UNIV Courses are offered by the Division of Academic Enhancement, a unit of the Office of Instruction at the University of Georgia. The Division empowers all students to achieve success with innovative courses, programs, services, and student-centered initiatives. The DAE supports students as they transition into higher education and sustains their progress through the University’s unique academic environment. We are committed to students, committed to success.

Proposed Seminar Speakers: *

Your suggestions for guest speakers

*Speakers and dates may be added or changed according to schedule demands.

Topical Outline

- Goal setting
- Crafting a lifestyle that promotes well-being
- Grit
- Achievement behaviors
- Motivation
Course Description:
This course will investigate the paths connecting deep learning to one’s career objectives, leading to the pursuit of a joyful life. The class provides scholars opportunities to: practice skills regarding academic and professional purpose, success at UGA, and the building and maintenance of a joy-infused life.

Learning Objectives:
• Students will be able to articulate their educational, professional goals in relation to their pursuit of a joyful life
• Students will be able to apply understandings of well-being literature to their own goal pursuit, motivational attitudes and behaviors
• Students will be able to practice behaviors conducive to achieving high levels of well-being, based on scientific research
• Students will develop a personalized career development plan, supported by steps in their academic goals
• Students will be able to identify the main ideas and arguments of the well-known research of happiness and well-being
Assignments and Projects

Students will be evaluated in the following areas:

Participation 25%
- Attend all seminars and be punctual.
- Read and write on topics for discussion.
- Read articles/review current media and share written and oral reflections.
- Participate in active happiness building project.
- Take notes and share with seminar participants
- Select and share one quote related to seminar topics and considered worthy of recollection.
- Listen, question, and comment with civility and respect for all members of the group.
- Contribute to a website reference-listing of course-related topics.

Personal Happiness Philosophy and Project (PHPP) 50%

Relate Personal Happiness Philosophy to Academic and Professional Goals 25%
- Synthesize findings from interview and PHPP to create an action plan

Grading Scale
93-100 = A 92.9-90.0 points = A-
89.9-87.0 points = B+ 86.9-83.0 points = B
82.9-80.0 points = B- 79.9-77.0 points = C+
76.9-73.0 points = C 72.9-70.0 points = C-
69.9-60.0 points = D <599 points = F
Attendance Policy
This is a highly interactive seminar. While it may be possible to simply borrow another student’s notes in another course to learning goals, you must be present in this class to participate in discussions, engage in activities, see strategies modeled, and get specific directions for assignments. Class attendance, punctuality, and participation are essential components of time management and strategic learning. Please arrive on time, having prepared by completing the assigned readings and homework. Arriving on time and well prepared for class provides a way for each student to contribute to the course through helping yourself and other students. Late arrivals to class interrupt both your fellow students and your professor. For this reason, a maximum of ONE absence for any reason is allowed without penalty. More than ONE absence will result in a deduction of FIVE percentage points from your final grade. For example, if you miss TWO classes, and you have a final grade total of 100 points, your adjusted grade point total will be 95. All late arrivals will count as ONE HALF of an absence. A tardy is any arrival after the designated time for beginning class or more than ten minutes before the end of class. Please come to class on time or early. Students who have no absences will have two (2) percentage points added to their final grade in the course. Please note that use of a cell phone during class time will not only affect one’s participation credit, as detailed below, but may also negatively affect one’s attendance records.

UGA Honor Code: I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others. http://www.uga.edu/ovpi

Learning Accommodations:
Please see us as soon as possible to request accommodations. Do not postpone needed requests. If you need assistance from the Disability Resource Center contact that office in Clark Howell Hall 706-542-8719 website: www.drc.uga.edu There are truly incredible specialists on staff in this office and they can assist you in finding the support you may need.

Assault Information:
If you or someone you know experiences sexual assault, we are available to provide guidance, however, as per federal law, we are required to disclose your name and information to the Equal Opportunity Office. If you are seeking confidential, unreported aid, the Relationship and Sexual Violence Prevention (RSVP)Office (http://www.uhs.uga.edu/rsvp/) located within the Health Promotion Department on the first floor of the University Health Center is available for your support. They can provide safety planning, coordinate medical services, offer legal advocacy, and deliver academic assistance.
Deanna Walters, an RSVP advocate, can be reached by phone at 706-542-7233. In an emergency situation, the RSVP offices advises that you get to a safe place, do not shower or wash clothing, go to a hospital or medical center. If you wish to report your experience to law enforcement, UGA Police (http://www.police.uga.edu) can be reached for non-emergency at 706-542-2200. In an emergency the UGA Police or the Athens-Clarke County Police can be reached at 911. Title IX makes it clear that violence and harassment based on sex and gender is a Civil Rights offense...subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, etc. If you wish to report your experience to the University of Georgia, the Title IX division of the Equal Opportunity Office is located in room 119 of the Holmes-Hunter Building and can be reached by phone at 706-542-7912 or by email at ugaeoo@uga.edu or for general information http://eoo.uga.edu

You may find additional information about these resources on the website http://www.women.uga.edu

Please take the time to locate these contacts and know how to access assistance.

Relationship and Sexual Violence Prevention (RSVP) 706-542-7233
The Cottage: Sexual Assault Center and Children’s Advocacy Center
Hotline: 877-363-1912 (24/7 access)
UGA Counseling and Psychiatric Services (CAPS) Hours 8:00-5:00
706-542-2273
UGA Police or Athens-Clarke County Police emergency call 911
Equal Opportunity Office Title IX Division 706-542-7912

Academic Honesty Policy
As a University of Georgia student, you have agreed to abide by the University’s academic honesty policy, “A Culture of Honesty,” and the Student Honor Code. All academic work must meet the standards described in “A Culture of Honesty” found at: https://ovpi.uga.edu/academic-honesty/academic-honesty-policy. Lack of knowledge of the academic honesty policy is not a reasonable explanation for a violation. Questions related to course assignments and the academic honesty policy should be directed to the instructor.

Other Division Resources
From peer tutoring through the Academic Resource Center to Academic Coaching to Student Success Workshops and more, the Division is committed to the success of all students at the University of Georgia. For more on these and other resources, visit https://dae.uga.edu.
**Course Outline:**
The schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better student learning. All readings are required unless otherwise noted. Students should read/know required material by the date listed, at which time we will discuss or use the scheduled readings in class.

*Dates, speakers, and topics presented may vary with the availability of guests and the interests of scholar participants.*

**TENTATIVE COURSE SCHEDULE (Changes may occur as necessary.)**

<table>
<thead>
<tr>
<th>DATE</th>
<th>Topics</th>
<th>Reading &amp; Assignments (all posted to eLC by 5 PM, Thursday preceding class meeting)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Seminar introduction</td>
<td></td>
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<tr>
<td>Monday 1.21</td>
<td>HOLIDAY: MARTIN LUTHER KING, JR. DAY</td>
<td>NO CLASS</td>
</tr>
<tr>
<td>Monday 1.28</td>
<td>Mindsets</td>
<td>Mindset: The New Psychology of Success</td>
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<tr>
<td></td>
<td>Happiness project descriptions</td>
<td>The How of Happiness, Sonja Lyubomirsky</td>
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<tr>
<td>Monday 2.4</td>
<td>Science of happy brains</td>
<td>Hardwiring Happiness, Rick Hanson</td>
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<tr>
<td>Monday 2.11</td>
<td>Happiness at work, happiness in life discussion</td>
<td><em>Great at Work, How Top Performers Do Less, Work Better, and Achieve More</em></td>
</tr>
<tr>
<td>Monday 2.18</td>
<td>Happiness and well-being discussion</td>
<td><em>FLOURISH: A VISIONARY NEW UNDERSTANDING OF HAPPINESS AND WELL-BEING</em></td>
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<td>Monday 2.25</td>
<td>Happiness project discussion: Application to Worklife</td>
<td>Due: 1-1.5 page double-spaced reflection</td>
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<tr>
<td>Monday 3.4</td>
<td>Career planning</td>
<td>Guest Speaker</td>
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<tr>
<td>Monday 3.11</td>
<td>UGA SPRING BREAK</td>
<td>NO CLASS</td>
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<tr>
<td>Monday 3.18</td>
<td>Happiness at Work</td>
<td>Interview</td>
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<td>Monday 3.25</td>
<td>Happiness project interview discussions</td>
<td>Due: 1-1.5 page double-spaced reflection on interviews</td>
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<td>Monday 4.1</td>
<td>Happiness Hindrance: Perfection discussion</td>
<td><em>THE PURSUIT OF PERFECT: HOW TO STOP CHASING PERFECTION AND START LIVING A RICHER, HAPPIER LIFE</em></td>
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<tr>
<td>Monday</td>
<td>Happiness Hindrance: Perfection</td>
<td>Due: 1-1.5 page double-spaced reflection</td>
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<tr>
<td>Monday</td>
<td>Happiness in your educational journey</td>
<td><em>The Hope Circuit: A Psychologist’s Journey from Helplessness to Optimism</em></td>
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</tr>
<tr>
<td>Monday</td>
<td>Happiness projects due</td>
<td>Final discussion</td>
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Exams follow University exam schedule:

https://reg.uga.edu/general-information/calendars/final-exam-schedule/
Special Topics in Learning - 48870 - UNIV 2900 - 0

Associated Term: Spring 2019
Registration Dates: Nov 02, 2018 to Jan 15, 2019
Levels: Undergraduate
Attributes: Face to Face Instruction, No-cost: $0 required costs

Athens Campus
Seminar Schedule Type
1.000 Credits
View Catalog Entry
Course Materials

Scheduled Meeting Times

<table>
<thead>
<tr>
<th>Type</th>
<th>Time</th>
<th>Days</th>
<th>Where</th>
<th>Date Range</th>
<th>Schedule Type</th>
<th>Instructors</th>
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<tbody>
<tr>
<td>Class</td>
<td>3:35 pm - 4:25</td>
<td>M</td>
<td>TBA</td>
<td>Jan 09, 2019 - Apr 30, 2019</td>
<td>Seminar</td>
<td>Winfred Glynne Biddle (P)</td>
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