

E622 A AUT23 Wisdom and Happiness

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Before the course begins

- Carefully read the [Assessment Information and Policies](https://learning.london.edu/courses/8888/pages/assessment-information-and-policies) (<https://learning.london.edu/courses/8888/pages/assessment-information-and-policies>).
- Carefully read the [Course Summary](#) and [Learning Outcomes](#).
- Complete the [Course Preparation](https://learning.london.edu/courses/8888/pages/course-preparation) (<https://learning.london.edu/courses/8888/pages/course-preparation>).
- To learn more about **Prof Selin Kesebir**, review the [faculty profile](https://www.london.edu/faculty-and-research/faculty-profiles/k/kesebir-s) (<https://www.london.edu/faculty-and-research/faculty-profiles/k/kesebir-s>).
- If you have any questions about this course, contact your Course Administrator **Benjamin Walker** (brichardwalker@london.edu) (<mailto:brichardwalker@london.edu>).

During the course

- **Only students with an approved extenuating circumstance will be permitted to attend live sessions remotely. In such cases, please refer to the [EC policy](https://learning.london.edu/courses/2984) (<https://learning.london.edu/courses/2984>) or contact your Programme Team.**
- **Recordings will be provided in full**
- The sessions will be taking place in **LT1** (Ratcliffe Building, lower ground floor)
- Each session's online module provides information about the format, concepts covered, readings and resources.
- Course assignments and due dates are available in the course syllabus at the bottom of the page.

Access Library Resources

Databases A-Z (<https://library.london.edu/az.php>)

Search Summon - for books, articles and reports  (<https://lbs.summon.serialssolutions.com/#!/advanced>)

Cite them Right  (<https://www.citethemrightonline.com/>)

Research Guides (https://library.london.edu/friendly.php?s=research_guides)

Navigate to each session's content using the links below:

[Session 1](https://learning.london.edu/courses/8888/pages/1-session-1) (<https://learning.london.edu/courses/8888/pages/1-session-1>)

[Session 2](https://learning.london.edu/courses/8888/pages/2-session-2) (<https://learning.london.edu/courses/8888/pages/2-session-2>)

<https://learning.london.edu/courses/7401/pages/3-session-3> **[Session 3](https://learning.london.edu/courses/8888/pages/3-session-3)** (<https://learning.london.edu/courses/8888/pages/3-session-3>)

[Session 4](https://learning.london.edu/courses/8888/pages/4-session-4) (<https://learning.london.edu/courses/8888/pages/4-session-4>)

[Session 5](https://learning.london.edu/courses/8888/pages/5-session-5) (<https://learning.london.edu/courses/8888/pages/5-session-5>)

[Session 6](https://learning.london.edu/courses/8888/pages/6-session-6) (<https://learning.london.edu/courses/8888/pages/6-session-6>)

[Session 7](https://learning.london.edu/courses/8888/pages/7-session-7) (<https://learning.london.edu/courses/8888/pages/7-session-7>)

<https://learning.london.edu/courses/7401/pages/8-session-8> **[Session 8](https://learning.london.edu/courses/8888/pages/8-session-8)** (<https://learning.london.edu/courses/8888/pages/8-session-8>)

[Session 9](https://learning.london.edu/courses/8888/pages/9-session-9) (<https://learning.london.edu/courses/8888/pages/9-session-9>)

[Session 10](https://learning.london.edu/courses/8888/pages/10-session-10) (<https://learning.london.edu/courses/8888/pages/10-session-10>)

Course Summary

The course is aimed at students who want to reflect on how to live more fulfilling personal and professional lives.

In this course, we will study how we can become wiser and happier in our personal, professional and civic lives. Wisdom is an expertise in dealing with difficult questions of life and adaptation to its complex requirements. Wisdom takes a long-term perspective and underpins individual and societal happiness. Wisdom and happiness are founded on a healthy relationship with reality, with oneself, and with other people. This course will address how to grow in wisdom and happiness, drawing on diverse disciplines and traditions, including psychology, systems theory, philosophy, and the humanities.

Some of the questions we will address are:

- Who is a wise person? What are the sources of wisdom?
- What can science teach us about how we can be happier?
- What are some examples of myopic and short-termist thinking in organizations and what are the consequences?
- What is the relationship between happiness and personal relationships? What types of attitudes, and behaviours does science link to good vs. poor relationships? For example, what predicts divorce vs. happy marriages?
- What are human virtues? Why are certain qualities considered virtues by the world's wisdom traditions (such as courage, honesty, fairness or kindness), but not others (such as attractiveness, richness, or intelligence)?
- Why and how are benevolence, sincerity, respect, courage, gratitude and hope linked to wisdom and happiness?
- How can arts and books support our happiness and flourishing?
- If you would like to spend some of your money on charitable causes, what would those causes be? Why?

Credit: 11

Learning Outcomes

On successful completion of this course, you will be able to:

1. Develop a mastery over the ideas, attitudes and behaviours that lead to sustainable happiness and a generative life.

2. Develop an awareness on the pitfalls of reductionist, myopic, and short-termist thinking in personal, professional, and societal life.
3. Articulate your most fundamental values and character strengths, and reflect on how you can maximize their relevance in your life, to increase your happiness and the happiness of others.
4. Reflect on how you can make the world a better place by leveraging your values, character strengths, and skills.
5. Identify domains and methods by which you can grow in wisdom and happiness.



After the course











You can view the course materials* and your assignments:





- Click on the **Courses** tab from the main Canvas left hand Navigation menu.
- Then, click on the **All Courses** link.
- On the next page, scroll down to view **Past Enrolments**, where you will be able to view your past courses.
- **Please note that due to copyright restrictions some of the course materials are purchased only for the duration of the course (up to the final submission deadline). You must therefore download the materials during this period for personal use; we will be unable to share these materials with you once the course has finished.*

Calendar

- For calendar view & room information click a session link below.

Date	Details	Due
Mon Oct 23, 2023	 Session 1 (https://learning.london.edu/calendar?event_id=255203&include_contexts=course_8888)	8:15am to 11am
	 Session 2 (https://learning.london.edu/calendar?event_id=255204&include_contexts=course_8888)	12:45pm to 3:30pm

Date	Details	Due
Tue Oct 24, 2023	 Session 3 (https://learning.london.edu/calendar?event_id=255205&include_contexts=course_8888)	8:15am to 11am
	 Session 4 (https://learning.london.edu/calendar?event_id=255206&include_contexts=course_8888)	12:45pm to 3:30pm
Wed Oct 25, 2023	 Session 5 (https://learning.london.edu/calendar?event_id=255207&include_contexts=course_8888)	8:15am to 11am
	 Session 6 (https://learning.london.edu/calendar?event_id=255208&include_contexts=course_8888)	12:45pm to 3:30pm
	 Reflection on Character Strengths (https://learning.london.edu/courses/8888/assignments/54328)	due by 11:59pm
Thu Oct 26, 2023	 Session 7 (https://learning.london.edu/calendar?event_id=257867&include_contexts=course_8888)	8:15am to 11am
	 Session 8 (https://learning.london.edu/calendar?event_id=257868&include_contexts=course_8888)	12:45pm to 3:30pm
Fri Oct 27, 2023	 Session 9 (https://learning.london.edu/calendar?event_id=257869&include_contexts=course_8888)	8:15am to 11am
	 Project Presentation (https://learning.london.edu/courses/8888/assignments/54326)	due by 11:59am
	 Session 10 (https://learning.london.edu/calendar?event_id=257870&include_contexts=course_8888)	12:45pm to 3:30pm

Date	Details	Due
Thu Nov 2, 2023	 Course Evaluation - E622 A AUT23 - Wisdom & Happiness - Selin Kesebir (https://learning.london.edu/courses/8888/assignments/54863)	due by 2:40pm
Fri Nov 3, 2023	 Project Report (https://learning.london.edu/courses/8888/assignments/54327)	due by 11:59pm
Mon Nov 6, 2023	 Wisdom and Happiness Bucket List (https://learning.london.edu/courses/8888/assignments/54329)	due by 11:59pm
	 Class Participation (https://learning.london.edu/courses/8888/assignments/54324)	