Directed Study Guide

The following questions and recommended assignments could be used to complement a Directed Study course that uses the online Sustainable Happiness Course ([sustainablehappinesscourse.com](http://sustainablehappinesscourse.com)). You may also find it helpful if you are inserting a module on sustainable happiness into a course.

1) Why is sustainable happiness important to ______________________(enter field of study)?

2) Provide some examples of how ____________________(field of study) is contributing to sustainable happiness.

3) What barriers might prevent you from implementing sustainable happiness in ______________________(field of study)?

4) What opportunities exist for enhancing sustainable happiness further through ______________________(field of study)?

5) How could sustainable happiness be applied to enhance well-being in _____________ (enter name of your school, college, university, organization)?

6) How could sustainable happiness be applied to enhance well-being in your community?

7) How could sustainable happiness be applied to enhance well-being in your professional practice?

8) Discuss some of the key lessons learned through participating in the sustainable happiness course.

Assignments

**Sustainable Happiness Project**

Develop a project that will contribute to sustainable happiness in the short term or the long term (or both!). As you are considering your options for this project, think about whether you want to contribute to individual well-being, community well-being and or global well-being (or all of these). This is your time to stretch your imagination and try out something new. Once you have completed your project, write up a 2-page summary of what you did and how you believe it has contributed to sustainable happiness.
Possible rubric if project is worth 15 points.

| **Value** |
|-----------------|-----------------|
| **Contribution to individual, community and/or global well-being (Do you feel that you have developed and implemented a project that is significant?)** | 6 points |
| **Discussion of potential positive impact** | 3 points |
| **Reflection on opportunities to revise and/or continue this activity** | 3 points |
| **Discussion of how this project influenced you** | 3 points |
| **TOTAL** | **15** |

**Discussion Paper**

Think about the kinds of questions that have arisen for you as you worked through the Sustainable Happiness course. Was there anything that inspired you to learn more? Did you feel compelled to consider further applications to your field of study?

Write a ___________________(instructor fills in number of pages required) discussion paper. Use ________(number of required academic sources) to support your discussion.

Include typical instructions regarding the referencing style you want the student to use, avoiding plagiarism, etc.

**Article Report**

Choose an article from the list of Readings (or select one with the approval of your instructor) and write a brief report that summarizes the key information. Include your point of view as well. Did anything surprise you? Do you feel skeptical about any of the information? Do you feel inspired by any of the information? Does the information raise further questions for you that you would like to investigate? (Instructor may add further instructions regarding the length of the report, reference style etc. I generally ask for about a 2-page summary).

**Journal Writing**

Keep journal entries of your experiences while completing the Sustainable Happiness course. It will likely work best for you to make a journal entry every time you visit the course site – i.e. after watching some videos or completing one or more activities. Some of the things that you may want to note as you are engaged in the course are:
• Do certain modules resonate more strongly with you?
• Have any modules prompted you to shift your attitude or behavior? If so, how? Is this a shift that you are likely to sustain beyond the Sustainable Happiness course? If so, why? If not, why not? Is there something that you can do to assist yourself to sustain the shift (if you want to)? E.g. telling someone about an Intention, reading more on a specific topic, joining an online discussion group?
• Do you feel resistant or skeptical about anything in the Sustainable Happiness course?
• Do you like the option within the course to follow the modules in any order? Did you follow them in a linear order? If so, why or why not?
• What do you feel when you think about the environment?
• Has the Sustainable Happiness course prompted you to feel more hopeful about the environment? Why, or why not?
• Have you noticed any change in your emotional well-being while taking the Sustainable Happiness course?
• Have you noticed any change in your physical well-being while taking the Sustainable Happiness course?
• Have you noticed any change in your personal relationships while taking the Sustainable Happiness course?
• What do you like most about the course?
• What do you like least about the course?
• Describe some of the key lessons learned.

Report on a Web site or TED Talk

Select one of the web sites below (or select another one with the approval of your instructor) and write a brief report on how the web site information relates to sustainable happiness. For example, the organization may be contributing to individual, community or global well-being, sustainably. However, the term “sustainable happiness” may not be used. Nevertheless, the spirit of sustainable happiness is represented.

OR

Find a TED talk (http://www.ted.com/) that is relevant to _____________(field of study) that complements/reflects sustainable happiness. For example, the speaker/organization may be contributing to individual, community or global well-being, sustainably. However, the term “sustainable happiness” may not be used. Nevertheless, the spirit of sustainable happiness is represented.
Web Resources:

Some web sites that provide further information about sustainable happiness, sustainability, and well-being.

Sustainable happiness: www.sustainablehappiness.ca

Foster/Hicks: http://fosterhicks.com/

Happy Planet Index: http://www.happyplanetindex.org/

Gross National Happiness: http://www.grossnationalhappiness.com/

Wellbeing and Happiness; Defining a New Economic Paradigm: http://www.2apr.gov.bt/

Green Communities Canada: http://www.saferoutestoschool.ca/oldsite/schooltravel.html

Clean Air Champions: http://www.cleanairchampions.ca/

The Barefoot College - http://www.barefootcollege.org/default.asp

Sustainable Seattle: http://www.sustainableseattle.org/

Learning for a Sustainable Future: http://www.lsf-lst.ca/

Action for Happiness: http://www.actionforhappiness.org/

Kelsy and Company: http://elinkelseyandcompany.com/ (hope and the environment)

Green Schools - http://seedsfoundation.ca//index.asp?pid=9

Green School – Bali - http://www.greenschool.org/

Collaborative Consumption: http://collaborativeconsumption.com/

Further Reading


Canada.


