

Happiness and Well-Being—PHH3610

Instructor: Lyndal Grant

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Time: M,W,F 9.35AM – 10.25AM

Location: MAT0116

Office hours: M,W 1.30PM- 2.30PM

Office location: 115C Griffin-Floyd Hall

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?
- Are things like friendship necessary for a good life?
- Is death always bad? For whom?
- Can things that happen after we die make our lives go better or worse?

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

- *The Routledge Handbook of the Philosophy of Well-Being* Guy Fletcher (ed.), First Edition.
- All other 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 deduction from your participation grade.
- I expect students to conduct themselves well in class. Examples of poor conduct include disruptive behavior, falling asleep, sending text messages, etc.
- If you suspect you may be ill, please do not come to class – even if you are vaccinated against COVID-19.

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.
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. 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. 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. 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
93.4-100=A	A=4.0
90-93.3=A-	A-=3.67
86.7-89.9=B+	B+=3.33
83.4-86.6=B	B=3.00
80-83.3=B-	B-=2.67
76.7-79.9=C+	C+=2.33
73.4-76.6=C	C=2.00
70-73.3=C-	C-=1.67
66.7-69.9=D+	D+=1.33
63.4-66.6=D	D=1.00
60-63.3=D-	D-=0.67
0-59.9=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 recommendations 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 and have been demonstrated to be safe and effective against the COVID-19 virus. Visit one.ufl.edu for screening / testing and vaccination opportunities.
- If you are sick, stay home. 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 to be evaluated.
- 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.

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.ua.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.bluer.com/ufl/. Summaries of course evaluation results are available to you here: <https://gatorevals.ua.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.

(TENTATIVE) CLASS AND READING SCHEDULE

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

What is happiness? What is wellbeing? (And, uh, what is philosophy?)

WEEK 1:

Classes:

Wednesday 24th August

Friday 26th August

Readings:

- Fred Feldman- “Some Puzzles About Happiness

Hedonism

WEEK 2

Classes:

Monday 29th August

Wednesday 31st August

Friday 2nd September

Readings:

- John Stewart Mill- “Hedonism” (excerpts)
- Alex Gregory- “Hedonism”, Ch.9 in *The Routledge Handbook of the Philosophy of Well-Being*
- Robert Nozick- “The Experience Machine”

Desire Satisfaction Theories I

WEEK 3

Classes:

Monday 5th September: ***Labor Day- No class***

Wednesday 7th September

Friday 9th September

Readings:

- Chris Heathwood- “Desire-Fulfillment Theory”, Ch. 11 in *The Routledge Handbook of the Philosophy of Well-Being*

Desire Satisfaction Theories II

WEEK 4

Classes:

Monday 12th September

Wednesday 14th September

Friday 16th September

Readings:

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

- Chris Heathwood- “The Problem of Defective Desires”

Objectivism

WEEK 5

Classes:

Monday 19th September

Wednesday 21st September

Friday 23rd September

Readings:

- Guy Fletcher- “Objective List Theories”, Ch. 12 in *The Routledge Handbook of the Philosophy of Well-Being*
- Gwen Bradford- “Perfectionism”, Ch.10 in *The Routledge Handbook of the Philosophy of Well-Being*

Pleasure and Pain

WEEK 6

Classes:

Monday 26th September

Wednesday 28th September

Friday 30th September

Readings:

- Ben Bramble- “The Role of Pleasure in Well-Being”, Ch. 16 in *The Routledge Handbook of the Philosophy of Well-Being*
- Guy Kahane- “Pain, Experience, and Well-Being”, Ch. 17 in *The Routledge Handbook of the Philosophy of Well-Being*

Virtue and Achievement

WEEK 7

Classes:

Monday 3rd October

Wednesday 5th October

Friday 7th October: ***Homecoming- No class***

Readings:

- Anne Baril- “Virtue and Well-Being”, Ch. 20 in *The Routledge Handbook of the Philosophy of Well-Being*
- Gwen Bradford and Simon Keller- “Well-Being and Achievement”, Ch. 22 in *The Routledge Handbook of the Philosophy of Well-Being*

Questions of Justice

WEEK 8

Monday 10th October

Wednesday 12th October

Friday 14th October

Readings:

- Jonathan Wolff and Douglas Reeve- “Well-Being and Disadvantage”
- Jules Holroyd- “Feminism and Well-Being”, Ch. 38 in *The Routledge Handbook of the Philosophy of Well-Being*

Meaningfulness

WEEK 9

Classes:

Monday 17th October

Wednesday 19th October

Friday 21st October

Readings:

- Antti Kauppinen- “Meaningfulness”, Ch. 23 in *The Routledge Handbook of the Philosophy of Well-Being*
- Susan Wolf- “Happiness and Meaning”

Well-Being Over Time I

WEEK 10

Classes:

Monday 24th October

Wednesday 26th October

Friday 28th October

Readings:

- David Velleman- “Well Being and Time”

Well-Being Over Time II

WEEK 11

Classes:

Monday 31st October

Wednesday 2nd November

Friday 4th November

Readings:

- Thomas Kelly- “Sunk Costs, Rationality and Acting for the Sake of the Past” (excerpts)
- Dale Dorsey- “Desire Satisfaction and Welfare as Temporal”

Well-Being and Death I

WEEK 12

Classes:

Monday 7th November

Wednesday 9th November

Friday 11th November: ***Veterans Day- no class***

Readings:

- Frederik Kaufman- “Is Death Bad? Epicurus and Lucretius on the Fear of Death”
- Ben Bradley- “Well-being and Death”, Ch. 26 in *The Routledge Handbook of the Philosophy of Well-Being*

Well-Being and Death II

WEEK 13

Classes:

Monday 14th November
 Wednesday 16th November
 Friday 18th November

Readings:

- Steven Luper- “Retroactive Harms and Wrongs”
- Shelly Kagan- “Living in the Face of Death”

The Well-Being of Merely Possible People I

WEEK 14

Classes:

Monday 21st November
 Wednesday 23rd November: *Thanksgiving-No class*
 Friday 25th November: *Thanksgiving- No class*

Readings:

- Molly Gardner- “Well-Being and the Non-Identity Problem”, Ch. 35 in *The Routledge Handbook of the Philosophy of Well-Being*

The Well-Being of Merely Possible People II

WEEK 15

Classes:

Monday 28th November
 Wednesday 30th November
 Friday 2nd December

Readings:

- Elizabeth Harman- “Can we Harm and Benefit in Creating?”

WEEK 16

Classes:

Monday 5th December
 Monday 7th December: *Last day of class!*