

The Happiness Journal

The amount of happiness that you have depends on the amount of freedom you have in your heart.

- Thich Nhat Hanh

Description: The journal is designed to help you reflect upon the readings, class discussions, and your experiences related to happiness. Journal entries should be creative expressions and may include images and reflective comments and questions based on, or inspired by readings and discussions that occur in the classroom, relevant contemporary issues in the media, your observations and personal experiences, or on other topics related to the course. You are strongly encouraged to be creative and illustrate your entries with images and drawings. Examples will be provided on D2L and discussed in class.

Number and Length of Entries: You will need to fill two 8.5x7, 16-Page Blue Books (feel free to use the inside covers, as well) during the semester; one during the first half and the other during the second half of the semester (see due dates below).

Format: The journal must be kept in an 8.5x7, 16-page Blue Book. Entries can be typed or hand written but all materials should be attached to the Blue Book pages. **Note:** You will need to purchase two 8.5x7, 16-page Blue Books (they are available in the UA Bookstore).

First Journal Set – One Blue Book (March 7): The first entry (first page, *NOT* the entire Blue Book) should comment on yourself; tell us who you are, where you're from, what you do (in addition to being a student), and about your interests.

This Journal set must also include one entry for each of the two movies: *Happiness 101* and *Happy*. These two entries should identify and discuss one thing in each movie that made an impression on you or you found interesting and why.

Second Journal Set – One Blue Book (April 25): The last entry (the last page at the end of the semester) should comment on this course; for example, what you learned, enjoyed (or not) about the course, and what, if any, lifestyle changes you have been inspired to make to achieve greater happiness.

Special Journal Assignments: Throughout the semester, I may announce (in class) additional topics on which you must write about in the journal.

Due Date and Time: Journals must be submitted in person in class on the due dates. ***Late journals will not be accepted.***

JOURNAL RUBRIC

Grade:	A	B	C	D	E
	15-13.5	13.25-12	11.75-10.5	10.25-9	8.75-0
<u>Engagement with Class Material</u>	Very engaged, thought hard about what they wrote/created	Semi-engaged, some content not related to happiness or content too "fluffy"	Some engagement, some "filler", talks about happiness in a vague way that seems unrelated to class	Not engaged with material, no effort to relate to class	No engagement
<u>Fully Developed Pages</u>	16 to 13 pages with writing or developed creative material (not just scribbles or photos)	12 to 10 pages with solid writing or developed art, some blank or clearly "filler"	10 to 8 pages with pretty solid writing or developed creative material	Any less than 8 pages with developed material or writing	Highly undeveloped
<u>Coherence</u>	Easy to comprehend, a reader can follow the flow of the journal, legible handwriting	Pretty easy to follow, some unclear passages, not too difficult to read	Most passages hard to follow, unclear on main points, fairly difficult to read	More unclear than clear passages, writing style difficult to follow, illegible handwriting	Incoherent
<u>Fulfills Required Topics</u>	First Journal entry includes detailed information on self; Second Journal includes detailed comments on the class, including what was learned and how it affected them personally; Addresses any additional topics assigned in great detail	First Journal entry includes minor biographical details; Second Journal includes only minor comments on class, including description of what was learned or does not discuss their interpretation; Addresses some additional topics, but not all or does so only briefly	No introduction of self in First Journal; No discussion of class, including what was learned in Second Journal; Does not address additional assigned topics	No introduction of self in First Journal; No discussion of class and what was learned in Second Journal; Does not address additional assigned topics	Does not fulfill requirements
<u>Commitment</u>	Student clearly took time and effort in putting journal together	Student spent some time on parts of the journal, but other parts look rushed or last minute	At least half of the material looks like student spent time on it, but half seems rushed or last-minute	Clearly thrown together at the last minute, no care taken	No commitment demonstrated