

## Unit 9 – Happiness

### **1. What is the main conclusion of the Harvard Study of Adult Development?**

- A) Wealth and fame are the greatest sources of happiness.
- B) Good relationships keep us healthier and happier.
- C) Career success leads to long-term life satisfaction.
- D) Physical health is unrelated to mental well-being.

### **2. Walderinger says, "Loneliness kills. It's as powerful as smoking or alcoholism."**

#### **What does this imply about loneliness?**

- A) It's mainly a psychological inconvenience.
- B) It affects only the elderly.
- C) It can be a serious health risk.
- D) It only impacts people without families.

### **3. The talk argues that people with strong social connections live longer and are happier.**

This statement is *TRUE / FALSE*

### **4. What types of people were included in the Harvard study over its 75+ years?** (short answer)

### **5. Why does Walderinger emphasize the quality of relationships over the quantity?** (open answer)

**6. Fill in the Blank :** Waldinger states that “good relationships don’t just protect our bodies; they protect our \_\_\_\_\_.”

**7. Why is the Harvard Study considered unique or valuable?**

- A) It focuses only on economic success.
- B) It was based entirely on self-reported happiness.
- C) It tracked people’s lives over a very long time.
- D) It avoided scientific methods in favor of stories.

**8. What is Waldinger’s purpose in giving this talk?**

- A) To criticize modern science
- B) To entertain with personal stories
- C) To share research-backed insights into living well
- D) To promote a book he wrote

**9. What kind of relationships does Waldinger suggest are most beneficial to our well-being?** (short answer)

**10. What is one change you could make in your own life based on the findings Waldinger presents?** (open answer)