This course is a forward looking experience that explores potential agencies of human being and doing by examining and innovating ideas and practices involving the beliefs, expectations, autonomy, and connections we can have in our daily lives.

The course begins with considering various determinants and definitions of wellbeing and happiness to establish an individual reflection of one’s own values related to living well.

This is followed by each student becoming part of an interdisciplinary collaboration with peers to design a future project aimed at promoting wellbeing and happiness for self and society.

Mon + Wed 5:30-7:30pm in Education City

contact your university registrar to inquire about enrolling in this course!