

HONS 120: Honors Scholars Freshman Seminar

What am I and How Can I be Happy?

Instructor: Dr. Matthew Schunke

The pursuit of happiness is intimately tied to our understanding of who and what we are. Furthermore, the way we answer these questions profoundly shapes the way we engage the projects of our life. This course will provide the opportunity to explore a variety of historical and contemporary perspectives on these issues. In addition to looking at texts from philosophy and psychology, we will also look at how various literary texts, religious traditions, and the contemporary self-help movements have addressed these concerns. The goal will be to explore a variety of conceptions of what a person is and the corresponding characteristics of a life well-lived. Representative readings could include selections from Aristotle, Freud, Thoreau, Sartre, and Hesse. The class will also incorporate film and other aspects of popular culture.