

**HAPPINESS & CULTURE – 90696 ANT 205N H1**

Place: Cornell Social Sciences Room 121

Day &amp; Time: Mondays at 6:45PM – 9:15PM

Professor: Bahiyyah Maroon Ph.D.

Email: bmaroon@rollins.edu Phone: 415.823.8277

Office Hours: By Appointment

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**COURSE SCHEDULE**

<b>DESCRIPTION OF REQUIREMENTS</b>	<b>Class Date</b>
<ul style="list-style-type: none"><li>• Course Introduction</li></ul>	Aug. 22
<ul style="list-style-type: none"><li>• Complete “Happiness Is” Film</li><li>• Complete “Happy” Film</li><li>• Accept DropBox Invitation (By 8/24)</li><li>• Weekly Activity Submission – Due on 8/29</li></ul>	Aug. 29
<ul style="list-style-type: none"><li>• NO CLASS MEETING HOLIDAY</li><li>• Practice Weekly Activity</li></ul>	Sept. 05
<ul style="list-style-type: none"><li>• Read Chapter 8 in “Pursuit of Happiness”</li><li>• Weekly Activity Submission</li></ul>	Sept. 12
<ul style="list-style-type: none"><li>• Read “Being Alive Well” Pages 14 – 19, Pages 59 - 80</li><li>• Weekly Activity Submission</li></ul>	Sept. 19
<ul style="list-style-type: none"><li>• Complete “Free the Mind” Film</li><li>• Read Chapter 11 in “Pursuit of Happiness”</li><li>• Weekly Activity Submission</li></ul>	Sept. 26
<ul style="list-style-type: none"><li>• Read Chapter 6 in “Pursuit of Happiness”</li><li>• Weekly Activity Submission</li></ul>	Oct. 03
<ul style="list-style-type: none"><li>• Read Chapter 7 in “Pursuit of Happiness”</li><li>• Weekly Activity Submission</li></ul>	Oct. 10
<ul style="list-style-type: none"><li>• Read Chapter 1 – 2 in “Happiness Track”</li><li>• Weekly Activity Submission</li></ul>	Oct. 17
<ul style="list-style-type: none"><li>• Read Chapter 4, Being Alive Well</li><li>• Read “Chapter 3 – 4 in “Happiness Track”</li><li>• Weekly Activity Submission</li></ul>	Oct. 24
<ul style="list-style-type: none"><li>• Complete “Alive Inside” Film</li><li>• Complete “The Music Instinct: Science &amp; Song”</li><li>• Term Assignment One Due (Essay)</li></ul>	Oct. 31

<ul style="list-style-type: none"> <li>• Read Chapter 10 in “Pursuit of Happiness”</li> <li>• Weekly Activity Submission</li> </ul>	Nov. 07
<ul style="list-style-type: none"> <li>• Complete “A Hero’s Journey”</li> <li>• Read “We Live in the World &amp; the World Lives in Us” PDF</li> <li>• Weekly Activity Submission</li> </ul>	Nov. 14
<ul style="list-style-type: none"> <li>• Complete “15 Reasons to Live” Film</li> <li>• “National Differences in Subjective Wellbeing” PDF</li> <li>• Weekly Activity Submission</li> </ul>	Nov. 21
<ul style="list-style-type: none"> <li>• Term Assignment Two Due (In Class Presentation)</li> <li>• Weekly Activity Completion</li> </ul>	Nov. 28
<ul style="list-style-type: none"> <li>• Term Assignment Three Due (Essay)</li> <li>• Weekly Activity Completion</li> </ul>	Dec. 5

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### **COURSE SYLLABUS**

#### **COURSE DESCRIPTION:**

This course draws on anthropology and interdisciplinary insights to guide students in an exploration of happiness and wellbeing in cultural contexts. We will learn about understandings of happiness and wellbeing through cultural frames such as feelings, beliefs, and the body. During the term we will consider cases in global contemporary cultures including but not limited to America, Japan, the Cree Nation of Canada, China, and India.

#### **REQUIRED TEXTBOOKS:**

Matthews, G. & Izquierdo, C. (Eds.). (2009). Pursuits of Happiness: Well Being in Anthropological Perspective. Brooklyn, NY: Berghahn Books. ISBN-10: 1845457080 Estimated Cost is \$30.00

Seppala, E. (2015) The Happiness Track. NYC, NY: HarperOne. ISBN10: 0062344005 \$19.00

Adelson, N. (2000). Being Alive Well: Health and the Politics of Cree Well-Being. Toronto, Canada: University of Toronto Press. ISBN-10: 080 2083269 Estimated Cost is \$25.00.

#### **COURSE FILMS:**

**“Happy”** – Available on Amazon (4.99)

**“Happiness Is”** – Available on Amazon (4.99)

**“Free the Mind”** - Available on Amazon (4.99)

**“Stress Portrait of a Killer”** Free on TopDocumentaryFilms

**“Alive Inside”** – Available on Amazon (4.99)

**“The Brain Inside”** – Available on Amazon (4.99), Vimeo (4.99)

**“The Music Instinct”** Free on TopDocumentaryFilms

**“A Hero’s Journey”** – Available on Vimeo (free)

**“15 Reasons to Live”** – Available on Amazon (4.99)

\*Note that many of the films are available on Netflix and Hulu subscription services

## COURSE EXPECTATIONS

**Credit Statement:** This course is a four credit-hour course; The value of four credit hours results from work expected of enrolled students both inside and outside of the classroom. Rollins' faculty require that students average approximately 2 ½ hours of outside work for every hour of scheduled class time.

For the Happiness & Culture class, coursework you will undertake outside of class includes learning how to conduct research deploying social science methods. You will engage in activities that include surveying, document research, and participant observation. Further, you will expand your critical thinking skills through assigned reading and written essay assignments.

You will be graded in three areas of work, which are class participation, weekly activities, and term assignments. There are three term assignments during the semester. Both class participation and weekly activities constitute weekly graded work.

**Weekly Activities:** You will have an opportunity to gain hands on practice with social science research methods including surveying, interviewing, and participant observation during the course. As well, you will refine your writing and critical thinking skills in response to readings and films in the course. Weekly activities are to be completed in conjunction with required completion of all assigned readings and or multimedia content. Required weekly activity descriptions are provided to students in writing and additional instructions given in class.

**Class Participation:** When in class you will receive a participation grade each week. To receive a full grade you must *a) take notes, b) contribute to discussions, c) be an active learner.* We are a participatory learning environment. ***This is not a lecture class.*** Your grade each week is dependent upon your arrival to class having completed the required readings and or multimedia content and actively participating during the course time period. Class participation is a large portion of your course grade so please be prepared to be a fully engaged learning community member each week.

**Term Assignments:** During the term you will have three assignments, which are two essays and one presentation. The assignments give you an opportunity to develop your abilities in critical thinking, applied research, and cultural literacy. Each assignment is to be completed following the directions provided to students during the course.

## COURSE GRADE EVALUATION RUBRIC

Grading rubric is as follows:

Class Participation	=	30%
Weekly Activities	=	30%
Term Assignments	=	40%
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Total	=	100%

Grading Scale:

	A = 95-100	A- = 94 - 90
B+ = 87-89	B = 84-86	B- = 80-83
C+ = 77-79	C = 74-76	C- = 70-73
D+ = 67-69	D = 64-66	D- = 60-63
	F = 0-59	

### Rollins College & Course Policies

- All course weekly activity and term assignments must be submitted by the date they are due. Late assignments will not be accepted without a valid excuse (limited to Doctor's Note). In the event that an assignment is missed with a valid explanation, the student will be given a date by which the assignment is required to be turned in.
- **Classroom Technology Policy:** We will regularly use digital technologies during class and you are encouraged to bring smartphones and laptops. The use of these technologies for anything other than coursework is prohibited. Using digital devices for *any* non-course related activities during class will result in a 0 for that day's class. There are no exceptions to this policy. Two violations will result in your being barred from use of digital technologies in the classroom, which may impact your grade, as it will prevent full participation in certain class work.
- All students must adhere to the Rollins Academic Honor Code. A violation of the Honor Code will result in consequences per Rollins guidelines.
- Plagiarism is absolutely forbidden. **Any act of plagiarism will result in automatic course failure.** If you are uncertain about citations please speak with the professor directly. There are no exceptions to this policy. Do not plagiarize.

- **Last Date to Withdraw Without Academic Penalty** is October 28<sup>th</sup>. Students should contact the Holt School Office if there are questions regarding withdrawal deadlines, policies, or procedures. If you are having difficulties in the course, please speak with the instructor first to determine proactive steps to assist you in achieving your goal of course completion.
- **Attendance Policy:** If you are absent more than twice without a valid reason you will receive a full letter grade deduction. If you are absent more than three times without a valid reason you run the risk of failing the course. Valid absences must be documented (doctor's note, accident report, etc.).
- The professor reserves the right to make changes to the schedule/ syllabus provided students are notified of changes in writing within a timely fashion.
- Assistance with writing assignments can be found at the Tutoring and Writing Center. All students (regardless of writing level) are encouraged to take advantage of the helpful editing insights of the Center's staff.

### **Disability Statement of Our Classroom:**

As a professor, I strive to make the classroom an inclusive environment for all learners. Throughout the term, if you have issues related to cognitive and/ or physical ability (this includes anxiety disorders, depression conditions, mental health disorders generally, learning disabilities, and physical disabilities among others) please let me know what your learning challenges are. We will work together to establish the supports that you need to excel in your academic pursuits. You are not required to have formal paperwork to discuss a possible disability. Like all of your professors, it is my job to be an instructional support to students in the classroom. If any form of disability appears to be hindering your academic progress, know that I am always available to discuss what methods and resources you can utilize to ensure a fully accessible learning experience.

### **Students with Disabilities**

Rollins College is committed to equal access and inclusion for all students, faculty and staff. The Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 create a foundation of legal obligations to provide an accessible educational environment that does not discriminate against persons with disabilities. It is the spirit of these laws which guides the college toward expanding access in all courses and programs, utilizing innovative instructional design, and identifying and removing barriers whenever possible.

If you are a person with a disability and anticipate needing any type of academic accommodations in order to fully participate in your classes, please contact the Disability Services Office, located in the Mills Memorial Building, Room 217, as soon as possible. You are encouraged to schedule a Welcome Meeting by filling out the “First Time Users” form on the website: <http://www.rollins.edu/disability-services/> and/or reach out by phone or email: 407-975-6463 or [Access@Rollins.edu](mailto:Access@Rollins.edu).

All test-taking accommodations requested for this course must first be approved through the Disability Services Office (DSO) and scheduled online through Accommodate at least 72 hours before the exam. Official accommodation letters must be received by and discussed with the faculty in advance. There will no exceptions given unless previously approved by the DSO with documentation of the emergency situation. We highly recommend making all testing accommodations at the beginning of the semester. DSO staff are available to assist with this process.

### **Academic Honor Code**

Membership in the student body of Rollins College carries with it an obligation, and requires a commitment, to act with honor in all things. Because academic integrity is fundamental to the pursuit of knowledge and truth and is the heart of the academic life of Rollins College, it the responsibility of all member of the college community to practice it and to report apparent violations. The following pledge is a binding commitment by the students of Rollins College:

**The development of the virtues of Honor and Integrity are integral to a Rollins College education and to membership in the Rollins College community. Therefore, I, a student of Rollins College, pledge to show my commitment to these virtues by abstaining from any lying, cheating, or plagiarism in my academic endeavors and by behaving responsibly, respectfully and honorable in my social life and in my relationships with others.**

This pledge is reinforced every time a student submits work for academic credit as his/her own. Students shall add to all papers, quizzes, tests, lab reports, etc., the following handwritten abbreviated pledge followed by their signature: **“On my honor, I have not given, nor received, nor witnessed any unauthorized assistance on this work.”** Material submitted

### **Course and Instructor Evaluation**

At the end of each semester, students are asked to evaluate the course and instructor. These evaluations are extremely valuable in the teaching and learning process on our campus. Student evaluations help assess student perceptions of classroom learning

and often lead to improved teaching. Your feedback is important and Rollins students are encouraged to be honest, fair, and reflective in the evaluation process.

The online evaluative survey is anonymous. Students are never identified as the respondent. Instead, each student's comments are assigned a random number. You will be asked to rate your course and instructor on a numerical scale and through narrative comments.

For the fall and spring terms, the online Course and Instructor Evaluation (CIE) process opens at 8:00 a.m. on the first scheduled date. It remains open for a period of 14 days (2 weeks) until 12:00 a.m. (midnight) on the final scheduled date. For the summer term, the CIE process will be open for a period of seven days for the six-week sessions. The evaluation period ends prior to the start of final examinations and faculty cannot access completed evaluations until 10 days after the end of final exams.

Students will receive one email at the start of the CIE period, one after the 15th day, and a final reminder the day before the CIE period ends. Students who complete evaluations for all classes will be able to view grades ten-days before students who do not complete an evaluation form.

Please note that independent studies, internships, and applied music courses (MUA) are excluded from the online process. Also excluded for confidentiality reasons are courses with enrollments of three or fewer students. The tentative dates for evaluation are November 18, 2016 – December 2, 2016.

### **Title IX Statement**

Rollins College is committed to creating and maintaining a community in which students, faculty and staff can work together in an atmosphere free of sex and gender based discrimination. Rollins is strongly opposed to all forms of sex and gender based discrimination (including sexual assault, intimate partner violence, stalking, and sexual harassment) and is committed to providing support, resources, and remedies to individuals that have experienced sex and gender based discrimination. Faculty members are responsible employees under Title IX and must share information about sex and gender based discrimination with the Title IX Coordinator. Information about available confidential resources, support services, and reporting options can be found online at [www.rollins.edu/sexual-misconduct](http://www.rollins.edu/sexual-misconduct).



