

Well-Being Project

AP Psychology

Learning Targets:

1. Explain how well-being is measured and explore scientifically-based strategies to improve well-being.
2. Develop a plan to increase your personal well-being

Purpose: Positive Psychology Interventions (PPI's) are research-based interventions designed to increase well-being. In this project, you will learn what research reveals about the factors that influence well-being and explore interventions that can improve your own well-being.

Duration: This project will take place over the course of the next 6 weeks. You will have one work day per week to work on this project in class and/or conference with your teacher. However, you will need to dedicate some out of class time to successfully complete your project.

Topics:

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| 1. Gratitude | 5. Coping Strategies (Resilience, Hope, and Optimism) |
| 2. Avoiding Overthinking and Social Comparison (Self-Compassion) | 6. Savoring |
| 3. Acts of Kindness | 7. Meditation |
| 4. Social Relationships | 8. Physical Activity |



Project Overview

Step One: Choose Your Topic

1. [Fit-Person Diagnostic Inventory](#): This inventory will help the types of activities that you are most comfortable engaging in.
2. Preview all the topics in Canvas

Step Two: Do Your Research

1. Complete ALL of the required readings and videos
2. Choose a minimum of ONE of the optional readings

Step Three: Set Your Goal

1. Take the Oxford Happiness Inventory to establish a "happiness baseline."
2. Write your GOAL in the SMART goal format - complete goal-setting form
3. Conference with your teacher about your goal and action steps
4. Complete weekly check-ins online

Step Four: Implementation

1. Implement your chosen intervention over a series of three weeks.
2. Collect data on implementation. Consider the following questions: What type of data will be collected? How will you collect it? Where and how will you track

Step Five: Analysis

1. Summarize your findings. What was the impact of your intervention in your well-being?
2. Critique your research: What went well? What could you have done differently?
3. Reflection: What did you learn? Will you continue on with your intervention?

Step Six: Presentation

1. Complete the Well-Being Project [slide template](#) outlining your research and findings. These will not be shared with the class.
2. Please include your topic, a summary of research, a description of your intervention, an explanation of the effect of your intervention on your well-being supported by your data, and a conclusion.
3. Your presentation must be uploaded to Canvas.
4. You should include a list of all of the references you used in your research project.

Project Requirements: You will share your project with me through the creation of a google presentation. Please follow the template provided. The template provides you with the minimum requirements. You can personalize your presentation in any way that you see fit as long as the minimum requirements are met.

Week	Topics	Due
1	Oxford Happiness Score Fit-Person Diagnostic Inventory Preview Topics	Oxford Happiness Score Fit-Person Diagnostic Score Topics-Interest Fit
2	Oxford Happiness Score Topic Selection Rationale/Interest in Topic Possible Interventions	Oxford Happiness Score Assignment: Topic Proposal
3	Oxford Happiness Score Overview of Research SMART Goal	Oxford Happiness Score Assignment: Summary of Research Assignment: SMART Goal
4	Oxford Happiness Score Measurement Progress	Oxford Happiness Score Student-Teacher Conference Assignment: Data Collection
5	Oxford Happiness Score Progress Update Identify Challenges	Oxford Happiness Score Student-Teacher Conference Assignment: Data Collection Reflection
6	Oxford Happiness Score Compile Research Share Findings	Oxford Happiness Score Presentation Assignment: Reflection Padlet

Topic	Required Readings	Required Viewing	Optional Readings, Videos or Podcasts	Interventions
Gratitude	The How of Happiness: Chapter 4 Gratitude Changes You & Your Brain In Praise of Gratitude	Robert Emmons: "The Power of Gratitude"	Your Most Powerful Forgotten Weapon: Gratitude Grateful Athletes The 4 A's of Expressing Gratitude	Three Good Things Gratitude Journal
Avoiding Overthinking: Practicing Self-Compassion	The How of Happiness: Chapter 4 What, Me Worry? Psychology of Self-Compassion	The Space Between Self-Esteem and Self-Compassion	Why Thought Stopping Doesn't Work Emotions and Depression Rumination: Why Do People Obsess Over Things? How to Stop Overthinking	Self-Compassion Interventions Power of Self-Compassion
Kindness	The How of Happiness: Chapter 5 Authentic Kindness The Multiplier Effect Be a Relentless Giver Witnessing Acts of Kindness	TED Talk: Jonathan Zittrain on Trust & Kindness (19:37) TED Talk: Expanding your Circle of Compassion (17:53)	Acts of Kindness What Motivates You to be Generous Look Twice How Small Moments of Empathy Affect Your Life	Random Acts of Kindness Eliciting Altruism

NCSS: Fostering Self-Determination in Students (C. Schwarzrock) Project inspired by Dr. L. Huckabee's Well-Being Project from the University of Missouri (ESC_PC 8200)

Relationships	The How of Happiness: Chapter 5 Why Personal Relationships are Important Building Lasting Friendships The Six Keys to Positive Communication	What Makes Us Happier Than Money? Why Teens Turn from Parents to Peers	How To Make Friends and Get a Social Life Suggestions to Build Stronger Friendships Your Friends and Your Social Well-being Additional Resources	Capitalizing on Positive Events Mental Subtraction of Relationships Active Listening Gift of Time
Coping (Resilience, Hope and Optimism)	The How of Happiness: Chapter 4 & 6 Building Resilience How to Cultivate Optimism	The Power of Vulnerability	The Physiology of Self-Compassion Give Yourself a Break: The Power of Self-Compassion How Optimism Helps You Achieve Your Goals with Less Stress How to Make Stress Your Friend	Best Possible Self ABCDE
Savoring	The How of Happiness: Chapter 7 Savoring: Explaining the Wealth Happiness Relationship 10 Steps to Savoring the Good Things in Life	Want to be Happier? Stay in the Moment Savoring Visualization Exercise	Be Mindful of the Good Incorporate Awe into Everyday Life How to Savor Life	Time Capsule Awe Narrative Other ideas

Meditation & Mindfulness	<u>The How of Happiness: Chapter 9</u> <u>Ellen Langer's State of Mindfulness</u> <u>12 Science-Based Benefits of Meditation</u>	<u>All It Takes in 10 Mindful Minutes</u>	<u>Mastering Your Own Mind</u> <u>Meditation Can Make Your Calmer, Kinder, Smarter</u>	<u>Mindful Breathing</u> <u>Walking Meditation</u> <u>Loving Kindness Meditation</u>
Taking Care of Your Body • Activity • Sleep	<u>The How of Happiness: Chapter 9</u> <u>How to Look After Your Mental Health Using Exercise</u> <u>Exercise, Sleep, and Physical Well-Being</u>	<u>The Brain Changing Effects of Exercise</u> <u>Sleep is Your Superpower</u>	<u>Fight Depression with Exercise</u> <u>Run, Jump, Learn</u> <u>The New Science of Sleep</u>	Student proposal based on individual research and interests