



Master of Arts in Happiness Studies – Course Sequence

The MA in Happiness Studies comprises the following ten courses:

Course Number	Title	Credits	Weeks
Required Courses: 30 credits			
GHS 509	Foundations of Happiness Studies	3	8 weeks
GHS 510	Integrative Leaders on Happiness	3	8 weeks
GHS 520	Introduction to Happiness Studies I	3	8 weeks
GHS 521	Introduction to Happiness Studies II	3	8 weeks
GHS 530	Facilitating Happiness I	3	8 weeks
GHS 531	Facilitating Happiness II	3	8 weeks
GHS 540	Philosophy and Happiness	3	8 weeks
GHS 550	A SPIRE Retreat	3	8 weeks
GHS 570	Happiness in Literature and Film	3	8 weeks
GHS 560	Wholebeing Coaching	3	8 weeks
Total Program Credits		30	

GHS 509 Foundations of Happiness Studies (3 credits)

This short and intensive course provides students with a technical foundation as well as a psychological foundation for the entire program. In terms of the technical foundation, students will learn to navigate through the syllabus, understand the ins-and-outs of the Learning Management System (LMS) and become familiar with the building blocks of each course. In terms of the psychological foundation, students will learn a set of particular tools and techniques, as well as some general approaches, that will accompany them and help them grow throughout the program. The two-week course includes a fair amount of preparation that primarily includes reading texts, experimenting with various practices, and watching online lectures.

GHS 510 Integrative Leaders on Happiness (3 credits)

This course explores seven disciplines—Economics, Business, History, Religion, Education, Biology and Music—through the lens of fourteen influential thinkers. The work of each of the thinkers is integrative, in that it brings together theory and practice, different aspects of their chosen discipline, as well as different elements of SPIRE. They have shaped and continue to shape their discipline, while contributing both breadth and depth to our understanding of wholebeing.



GHS 520 Introduction to Happiness Studies I (3 credits)

The course explores happiness through the lens of wholeperson wellbeing (wholebeing). Drawing on a number of disciplines—including psychology, philosophy, neuroscience, economics, theology and literature—this survey course focuses on the five wellbeing dimensions—Spiritual, Physical, Intellectual, Relational, and Emotional (SPIRE). The course is both theoretical, providing an overview of the first seven of the twelve principles that define wholebeing, as well as practical, providing tools and techniques for helping individuals and groups pursue and attain higher levels of happiness.

GHS 521 Introduction to Happiness Studies II (3 credits)

The course continues to explore happiness through the lens of wholeperson wellbeing (wholebeing). The course is both theoretical, providing an overview of the final five of the twelve principles that define wholebeing, as well as practical, providing tools and techniques for helping individuals and groups pursue and attain higher levels of happiness. It looks at the way the SPIRE model applies to education, the workplace, and society as a whole.

GHS 530 Facilitating Happiness I (3 credits)

Facilitating Happiness focuses primarily on tools and techniques that can help individuals and groups increase levels of wellbeing. The course introduces the topic of change, the importance of rituals, and a handful of evidence-based tools and techniques that will be used in the next course. To gain a deeper grasp of the material, beyond understanding the theory, this course requires students to experiment with, and apply, the tools and techniques in their life.

GHS 531 Facilitating Happiness II (3 credits)

The second Facilitating Happiness course focuses on additional tools and techniques that help individuals and groups increase levels of wellbeing. The material covered each week will discuss the science behind a particular technique and then will provide concrete steps that can make a meaningful difference in one's life and in the life of others. To gain a deeper grasp of the material, beyond understanding the theory, this course requires students to experiment with, and apply, the tools and techniques in their life.

GHS 540 Philosophy and Happiness (3 credits)

This course explores how philosophy, considered the mother of all disciplines, informs the study of happiness. Each week, students delve into a seminal philosophical text and with the help of complementary material explore its relevance for personal and societal wellbeing. The texts that students read each week are roughly associated with one of the twelve principles; however, given the interconnectedness of all things, each text sheds light on the different elements of happiness, on wholebeing.



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GHS 550 A SPIRE Retreat (3 credits)

In this course students get to apply as well as deepen their understanding of much of what they've learned in previous courses. The focus will be on bringing together reflection and action (ReflAction) for the purpose of personal and collective transformation—for students to help themselves become happier, as well as for students to learn how to help others do the same. Students will spend an average of 80 minutes each day engaged in individual as well as group activities that cultivate the SPIRE elements, including but not limited to the following:

- Meditation
- Goalsetting
- Yoga
- Physical exercise
- Breathwork
- Different forms of journaling
- Reminders

GHS 570 Happiness in Literature and Film (3 credits)

Stories, throughout history and in every civilization, have moved individuals and nations—inspired real and meaningful change. Each week throughout the course students watch a film and then closely read a poem and a short story—all relating to one of the twelve wholebeing principles. The course explores ways that can help individuals and groups better understand, pursue and attain happiness.

GHS 560 Wholebeing Coaching (3 credits)

This course introduces participants to evidence-based coaching techniques that fall into a number of coaching approaches, including Positive Psychology Coaching, Appreciative Coaching, Acceptance and Commitment Coaching, and more. Throughout the course students will experiment with the different methodologies and ultimately formulate their own coaching approach—one that they can apply to helping themselves and others reach higher levels of wholebeing.