DEFINING HAPPINESS:
LIFELONG IMPLICATIONS FOR WELL-BEING

with Leo Lachut

Become a pioneer of authentic happiness

TUESDAYS | 11:00–11:50AM

Reflect on your own personal happiness. Through our own self-discovery process, we will also explore and discuss prominent mental health issues, and the implications these have for college campuses. We will also consider various theoretical approaches to the study of personal happiness and well-being.