SQU 450 Contemporary Topics 1: Unit 1 “Happiness”

Instructions

You have 2 minutes to read the questions below. Listen to the lecture and answer the questions carefully.

Questions 1-5: Are the following statements True (**T**) or False (**F**)?

1. According to psychologists, having a lot of money is directly connected to higher levels of happiness. ___
2. Education level has no influence on an individual's level of happiness. ___
3. Younger individuals are generally happier than older individuals. ___
4. One common characteristic among happy people is strong connections to family and friends. ___
5. Happy individuals tend to avoid setting goals for themselves in both personal and professional aspects of life. ___

Questions 6-10: Choose the correct option **(A)**, **(B)**, **(C)** or **(D)** to answer the questions.

6. What is one reason why some psychologists believe that people cannot change their level of happiness?
   A) Because happiness depends only on outside factors
   B) Because personality features are fixed and difficult to change
   C) Because people are generally unwilling to positive changes
   D) Because happiness is determined by genetic factors

7. Which of the following is NOT mentioned as a benefit of the Gratitude Visit exercise?
   A) Increased feelings of connection to others
   B) Better feelings after aiding and supporting others
   C) Greater sense of life's meaning
   D) Extended duration of happiness for several years

8. What is one limitation of happiness exercises like the Gratitude Visit?
   A) They are not effective in making people happier
   B) Their effects only last for a short period of time
   C) They require significant financial investment
   D) They are only suitable for young individuals

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9. What is emphasized as the primary focus of happiness exercises developed by positive psychologists?
   A) Focusing on negative experiences
   B) Enhancing material belongings
   C) Encouraging positive emotions and attitudes
   D) Avoiding social interactions

10. What does the lecturer suggest about the possibility of significantly increasing one's level of happiness?
   A) It is achievable with learning methods to feel better
   B) It is impossible due to genetic reasons
   C) It is possible by complete personality changes
   D) It can be achieved by financial success only

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