

Happiness and Well-Being—PHH3610

Instructor: Lyndal Grant

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Time: M,W,F 9.35AM – 10.35AM

Location: MAT0108

Office hours: W,F 11.30AM- 12.30PM

Office location: TBA

COURSE DESCRIPTION: What makes our lives go better or worse? According to the hedonist, our lives go better when we experience pleasure and avoid pain. According to desire-based theories, our lives go better when we get what we want. Objective list theorists say that a variety of different goods – such as pleasure, friendship, and knowledge – are essential components of a life worth living.

In this course, we will consider these and other theories of the nature of wellbeing in the context of broader philosophical questions about life, death, and the afterlife. These questions will include:

- Is it always good to get what you want?
- Is death always bad? For whom?
- Can things that happen after we die make our lives go worse?
- Should we want to live forever?
- Is it better to burn out or to fade away?

The main aim of this course is to have you think about these and related questions in a philosophically rigorous way. This means formulating arguments, articulating opposing views, and above all, thinking critically.

REQUIRED TEXT AND READINGS: No purchase of books is necessary for this course. All assigned readings will be available through the class Canvas page.

COURSE LEARNING OBJECTIVES:

- Identify, describe and explain the major arguments and views in philosophical work on well-being.
- Discern the structure of arguments, represent them fairly and clearly, and evaluate them
- Formulate original arguments, anticipating objections and responding in a conscientious fashion.
- Read and discuss complex philosophical texts from contemporary works.
- Speak and write clearly about abstract and complex matters.

CLASS CONDUCT & CLASS ATTENDANCE POLICY: Students and faculty each have responsibility for maintaining an appropriate learning environment. Those who fail to adhere to such behavioral standards may be subject to discipline. Professional courtesy and sensitivity are especially important with respect to individuals and topics dealing with differences of race, culture, religion, politics, sexual orientation, gender, gender variance, and nationalities. Class rosters are provided to the instructor with the student's legal name. I will gladly honor your request to address you by an alternate name or gender pronoun. Please advise me of this preference early in the semester so that I may make appropriate changes to my records.

- You are allowed two unexcused absences without penalty. If you need to miss class for any reason, please contact me as soon as possible so that we can discuss whether the absence will be excused and what sort of documentation will be necessary (if applicable).
- Each unexcused absence beyond the first two will result in a 10% deduction from your participation grade (and therefore 1% of your final grade in the course).
- Poor conduct in class will also result in a 10% deduction. Examples of poor conduct include disruptive behavior, falling asleep, sending text messages, checking email, etc.

**IF YOU SUSPECT YOU ARE SICK, PLEASE DO
NOT COME TO CLASS (SEE UNIVERSITY
GUIDELINES BELOW)**

- If you are feeling ill, please do not come to class – even if you are vaccinated against COVID-19. The delta variant of COVID-19 can be spread by vaccinated individuals, and spreads readily to the unvaccinated. Please keep in mind that many of us have unvaccinated family members (such as small children) that are vulnerable and need to be protected.
- **Students will not be penalized for staying home due to illness.** If you do feel ill, please let me know and **I will work with you directly to help you get up to speed** when you are feeling well enough to return.

COURSE REQUIREMENTS & ASSIGNMENTS

1. **Participation:** Philosophy is a group activity that depends on conversation and discussion. There is no way to do this entirely on your own. In order for this class to function well everyone needs to do the reading. But I don't expect everyone to understand the entire reading. That's what class and our discussions are for, and even then, we will probably still have questions. You will be expected to have read and to be prepared to discuss the texts assigned for each of the class meetings. Your participation in class discussions will be the primary way in which participation is assessed. However, I will also assign 2 very short, ungraded "reflection" pieces, the completion of which counts towards your participation grade.
Participation is worth 15% of your final grade.
2. **Reading responses:** Each Monday, you will need to turn in a short, 1-page response to one of the readings for the week (your choice). The reading response should try to clearly summarize one of the main arguments of the reading you have chosen, and your initial thoughts about it. Does the argument seem right to you? Why or why not? I will assess these responses for completion, where a completed response shows evidence of having done the reading and having made a good faith effort to understand it. These will be assessed on a pass/fail basis.
Reading responses will be submitted electronically, via an Assignment link on Canvas.
Reading responses are worth 15% of your final grade.
3. **Essay Assignments:** You will be required to write three essays for this course. Detailed essay instructions and prompts will be distributed two weeks prior to the due date of the essay assignment.

- (i) Essay #1: This essay will be a minimum of 1000 words and a maximum of 1200 words. Due Date: 5:00pm on Wednesday 22nd September (subject to change, with notice). This essay will be submitted electronically, via an Assignment link on Canvas.
Worth 20% of your final grade.
- (ii) Essay #2: This essay will be a minimum of 1500 words and a maximum of 1700 words. Due Date: 5:00pm on Monday 1st November (subject to change, with notice). This essay will be submitted electronically, via an Assignment link on Canvas.
Worth 20% of your final grade.
- (iii) Essay #3: This essay will be a minimum of 2000 words and a maximum of 2200 words. Due Date: 5:00pm on Monday 8th December (subject to change, with notice). This essay will be submitted electronically, via an Assignment link on Canvas.
Worth 30% of your final grade.

GRADE SCALE

This course will use the following grade scale:

Grade Scale	Grade Value
100-93=A	A=4.0
92-90=A-	A-=3.67
89-86=B+	B+=3.33
85-82=B	B=3.00
81-79=B-	B-=2.67
78-76=C+	C+=2.33
75-72=C	C=2.00
71-69=C-	C-=1.67
68-66=D+	D+=1.33
65-62=D	D=1.00
61-60=D-	D-=0.67
59-0=E	E=0.00

Grades that fall exactly on the upper threshold are awarded the higher grade. Further information on UF's grading policy can be found at catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx.

ESSAY SUBMISSION AND LATE SUBMISSION POLICY: In general, requirements for section attendance, assignments, and other work are consistent with university policies specified at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

More specifically, the following policies will be adhered to:

1. All assignments will be submitted online via an Assignment/Turnitin.com link on the course's Canvas page. Essays must be submitted as either .doc or .docx files. Failure to submit in these formats will result in penalties and will require resubmission in the proper format.
2. Late submission of papers will be penalized 3% for each day that the assignment is late. For instance, if a paper is due on Friday at 5:00pm, it will be counted as 1 day late if submitted between 5:01pm Friday and 5:00pm Saturday (submissions between 5:01pm Saturday and 5:00pm Sunday will count as 2 days late, and so on). Late submissions will be made via Canvas/Turnitin.

COURSE WEBSITE: This course is supplemented by online content in the e-Learning environment known as "Canvas." To login to the e-Learning site for this course, go to <https://elearning.ufl.edu/>, click the e-Learning in Canvas button, and on the next page enter your Gatorlink username and password. You can then access the course e-Learning environment by selecting PHH3610 from the Courses pull-down menu at the top of the page. If you encounter any difficulties logging in or accessing any of the course content, contact the UF Computing Help Desk at (352) 392-4537.

ADDITIONAL INFORMATION

COVID-19

In response to COVID-19, the following practices are in place to maintain your learning environment, to enhance the safety of our in-classroom interactions, and to further the health and safety of ourselves, our neighbors, and our loved ones.

- If you are not vaccinated, get vaccinated. Vaccines are readily available at no cost and have been demonstrated to be safe and effective against the COVID-19 virus. Visit this link for details on where to get your shot, including options that do not require an appointment: <https://coronavirus.uflhealth.org/vaccinations/vaccine-availability/>. Students who receive the first dose of the vaccine somewhere off-campus and/or outside of Gainesville can still receive their second dose on campus.
- You are expected to wear approved face coverings at all times during class and within buildings even if you are vaccinated. Please continue to follow healthy habits, including best practices like frequent hand washing. Following these practices is our responsibility as Gators.
 - Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class.
 - Hand sanitizing stations will be located in every classroom.
- If you are sick, stay home and self-quarantine. Please visit the UF Health Screen, Test & Protect website about next steps, retake the questionnaire and schedule your test for no

sooner than 24 hours after your symptoms began. Please call your primary care provider if you are ill and need immediate care or the UF Student Health Care Center at 352-392-1161 (or email covid@shcc.ufl.edu) to be evaluated for testing and to receive further instructions about returning to campus. UF Health Screen, Test & Protect offers guidance when you are sick, have been exposed to someone who has tested positive or have tested positive yourself. Visit the [UF Health Screen, Test & Protect website](#) for more information.

- Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work.
 - If you are withheld from campus by the Department of Health through Screen, Test & Protect you are not permitted to use any on campus facilities. Students attempting to attend campus activities when withheld from campus will be referred to the Dean of Students Office.
- Continue to regularly visit coronavirus.UFHealth.org and coronavirus.ufl.edu for up-to-date information about COVID-19 and vaccination.

ACADEMIC HONESTY

Please review the following guidelines on academic honesty:

1. <http://www.dso.ufl.edu/studentguide/studentrights.php>
2. <http://www.registrar.ufl.edu/catalog/policies/students.html#honesty>

You should expect the minimum penalty for academic dishonesty to be a grade of E for the class (not just the assignment). All incidents of academic dishonesty will be reported to Student Judicial Affairs. Repeat offenders may be penalized by suspension or expulsion from the university.

All sources and assistance used in preparing your papers and presentations must be precisely and explicitly acknowledged. The web creates special risks here. Cutting and pasting even a few words from a web page or paraphrasing material without a reference constitutes plagiarism. If you are not sure how to refer to something you find on the internet, you can always give the URL.

HONOR CODE: UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code.” On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code specifies a number of behaviors that are in violation of this code and the possible sanctions; for more information see this page: <https://sccr.dso.ufl.edu/process/student-conduct-code/>. You are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with me or your TA.

STUDENTS WITH DISABILITIES: Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center: <https://disability.ufl.edu/students/get-started/> . It is important for students to

share their accommodation letter with their instructor and discuss their access needs as early as possible in the semester.

COURSE EVALUATIONS: You will be asked twice to evaluate the course: once midway through the semester (this is the “midterm” evaluation) and once at the end of the semester (this is the “end-of-semester” evaluation). The midterm evaluation is designed to help me address any problems with the course while there is still time for you to benefit from your suggestions; thus, the evaluations will not be shared publicly. The evaluation at the end of the semester will be used for additional purposes and the data will be shared on the University website. For the official evaluation, you are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback is here: <https://gatorevals.aa.ufl.edu/students/>. You will be notified when the official evaluation period opens, and you can complete evaluations through the email you receive from GatorEvals, in your Canvas course menu under GatorEvals, or via ufl.bluera.com/ufl/. Summaries of course evaluation results are available to you here: <https://gatorevals.aa.ufl.edu/public-results/>.

ACADEMIC RESOURCES:

- E-Learning Technical Support: <http://helpdesk.ufl.edu/> . Contact them via phone at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services, <https://career.ufl.edu/>
- Library Support: See <https://cms.uflib.ufl.edu/ask>.
- Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring. <https://teachingcenter.ufl.edu/>
- Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers. <https://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/studenthonor-%20code-student-conduct-code/>
- On-Line Students Complaints: <https://distance.ufl.edu/gettinghelp/student-complaint-process/>

HEALTH AND WELLNESS RESOURCES:

- U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit <https://umatter.ufl.edu/> to refer or report a concern and a team member will reach out to the student in distress.
- Counseling and Wellness Center: Call 352-392-1575 for information on crisis and non-crisis services or visit <https://counseling.ufl.edu/>.
- Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit <https://shcc.ufl.edu/>.
- University Police Department: Go to <https://police.ufl.edu/> or call 352-392-1111 (or 9-1-1 for emergencies).
- UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road.

CLASS AND READING SCHEDULE

This schedule is subject to revision- please read all class announcements in Canvas.

I. Happiness and Well-Being: Same or Different?

WEEK 1

Monday 23rd August

No reading; introduction to the course.

Wednesday 25th August

- **Fred Feldman**- “Some Puzzles About Happiness”

Friday 27th August

- **Roger Crisp**- “Well-Being” (sections 1, 2, and 3 of entry in Stanford Encyclopedia of Philosophy)

Reflection Assignment (2 paragraphs) due: What will your life look like in 10 years, *if you are happy?*

WEEK 2

Monday 30th August

No additional reading- continue discussion of Crisp chapters 1,2, and 3.

Wednesday 1st September

- **Stephen M. Campbell**- “The Concept of Well-Being”

Friday 3rd September

No additional reading

II. Theories of Well-Being

WEEK 3

Monday 6th September *Labor Day- no class*

Wednesday 8th September

- **Russ Shafer-Landau**- “Hedonism” (Ch 1 from “The Fundamentals of Ethics”)
- **John Stewart Mill**- “Hedonism” (excerpts)

Friday 10th September

- **Robert Nozick**- “The Experience Machine”

WEEK 4

Monday 13th September

- **Russ Shafer-Landau**- “Is Happiness All That Matters?” (Ch 2 from “The Fundamentals of Ethics”)

Wednesday 15th September

- **Chris Heathwood**- “Faring Well and Getting What You Want”

Friday 17th September

No additional reading

WEEK 5

Monday 20th September

- **Chris Heathwood**- “The Problem of Defective Desires”

Wednesday 22nd September

Essay #1 due

- **Shelly Kagan**- “The Limits of Wellbeing”

Friday 24th September

- *No additional reading*

WEEK 6

Monday 27th September

- **Hurka**- “Perfectionism” (excerpts)

Wednesday 29th September

- **Brad Hooker**- “The Elements of Well-Being”

Friday 1st October

No additional reading

III. Well-Being Over a Lifetime

WEEK 7

Monday 4th October

- **Aristotle**- “Nichomachean Ethics” (excerpts)

Wednesday 6th October

- **David Velleman**- “Well Being and Time”

Friday 8th October *No class*

WEEK 8

Monday 11th October

No additional reading- continue discussion of Velleman “Well Being and Time”

Wednesday 13th October

- **Ben Bradley**- “Well Being at a Time”

Friday 15th October

Dale Dorsey- “Desire Satisfaction and Well Being as Temporal”

WEEK 9

Monday 18th October

- Patrick Tomlin- “Saplings or Caterpillars? Trying to Understand Children’s Wellbeing”

Wednesday 20th October

- Lorna Finlayson- “I Was a Child Liberationist”

Friday 22nd October

No additional reading

WEEK 10

Monday 25th October

- Tamar Schapiro- “What Is a Child?” (excerpts)

Wednesday 27th October

No additional reading

Friday 29th October

- Albert Camus- “The Myth of Sisyphus”

WEEK 11

Monday 1st November

Essay #2 due

- Richard Taylor- “The Meaning of Life”

Wednesday 3rd November

- Thomas Nagel- “The Absurd”

Friday 5th November

No additional reading

WEEK 12

Monday 8th November

- Susan Wolf- “Happiness and Meaning: Two Aspects of the Good Life.”

Wednesday 10th November

- Shelly Kagan- “Death” (excerpts)

Friday 12th November

No additional readings

WEEK 13

Monday 15th November

- Ben Bradley- “Well Being and Death” (excerpts)

Wednesday 17th November

- Regina Rini- “The Last Mortals”

Friday 19th November

No additional reading

WEEK 14

Monday 22nd November

- Bernard Williams- “The Markropoulos Case: Reflections on the Tedium of Immortality”

Wednesday 24th November *No class*

Friday 26th November *No class*

WEEK 15

Monday 29th November

- Thomas Nagel- “Death”

Wednesday 1st December

No additional readings- continue discussion of Nagel on Death

Friday 3rd December

- Samuel Scheffler- “Death and the Afterlife”

WEEK 16

Monday 6th December

- Niko Kolodny- “That I Should Die and Others Live”

Monday 8th December

Last day of class- no additional reading