



FIRST YEAR PROGRAMS, LEARNING COMMUNITIES,
ACADEMIC ACHIEVEMENT CENTER,
INNOVATION ZONE

UNIV 1820.005

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.