: grades are due 72 hours after your scheduled final exam time

IF WE HAVE TIME:

- **MONEY, Careers & Happiness**

- Service - Generosity & Philanthropy

What Makes Us Unhappy?

Exploring Social Media, The Smartphone and Technology of The Ages