

Assignment 1

MAS S63 Tools for Wellbeing

Due 10am Friday 9/5 to masS63-staff@media.mit.edu. Please submit your assignments using a word document/latex. Do not forget to include your name and email address.

1 COMPLETE THE ONLINE COURSE INFORMATION SURVEY

We want to know more about you and why you are taking this course. Please complete this survey.

2 READINGS

Read Chapters 1-3 of Flourish by Martin Seligman.

3 EXERCISE 1

Today and, each day for a week, spend 10 minutes and write down at the end of the day: "Three things that went well today" and for each, "Why did this happen?" Also ask a roommate or colleague/friend to do the same and have them email [masS63-staff](mailto:masS63-staff@media.mit.edu) that they and you discussed this and both of you agreed to do it. You do not need to share the content of these, but we do ask you to discuss your experience doing this exercise with your partner a week later, and to share back with us whether either of you found it beneficial, and/or how you might improve on it. (The email is due by Friday, but your response of "how it went" and "how you could improve on it" is due one week after you start the exercise with your partner.)

4 EXERCISE 2

Listen for an example of each of "active and constructive", "passive and constructive", "active and destructive" and "passive and destructive" responses. Jot them down and email [masS63-staff](mailto:masS63-staff@media.mit.edu).

staff your real-world examples by 10am Fri. (Do change names/details to protect people's personal information).

5 OPTIONAL / EXTRA CREDIT

Take one of the surveys at <http://authentichappiness.org>. Tell us if you think others in the class might benefit from taking it and why.