Science of Happiness
For Better. For Good.

Prof Bruce Hood / Dr Sarah Jelbert
School of Psychological Science, University of Bristol
What?
• 20-credit open unit for first year undergraduates
• Teaches positive psychology, critical thinking + happiness hacks

Who?
• TB1: 160 students
• TB2: 230 students
Content:
• 12 x lectures
• Weekly ‘happiness hubs’
  • Activities include: gratitude discussions, meditation, volunteering, campus walks, netball, learned optimism exercises, acts of kindness etc.
• Weekly written journals
• Group project

Assessment:
Pass/Fail based on attendance and engagement (No exams).
Research:
• Experimental Group (TB1) vs. Waiting List Control (TB2)
• Completed well-being survey in October 2019 (+ Dec, Jan, June)

Engagement measured via:
• Attendance
• Journals (word count, themes)
• Direct question on prioritising well-being
Happiness Hacks:
- Gratitude
- Kindness
- Social Connection
- Savouring
- Meditation
- Exercise
- Sleep

Contact:
Prof Bruce Hood
Bruce.Hood@Bristol.ac.uk

Dr Sarah Jelbert
Sarah.Jelbert@Bristol.ac.uk