

## Happiness & The Self - A Variety of Perspectives in the Study of “The Science Of Happiness” The External World (A Societal Realm) vs. The Inner Self (“The Looking Glass Self” )

### Happiness & The Self : A Study of Perspectives in The Science of Happiness Course Cluster

*PERMA & “The Great Arenas”: Optimism, Meaning, Purpose and Fulfillment*

***A Freshmen Year Research & Writing Course at Farmingdale State College - EGL 101 FYE with Professor Mignano-Brady***



*A First Year , First Semester Writing Course that Examines a variety of perspectives in the field of Happiness. Students will explore a variety of factors that affect the internal and social self. These Factors include: PERMA: Meaning & Purpose, Personality Traits, Genetics, Grit and Perseverance ,Generosity , Physical Health : Laughter, Sleep and Sports, Money & Success, Meaningful Relationships & Intrinsic v. Extrinsic Motivations*

Research articles and academic writing is achieved through the exploration of variety of topics that relate to our understanding of these perspectives in what Happiness Experts like to call *The “Feel Good Factors”*

*This is a 15 Week Course and Topics and Writing Calendar is Subject to Change Every Semester*

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