

## 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

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