



Course Title: CHOOSING HAPPINESS
Course Code: PDV 83 W
Instructor: Laura Delizonna, PhD

Course Summary:

Research shows that some habits of mind and behaviors tend to increase sustainable happiness while others diminish it. This course aims to help students understand key concepts in positive psychology and to create stronger habits of happiness and wellbeing. The focus will be on practical exercises and application to one's life. This is not a lecture-based course; it is a skill-building, experiential course. Each week students will be expected to practice exercises and apply concepts to their daily lives. Each session begins with students discussing what and how they implemented a practice and the impact of this implementation. A new happiness enhancing habit and practices to build the habit will be focused on during each session. As a result, students learn how to improve responses to challenges and create opportunities while cultivating wellbeing independent from external circumstances. For example, students engage in practices to build gratitude, connection with others, optimism, the ability to be present, and savor moments. Students apply principles to their daily lives and engage live online breakout discussions, mindfulness and meditation practices, and experiential exercises.

Required Text (needed at first session): *Thrive: Self-Coaching for Happiness and Success* by Laura Delizonna & Ted Anstedt. This book is required for all enrolled. It was written expressly for this course. We will use it each online session to do exercises, and for reading and practice between online live sessions. The workbook has been written for this course. It is an in-depth, how-to guide. It explains major concepts and skills based in the science of happiness and wellbeing, provides references, and summarizes relevant research. It provides a multitude of exercises, guides students on the process of self-coaching, and provides tools designed to build the skills of happiness. Each week, students will be asked to read the material in the chapter scheduled for the upcoming class. I will cover selected material from the workbook in the live online session and will provide homework from the workbook.

Tentative Zoom Schedule:

We will tentatively meet on Wednesdays at 12-1pm PST. The day may change but the approximate time of day will be consistent. *Please note that the Zoom schedule is subject to change. The live video sessions are recorded; student attendance is option but highly recommended. We will do breakout sessions and interactive exercises in live class.*

Tentative Weekly Outline:

Session	Topics
Week 1	Essentials from the Science of Happiness, Self-Coaching
Week 2	Habit: Shift (Turn to the Positive, Savor)
Week 3	Habit: Connect (Positive Relationships)
Week 4	Habit: Release (Acceptance), Habit: Align (Priorities, Values-in-Action
Week 5) Habit: Flex (Optimism) and Action Planning

Grade Options and Requirements:

Credit/No Credit: Must complete Four *Worksheets and Four Tracking Logs* are required for credit.

Letter Grade: *Not an option.*

No Grade Requested: No work is required and students do not receive credit. A student enrolled for NGR will not be able to request an official transcript, so this option is not appropriate for those who require documentation for tuition reimbursement purposes, graduate school applications, etc.

While it is not required, all enrolled are encouraged to complete the weekly homework and expected to attend every online session. That is how change happens—*by doing*.

Please contact the Stanford Continuing Studies office with any questions
365 Lasuen St., Stanford, CA 94305
continuingstudies@stanford.edu
650-725-2650