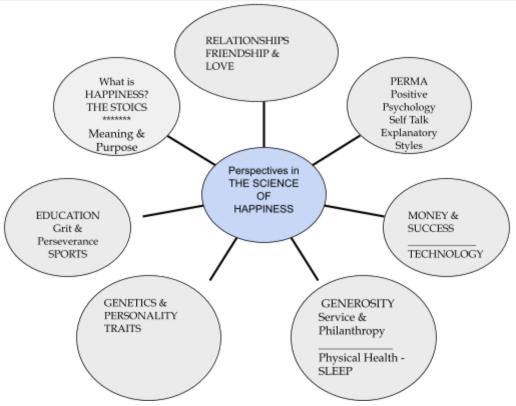
Happiness & The Self - A Variety of Perspectives in the Study of "The Science Of Happiness" The External World (A Societal Realm) vs. The Inner Self ("The Looking Glass Self")

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 www.identitythroughwriting.blogspot.com