

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. Waldinger 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 Waldinger 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)