

Contemporary Topics 1: Unit 1- Psychology- Happiness

Complete the following notes using a word, phrase, or number.

I. Introduction

Happiness

1. Measurement
2. _____
3. Change _____ of happiness?

II. Measurement

Interview people

1. Q: How _____ are they?
2. _____ information
3. use _____ → common characteristics

III. Characteristics

A. Not _____ characteristics

1. Money
2. _____
3. Youth: (_____ year olds happier)

B. Common _____

1. Strong _____ w/ family & friends
2. _____ /other beliefs → life has meaning
3. Set goals

IV. Possible to _____ level of happiness?

A. Some psychologists: _____

1. Depends on _____ /attitude
2. Difficult to _____



B. _____ psychologists: Yes

1. Ex: Gratitude visit

a. Write _____ of thanks

b. Ø _____

c. Visit & _____

2. Why ex. works

a. Helps feel more _____

b. Giving/helping others → gives _____ to life

3. Other exercises:

a. Focus on _____ things

b. Use strengths to _____ goals

4. Exercises have _____

a. Happier ~ 3 _____

b. Not complete _____ in personalities

V. Conclusion: We can _____ to be happier.