



Understanding Happiness

Summary Writing

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Student

Two types of lesson

Lesson#1: [Easy] ***** [B2/C1]

1. Try to predict the content of the text. Write down key terms & ideas.
2. Read the text & check words & meanings with a dictionary.
3. Identify the key points & support & complete the **outline**.
4. Write the summary – only one paragraph (200-250 words).
5. Check key points with the **completed outline & model answer** (try to achieve 4 key points and 4 support points).
6. Answer critical thinking questions & check answers.

Lesson #2: [Hard] ***** [C1]

1. Read text – no dictionary.
2. Identify key points and support.
3. Write the summary – only one paragraph (200-250 words).
4. Check key points with the **completed outline & model answer** (try to achieve 4 key points and 4 supporting points).
5. Answer critical thinking questions & check answers.

Teacher

Two types of lesson

Lesson#1: [easy] ***** [B2/C1]

1. Distribute text a week /day before the test. Students read, check vocabulary & meanings.
2. Test day – distribute a **new copy of text** and **summary question**.
3. Set 1 hour to read text, take notes and write a one-paragraph summary of 200-250 words.
4. Feedback¹: take in and mark [use correction code*].
5. Feedback²: distribute **completed outline & model answer**.
6. Summary Marking: Should contain at least 4 main ideas with support – see Summary Key Points pg.21.
7. Extra: Answer critical thinking questions / group discussion (30 minutes).

Lesson #2: [hard] ***** [C1]

1. Set 1 hour to read the **text** and write a one-paragraph summary of 200-250 words.
3. Feedback¹: take in and mark [use correction code*].
4. Feedback²: distribute **completed outline & model answer**.
5. Summary Marking: Should contain at least 4 main ideas with support – see Summary Key Points p.21.
6. Extra: Answer critical thinking questions / group discussion (30 minutes).

Correction code*: www.academic-englishuk/error-correction

Understanding Happiness: Reading Test

by J. Mills (2020)

Understanding happiness seems simple. Indeed, it is included in most elementary children's books and songs, and [redacted] research happiness and how to cultivate **it** require a less subjective and more nuanced definition. The Greater Good Science Centre at UC Berkeley endorses [redacted] experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and [redacted]. This is a useful definition as **it** includes many levels of happiness. Certainly, not all experiences of happiness are, or should be, the same and should depend both on [redacted] as work or home.

In order to meaningfully research happiness, The Organisation for Economic Co-operation and Development (OECD) has [redacted]: cognitive or "life evaluation," affective and eudaimonic (OECD, 2013). The cognitive dimension is holistic and involves [redacted] of what a good life looks like. According to Kahneman and Kruger (2006), this measure is closely related to how we make and evaluate decisions. The affective dimension is [redacted] they define happiness; it is the positive feeling one experiences at any given moment. **This** can be difficult to measure, [redacted] remembered correctly. Lastly, the eudaimonic dimension can be defined as purposefulness or meaning. For example, doing really challenging volunteer work may not make you feel [redacted] may [redacted] highly, but **it** will probably increase your eudaimonic dimension of happiness significantly.

Work plays an important part in all three happiness measures. The Happiness Research Institute ([redacted] at one company, Valcon, and found that 40% of the differences in happiness between employees could be explained by four factors: stress, social relations, work satisfaction [redacted] demographics at the company. Men were happier than women and younger employees were happier than older employees. [redacted] social relations, not the quantity, that positively affected happiness ratings. Using **this information**, the company could implement strategies to reduce stress and [redacted] in their employees (Happiness Research Institute, 2018). However it is notable that the report did not include [redacted] the happiness gender gap at Valcon was caused by cultural factors at the company, or whether actions were [redacted].

The Happiness Research Institute also implemented a more international, multicultural happiness study focusing on the home. **They** found a [redacted] was the most important factor in home happiness (Happiness Research Institute, 2019). They further found [redacted] doing home improvement projects, greatly improved that feeling of pride. It should be noted, however, that the study was partially funded by B&Q, a major [redacted]. Other important factors included age, as people over fifty were much happier with their homes, and how long one had stayed [redacted] not as important as feeling secure in their homes.

The most remarkable study of happiness included work, home, and indeed entire lifetimes of happiness [redacted]. Development followed men from different backgrounds from their teens in 1938, measuring and recording **their** health and happiness over the next eighty years, and are now [redacted] current director Robert Waldinger (2015) said in his popular TED talk, the most important indicator of lifelong [redacted] important than money, education or other factors we expect from a “successful” life, what actually makes people consistently happy is to be well connected [redacted], (2017).

In conclusion, both the Harvard study and the Valcon study emphasise the need for strong relationships, although pride in [redacted]. These correspond to the three dimensions of happiness (OECD, 2013). Strong relationships fulfill the eudaimonic [redacted] to the cognitive dimension of life evaluation. This research suggests that perhaps the affective dimension, the simple, fleeting feeling of happiness, is the [redacted].

References

Greater Good Science Center. (2020). [redacted]
[redacted]

Happiness Research Institute. (2018). *The Valcon Happiness Lab Working Paper 1: Initial Results*. Retrieved from: https://6e3636b7-ad2f-4292-b910-faa23b9c20aa.filesusr.com/ugd/928487_70445cf40c2349a693d9081edaaa9f9e.pdf

Happiness Research Institute. (2019). *The Good Home Report*. Retrieved from: https://6e3636b7-ad2f-4292-b910-faa23b9c20aa.filesusr.com/ugd/928487_eb2adab5e0a140baa345eab483fcae83.pdf

Kahneman, D. & Kruger, A. B. (2006). [redacted] Well-Being. *Journal of Economic Perspectives*, 20(1) pp. 3-24.

Mineo, Liz. (2017). Good genes are nice, but joy is better. *The Harvard Gazette*. Retrieved from: <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>

OECD (2013). [redacted]
[redacted]

Waldinger, R. (2015, November). [redacted] *longest study on happiness*. [Video file]. Retrieved from: https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Outline: summary note-taking – take notes on the key points of the article

1. Main idea:
Support:
2. Main idea:
Support:
3. Main idea:
Support:
4. Main idea:
Support:
5. Main idea:
Support:

Summary Key Points ANSWERS

A good summary should have the 5 main ideas and 2 points of support for each main idea.

<p>1. Main idea: What happiness is.</p>
<p>Support:</p> <ul style="list-style-type: none"> • Science definition: the experience of joy, contentment, or positive well-being, combined [redacted], meaningful, and worthwhile. • But not all experiences of happiness are the same. Depends [redacted] context (Mills, 2020).
<p>2. Main idea: Three dimensions of happiness (OECD, 2013).</p>
<p>Support:</p> <ul style="list-style-type: none"> • Cognitive: comparing your life to [redacted] looks like. (OECD, 2013). • Related to decision making (Kahneman & Kruger, 2006). • Affective: the [redacted] happiness. It's the positive feelings experienced. Difficult to measure & it quickly changes. • Eudaimonic: [redacted].
<p>3. Main idea: Happiness and work (The Happiness Research Institute, 2018)</p>
<p>Support:</p> <ul style="list-style-type: none"> • Research found four factors connected to [redacted], work satisfaction and self-esteem. • Results [redacted] happiest.
<p>4. Main idea: Happiness and home (The Happiness Research Institute, 2019)</p>
<p>Support:</p> <ul style="list-style-type: none"> • Research found [redacted] happy. • People over the age of 50 are happier in their homes. • Interesting [redacted] was not a factor in feeling happy.
<p>5. Main idea: Research into lifetime happiness (Harvard study).</p>
<p>Support:</p> <ul style="list-style-type: none"> • Studied men for [redacted] & happiness. • Results showed that healthy relationships (Waldinger, 2015) & a strong sense of community(Mineo, 2017) [redacted] for happiness.

Summary

Task: Write a 200-250 word summary on the key elements of Understanding Happiness by J. Mills (2020).

Understanding Happiness - Model Summary

Task: Write a 200 - 250-word summary on the key features of the text

Happiness can be defined as “the experience of joy, contentment, or positive well-being, combined [redacted], and worthwhile” (Lyubomirsky cited in the Greater Good Science Centre, 2020). Although in agreement, Mills (2020) clarifies that [redacted] of happiness [redacted] as well as the context. According to OECD (2013), there are three dimensions of happiness: cognitive [redacted] compares their life to what they believe a good life is like, affective relates to the positive feelings [redacted] purpose and meaning. These three dimensions have been researched in different aspects of people’s lives. [redacted] by the Happiness [redacted]), discovered four factors connected to happiness: stress, social relations, work satisfaction and self-esteem, and the results showed that [redacted], the Happiness Research Institute (2019) undertook another study connected to happiness, but [redacted] results showed that people over the age of fifty were the happiest and homeownership was not a contributing factor. Finally, the [redacted] subjects were men, [redacted] lifetime happiness, and the results indicated that healthy relationships (Waldinger, 2015) and a [redacted] the most important factors.

[235 words]

Critical Thinking Questions

i) What's the stance of the author? What is the evidence for this?

[2 points]

ii) Is this a credible article? Yes /no – why?

[2 points]

iii) Highlight four ideas in the text you would use for an essay on 'Is happiness subjective?'

[4 points]

iv) Highlight two areas in the text that you question, disagree with or lack evidence

[2 points]

Critical Thinking Questions

i) What's the stance of the author? What is the evidence for this?

The author believes that we should be cautious about some of the research into happiness: Happiness Research Institute (2019) home study – [redacted] improve people's happiness? This [redacted] a home improvement company [B&Q].

[2 points]

ii) Is this a credible article? Yes /no – why?

*Yes, good source choice [redacted] used.
But who is the author? Not published or supported by a journal publication. Probably a good idea to use the primary sources.*

[2 points]

iii) Highlight four ideas in the text you would use for an essay on 'Is happiness subjective?'

*P1: Definition (Lyubomirsky, 2020).
P2: Dimensions of happiness (OECD, 2013).
P3: [redacted] (Happiness Research Institute, 2018).
P3: Four factors: stress, social relations, work satisfaction and self-esteem.
P3: [redacted].
P3: Research offers key strategies to improve happiness.
P4: [redacted] Research Institute, 2019).
P4: Home plays a significant role in happiness and pride.
P5: Lifetime happiness data (Harvard Study).
P5: A sense of [redacted] element of a successful life.
P6: Correlation in the research with the examples in the text.
P6: Most important OECD's [redacted] and eudaimonic*

[4 points]

iv) Highlight two areas in the text that you question, disagree with or lack evidence

*P1: Can happiness be defined? [highly subjective? How we feel today could be different tomorrow]
P1: Why has the [redacted] on work and home? [social life? [redacted]? college?]
P2: Cognitive or life evaluation dimension [Can I evaluate my life accurately?]
P2: [redacted] [How many people understand their purpose or meaning in life?]
P3: Research done in only one company [limited research / data]
P3: What [redacted] researched? [Not all [redacted]! – bias study]
P3: Why are men happier at work?
P3: **Interesting point:** social reactions are important.
P4: Do I agree [redacted] is important? [Yes, as it's where we spend most of our time?]
P4: What about the problems of where you live? [disadvantaged [redacted], air pollution?]
P4: The [redacted] isn't as important as feeling secure in your home, but surely homeownership is linked to security and renting can make you feel more insecure.
P4: The research [redacted] store. [This is possibly a bias study]
P5: Why did the Harvard study only research males? [This is possibly a bias study]
P5: **Important point:** a [redacted] of community.
P6: Do I agree that affective dimension is the least important?*

[Any 2 of these – obviously subjective but accept any credible student answer too].

[2 points]