



COURSE: HAPPINESS, SCIENCE AND EDUCATION	
DEGREE: All grades taught in the First and Second Term	TERM: 1st and 2nd

WEEKLY PLANNING							
WEEK	SESSION	DESCRIPTION	GROUPS (mark X)	SPECIAL ROOM FOR SESSION (Computer class room, audio-visual class room)	WEEKLY PROGRAMMING FOR STUDENT		
			LECTURES		DESCRIPTION	CLASS HOURS	HOMEWORK HOURS (Max. 7h week)
1	1	Theme 1. Introduction. Objectives and structure of the course. Background. Initial survey about happiness	X	ONLINE	Analysis of the background of the course and general objectives.	1,66	7
1	2	Theme 2. Analysis of the Spanish educational system from the perspective of the training aimed to personal happiness.	X	ONLINE	Analysis of last surveys about happiness.	1,66	
2	3	Theme 3. Different views on the concept of happiness (I)	X	ONLINE	Study of the subject matter, reading of the book, review of the recommended articles and videos.	1,66	7
2	4	Theme 3. Different views on the concept of happiness (II)	X	ONLINE	Study of the subject matter, reading of the book, review of the recommended articles and videos.	1,66	
3	5	Theme 3. Different views on the concept of happiness (III)	X	ONLINE	Study of the subject matter, reading of the book, review of the recommended articles and videos.	1,66	7

3	6	Theme 3. Different views on the concept of happiness (IV)	X	ONLINE	Study of the subject matter, reading of the book, review of the recommended articles and videos.	1,66	
4	7	Theme 3. Different views on the concept of happiness (V)	X	ONLINE	Study of the subject matter, reading of the book, review of the recommended articles and videos.	1,66	7
4	8	Theme 4. Training as a human being. The challenge of self-knowing (I). <i>Continuous evaluation exam</i>	X	ONLINE	Study of the subject matter, reading of the book, review of the recommended articles and videos.	1,66	
5	9	Theme 4. Training as a human being. The challenge of self-knowing (II). <i>Optional book exam</i>	X	ONLINE	Study of the subject matter, reading of the book, review of the recommended articles and videos.	1,66	7
5	10	Theme 5. Techniques for self-training in the pursuit of happiness (I).	X	ONLINE	Study of the subject matter, reading of the book, review of the recommended articles and videos.	1,66	
6	11	Theme 5. Techniques for self-training in the pursuit of happiness (II). <i>Recommended book exam.</i>	X	ONLINE	Study of the subject matter, reading of the book, review of the recommended articles and videos.	1,66	7
6	12	Theme 6. Scientific approach to the concept of happiness (I).	X	ONLINE	Study of the subject matter, reading of the book, review of the recommended articles and videos.	1,66	
7	13	Theme 6. Scientific approach to the concept of happiness (II).	X	ONLINE	Review of the main concepts given in the subject.	1,66	4,76
7	14	Final exam. Final survey about happiness	X	ONLINE	Analysis and sending suggestion for next edition of the subject.	1,66	
Subtotal						23,24	46,76
Total 1 (Hours of class plus student homework hours between weeks 1-14)						70	
TOTAL						75	