



SPECIAL TOPICS | HDFS 299 | SPRING 2019

HAPPINESS, WELL-BEING AND EMOTIONAL INTELLIGENCE

MONDAY/WEDNESDAY

4-5:50 P.M.

INSTRUCTOR: Shauna Tominey

CREDITS: 4 CRN: 59560

From excited to disappointed, frustrated to stressed, overwhelmed to inspired, we experience many different emotions in any given day. Emotions impact our attention, memory and learning; decision-making and problem solving abilities; the quality of our personal and professional relationships; and our health and well-being.

In this course, explore the science of happiness through a human development and family sciences perspective and learn about research-based strategies that have been shown to enhance happiness and personal and professional well-being.



**Oregon State
University**