

YALE SCIENCE OF WELLBEING COURSE Oct 14 – Dec 16, 2021

(start date moved ahead by a week due to dysfunction of SISU)

SELF STUDY and Zoom Learning Circle on Thursdays 5-6 pm:



Laurie Santos – Yale University
Creator of course



Laura Arpiainen – Aalto University
Aalto weekly learning circle facilitator

Welcome to the YALE Science of Wellbeing Class! This will be the third time this class is offered at Aalto and it is open to both students and staff. This is a ten week self-study program that is FREE on Coursera, supplemented by weekly Zoom meetings at Aalto.

SIGN UP in SISU: Special Project for Architecture - Luento-opetus - 4.10 -12.12. 2021

WHAT TO DO BEFORE THE FIRST CLASS (Thu Oct 14, 2021)

1. Register with COURSERA and watch / read the first week's material. Everyone needs to do this individually; I cannot sign people to this class.
2. The link is here: <https://www.coursera.org/learn/the-science-of-well-being>
3. Watch every week's material / do each week's assignments **before** our Thursday meetings.

DIFFERENT ATTENDANCE OPTIONS FOR THIS CLASS

1. ATTENDING FOR CREDIT (3 cr.)

To obtain the 3 credits, you need to complete and participate in the class, attend all the Zoom sessions, do the assignments, and hand in a post-course assignment within a week of the last meeting.

2. ATTENDING, BUT NOT FOR CREDIT

People in this category are attending for their own enrichment. These are mostly Aalto staff members. We can issue a certificate of attendance to these participants. Welcome!

3. ATTENDING AND WANTING YALE CERTIFICATE

If you want a certificate from Yale, you need to pay a fee to Yale (about USD 50) and send your assignments to Yale. I have nothing to do with this option and students who choose this option are asked to manage their communications with Yale on their own.

STUDY PARTNERS / BUDDY SYSTEM

We will use a study buddy system – you can sign up with a friend, or I can pair people up after the first session. Please treat the study buddy relationship with sincere commitment, trust, respect and confidentiality. You may be amazed with what you learn.

CLASS SLIDES

During the Zoom sessions, I will be showing slides. All the slides will be uploaded to MyCourses after each session.

For participants who are not attending via SISU/MyCourses, I will email the slides. Kindly note that the slides are intended for your personal use only.

DIVERSITY AND INCLUSION

I am committed to providing instruction in a way that is informed on levels of diversity and inclusion. Please let me know about any issues you may have that may affect your ability to participate in this course.

These issues may include - but not be limited to - personal circumstances, your physical, mental, emotional and energetic health, your general wellbeing, and language ability. All personal issues will be respected and dealt with in confidence.

I strive to provide an environment where everyone can be successful. Please help me by offering suggestions on how I can continue to grow in this area.

Yours in service,

Laura Arpiainen

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Text / WhatsApp 050 465-2065

COMMENTS FROM PAST PARTICIPANTS OF THIS COURSE:

I think the most important thing I learned from this course is that I can actually influence my wellbeing myself.

I am so happy I took this class. The knowledge I gained and the whole new set of tools about changing your ways and reaching your goals I was introduced to I find very valuable.

The hardest 3 ECTS in my life so far.

Toivon kovasti, että kurssi otetaan suureen jakoon ja todella kaikkien saataville ja tietoisuuteen, sen verran merkittävänä sitä pidän itselleni ihan koko elämää ajatellen. Siis kiitos Laura!

I was surprised when I did the two happiness tests again now at the very end of the course: all the scores were higher than 10 weeks ago.

This pairing was certainly well made. I was so grateful to have met someone with whom I could be open with such immediacy, who was so open to my thoughts. It was a truly valuable part of the experience of this course and helped me go beyond the material of the course to experiential learning through sharing. This to me is the premise of the learning here that diverse thinking with community helps to create more healthy thinking.

Kaiken kaikkiaan kurssin jälkeen huomaan olevani selkeästi onnellisempi. Suhtaudun asioihin positiivisemmin, tunnen elämäni merkityksellisemmäksi, suhteeni läheisiini on syventynyt, kun olemme keskustelleet kurssin teemoista ja ennen kaikkea en tunne oloani enää yhtä yksinäiseksi kuin alussa.

...without the weekly meetings and discussions the Yale course wouldn't have had that much affect on my life. Thanks to the open and relaxed atmosphere, I felt more connected to other people than in a long time.

This course was quite different than other courses. It was nice change and it did teach me some good skills. I also realized new things about myself.

Along the weeks I really started to enjoy this journey and it really became more than I had anticipated. I think it was really refreshing to have these couple of hours a week dedicated solely to the themes of well-being.

Thank you for the very heart-warming sessions.

The discussions between me and my study buddy were rich and the subjects varied from day-to-day life to architecture and sometimes even to the course subjects. I very much hope to keep in touch with her even the course has ended.

Kurssi vaikutti aiheeltaan mielenkiintoiselle, ja ajattelin, että mikä ettei, lisätieto hyvinvoinnista ei varmastikaan olisi minulle pahaksi. Odotin kuitenkin jotain aivan toisenlaista. Odotin jotain teoreettisempaa ja tieteellisempää lähestymistapaa kysymykseen, mikä tekee meidät onnelliseksi. Kyllähän se sitä olikin, mutta se ei kuitenkaan ollut lopulta kurssin ydinasia. Nyt kurssin loputtua olen oikeasti hämmästyttävä ja jopa innoissani. Tämän tyyppistä voisi olla paljon enemmänkin. Kurssi sai oikeasti miettimään valintoja ja ajattelua elämästäni. En ole ikinä törmännyt ennen näin hyvällä tavalla itsekeskiseen kurssiin, jossa lähtökohtana on vain minä itse.

This course has been a refreshing reminder of the importance of self-care and self-love we should all cultivate to be the best us we can; for ourselves and others.