

Social Psychology Final Exam: Happiness Project

Introduction:

According to Positive Psychology research, happiness is a skill that can be learned and practiced. Like any other skill, with practice the skill becomes automatic and almost an unconscious act. For example, think about when you learned to drive. At first you had to make a conscious decision to turn on your turn signal before making a turn. Chances are by now, as you have practiced your driving skills, that you no longer consciously think about turning on the turn signal because skill has become a learned skill. Happiness is the same way. This project is intended to help you improve and develop your skills and cultivate your own happiness and that of others as well.

If you recall, The Happy Movie identified six skills or practices that are essential for improving happiness. These practices were (1) Expressing your Gratitude, (2) Doing Something Kind, (3) Connecting to your Community, (4) Playing, (5) Getting in the Flow, and (6) Trying Something New. These six skills will be the focal points for completing this project.

Task One: Create a Visual Documentary – DUE DATE MAY 7, 2018

Over the next three months (January 29, 2018 – May 7, 2018) you are to complete *at least* one task showing and describing how you have personally met **each** of the six practices mentioned in the film *Happy*. As you complete these tasks you are to create a visual documentary of your journey. Your visual documentary may be in a media form of your choosing. Examples may include a movie, slideshow, poster, scrapbook, collage, tri-fold display, etc. The only absolute requirement is that you **MUST** provide visual proof (i.e. photographs) of you completing each task including the date of when the task occurred. Also, you must include a clearly written description of how your photograph, and your experience, meets the description of the practice you have selected for that photograph. Remember, a documentary tells a story so this is a story of your journey to happiness.

Please take a serious approach to this project. All tasks must be completed between the dates listed above. **NO PRIOR ACTIVITIES AND/OR EXPERIENCES MAY BE USED TO SATISFY ANY PART OF THIS PROJECT.** Choose tasks that are meaningful to you when completing this project, avoid simple, lazy attempts to meet the requirements. Tasks should be novel and genuinely connect to the six practices. Any tasks deemed to not meet the rigor of a high school class will not be accepted.

Remember, you are juniors and seniors and your work quality should represent this level of work. Work that is deemed to be below grade level will not be accepted for grading. In addition, all work must be school appropriate and legal. Finally, this is an independent project; no teams will be permitted. It is possible, however, that some tasks may be completed together but each student must complete their own project.

Task Two: Oral Presentation

Beginning on May 7, 2018, students will orally present their projects to the class. In this presentation you will need to share with the class all of your photographic evidence as well as explain how each photograph relates to the six practices described in the movie *Happy*. In addition, you should explain how completing the tasks impacted your own happiness.

Task Three: Reflection/Essay of Your Experiences

Students will complete a personal reflection and evaluation of the project following completion of their class presentation.

Grading: (Project will be valued at 20% of the student's overall semester grade)

Given the nature of this assignment this project will be graded primarily on completion of tasks, effort, and timeliness. There is no real "right or wrong" answers to the project but more of a visual and personal connection to the six practices of the film.

To earn an "A" grade on this project a student must complete a minimum of **3 tasks in each skill category** for a total of 18 or more completed items, **present** their material to the class, and complete a **project reflection essay**. A student completing these tasks will receive 100% of the possible points.

To earn a "B" grade on this project a student must complete **2 tasks in each skill category** for a total of 12 completed items, **present** their material to the class, and complete a **project reflection essay**. A student completing these tasks will receive 89% of the possible points.

To earn a "C" grade on this project a student must complete **1 task in each skill category** for a total of 6 completed items, **present** their material to the class, complete a **project reflection essay**. A student completing these tasks will receive 79% of the possible points.

To earn a "D" grade on this project a student must complete **1 task in 5 of the skill categories** for a total of 5 completed items, **present** their material to the class, complete a **project reflection essay**. A student completing these tasks will receive 69% of the possible points.

To earn a "D-" grade on this project a student must complete **1 task in 5 of the skill categories** for a total of 5 completed items and complete a **project reflection essay**. A student completing these tasks will receive 60% of the possible points.

Any student who fails to complete at least five of these tasks will receive a zero score for this project.

All late projects will receive one full grade deduction in the project grade.