

## 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.