

Academic Year: (2023 / 2024)

Review date: 28-01-2024

Department assigned to the subject: Electronic Technology Department

Coordinating teacher: BARRADO BAUTISTA, ANDRES

Type: Courses of humanities ECTS Credits : 3.0

Year : Semester :

REQUIREMENTS (SUBJECTS THAT ARE ASSUMED TO BE KNOWN)

He is recommended to be interested in this subject previously to the start of classes. I.e., reading books, articles, seen any documentary or movie, etc. related to the topic of happiness.

OBJECTIVES

In recent decades, an enormous interest has been generated by the study and application of the general concepts of happiness to various fields of knowledge (economics, sociology, medicine, psychology, marketing, engineering, policy, architecture, business management, entrepreneurship, etc.). This interest has provided numerous scientific studies that show the influence of these concepts about the Human Being and the environment that surrounds them.

On the other hand, the analysis of the topics that have received students throughout their period of academic training, prior to the University, shows a training based on a set of important subjects related with mathematics, grammar, literature, languages, nature, history, etc. that allow training in various disciplines such as science, culture, music, sport, etc. This training will allow the student getting a development as both an individual and social person and to work. However, these agendas, in general, suffer from lack of subjects that help the students to reflect on themselves, to be discovered as a person, to analyze its relationship with society, to achieve a self-training as a human being and to deepen the concept of personal happiness.

In this sense, this subject has as objective, encouraging students to reflect, from different points of view, on those facets of life and of the person, which affect and determine the overall feeling of happiness in the various environments of personal development, such as the family, the couple, social relations, work, etc.; all this based on reflections and opinions, which, throughout history, have expressed personalities from the world of art and culture, psychologists, politicians, writers, etc., as well as in studies and research developed by companies, public and private societies and scientists from universities and research centers, such as Harvard University, University College of London, San Francisco State University, Tel Aviv University, University of Wisconsin, Ontario Trent University, Columbia University, University of California, Douglas Institute of Montréal, York University, University of Colorado, Cornell University, University of Michigan, Universidad Complutense de Madrid, IE Business School, European society of Cardiology.

In addition, this course seeks to convey to the student a set of techniques, available in the literature, which will allow them to meet, define and focus as a human being, in the pursuit of personal happiness.

In the development of this subject the overall objectives, structure, and history will be initially reviewed. Next, an analysis of the Spanish educational system, as well as an study about the training that the students has received on their way for primary, secondary and high school will be analyzed from the point of view of achieving personal happiness, by reflecting on the contents that, in this regard, students have not received in previous courses. A study of different visions and trends expressed on the subject of happiness, throughout history, by personalities and researchers from different areas of knowledge will carry out. A brief catalogue of recommendations collected from prestigious references in this matter with the aim of achieving personal happiness will be analyzed. An approach to the concept of happiness from the point of view of physics will be done by using examples that are very simple and intuitive. Finally, a synthesis of the main and simplest techniques collecting from the literature to deepen the self-knowledge and self-training will be explained, in order to achieve a happier life.

Through this course the student acquires the following transversal competences, which are common to all titles of bachelor degree from the Universidad Carlos III de Madrid:

- Ability to communicate knowledge orally and in writing before both an specialized and nonspecialist public.
- Ability to establish good interpersonal communication and work in international and multidisciplinary teams.
- Motivation and capacity to engage in a autonomous learning, enabling them to adapt to newsituations.

DESCRIPTION OF CONTENTS: PROGRAMME

Theme 1. Introduction. Objectives and structure of the course. Background.

- Objectives.
- Background.
- Report on the happiness in Spain.

Theme 2. Analysis of the Spanish educational system from the perspective of the training aimed to personal happiness.

- According to educational profiles.- Conclusion.

Theme 3. Classification and description of the main general trends in which are grouped the different views on the concept of happiness. Review of related scientific studies.

- Happiness in small things.
- The impossibility of happiness.
- Happiness through work and effort.
- Happiness from the psychology point of view.
- The inner happiness.
- Review of studies and related scientific research.

Theme 4. Training as a human being. The challenge of self knowing. - Patterns.

- Attitude.
- Problems vs opportunities.
- How to improve our relationships.
- What are the fundamental needs of the human being?

Theme 5. Techniques for self-training in the pursuit of happiness. - Review of techniques.- Practical exercises.

Theme 6. Scientific approach to the concept of happiness. - Energy and happiness.- The emotional state.

LEARNING ACTIVITIES AND METHODOLOGY

Training activities used throughout the course, all of them related to the study of happiness, are the following:

- Theoretical classes where the fundamental concepts will be introduced
- Screening of sequences of movies
- Listening songs and study of lyrics
- Reading of fragments of books
- Discussion and debate on proposed themes.
- Practical exercises during class.

A tutoring timetable will be set the first day of class.

ASSESSMENT SYSTEM

The assessment of the subject will be made up of several parts, so the final mark of the subject is obtained according to the following distribution:

- 50% of the grade will depend on the final exam (test type or short answers).
- 30% of the grade will depend on the exam related to the recommended book (test type).
- 20% of the grade will depend on a continuous evaluation exam, and class attendance.

In addition, students may, optionally, make an exam, test type, which is related to the content of several optional books recommended by the teacher. This will provide up to an additional point.

In any case, the final score obtained, taking into account all ratings, will be 10 points as the maximum.

% end-of-term-examination:	50
% of continuous assessment (assignments, laboratory, practicals...):	50

BASIC BIBLIOGRAPHY

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- DALAI LAMA EL ARTE DE LA FELICIDAD EN EL TRABAJO, KAILAS EDITORIAL, S.L, 2004
- DALAI LAMA y CUTLER, HOWARD C EL ARTE DE LA FELICIDAD: MANUAL PARA LA VIDA, KAILASEEDITORIAL, S.L., 2004
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- MIHALY CSIKSZENTMIHALYI FLUIR (FLOW): UNA PSICOLOGIA DE LA FELICIDAD, EDITORIAL KAIROS, 1997
- SONJA LYUBOMIRSKY LA CIENCIA DE LA FELICIDAD, EDICIONES URANO, S.A., 2008
- T. Ben-Shahar HAPPIER: LEARN THE SECRETS TO DAILY JOY AND LASTING FULFILLMENT, McGraw Hill, 2007