

Learning Circle: The Science of Well-Being

P2PU Registration URL: <https://learningcircles.p2pu.org/en/signup/zoom-1369/>

Course URL: <https://www.coursera.org/learn/the-science-of-well-being>

Zoom Video Conference Rooms:

<https://cmllibrary.zoom.us/j/89660215764?pwd=RUhRcHZOVWN5M1F6WW9Va2hDbHdyQT09>

OUTREACH FOR ON RAMP:

<https://cmllibrary.zoom.us/j/86120988817?pwd=Smh3YTA2V3Vkk2xudmkwTlgzZWdpZz09>

Course Description: Explore what new results in psychological science teach us about how to be happier, how to be less stressed, and how to flourish more. We'll then have a chance to put these scientific findings into practice by building the sorts of habits that allow us to live a happier and more fulfilling life.

Each week you will have requirements (graded quizzes) and "rewirements" (weekly practices aimed at rewiring your habits to boost mood and overall well-being). The final project asks you to practice a scientifically validated wellness behavior for four weeks and write about the experience.

Course Duration: 6 weeks of content, 4 weeks of check ins and one-month post course follow up.

Course Meeting Times: Saturdays 9:30-11

Meeting Duration: 90 minutes

Learning Circle Week 1: May 30- Tiffany and Janet

Learning Circle Week 2: June 6- Janet and Rob

Learning Circle Week 3: June 13- Rob and Tiffany

Learning Circle Week 4: June 20- Tiffany and Janet

Learning Circle Week 5: June 27- Janet and Rob

Learning Circle Week 6: July 11- Rob and Tiffany

Learning Circle Weeks 7-10 (July 18, 25, Aug 1, 8): *I think this can be very informal. Maybe have some examples of our own experience in case it's needed but the check ins can be conversational and just a chance for participants to check in and share what they're doing/what's working or not working for them.*

July 18- Tiffany

July 25- Janet

August 1- Rob

August 8- Tiffany

****We will not meet the week of July 4th in observance of the holiday**

Instructions for Access:

Enrollment video:

https://drive.google.com/file/d/1h0VbmR_aF_ILBLHyDh1BBYuz51rpV85/view?usp=sharing

After sign up, you'll receive an email from Coursera to confirm your email address (don't have to do this right this second.)

Pre-Learning Circle

- Send [email](#) to registrants

Learning Circle Week 1: May 30th, Led by Tiffany and Janet

- Course Content Covered: Weeks 1
 - 9:00am (30 minute) Virtual setup
 - Join [Zoom Room](#)
 - Log in to [Coursera course](#)
 - Everyone should be muted upon entering meeting room
 - One staff member monitors online reference mailbox and chat
 - (20-30 min) Introduction:
 - Staff Introductions (Tiffany, Janet, Rob, Erin)
 - Overview of learning circles: "A Learning Circle is a free, lightly facilitated group of learners coming together to achieve educational goals on a variety of topics. A Learning Circle is akin to a book group with a goal of exploring a new topic or skill." - Program Portal
 - Ask if everyone has registered on Coursera: <https://www.coursera.org/learn/the-science-of-well-being> and post link in the chat. Mention auditing the course vs. Paying for certificate. Also mention syllabus for this learning circle. **(Make sure everybody has this open in a different tab)**
 - Review of navigating Zoom and procedures:
 - Mute: All participants will be muted at the start of the call.
 - **Go over the features at the bottom of Zoom screen**
 - **Chat: open chat feature**
 - **To ask a question or comment:**

Commented [BT1]: Test this

Commented [BT2R1]: Not sure if we can do this? with 15 people that could take a while. BUT if we cut back on some of the surveys....we might have time. And maybe not everyone will want to speak.

- Type question/comment in chat box
- Type the word SHARE to be called on
- Settings: Add in your name
- Participant Introductions: Name and what hoping to take away from course
- Overview of how virtual learning circle will work
 - We will meet each week and view course material from Coursera in class
 - We will have short discussions about the video(s) we just watched
 - What we don't get to in class, we will complete as homework.
 - At the beginning of each class, we'll do some minor housekeeping as needed, and then begin the course session with a review of the following week for discussion. Feedback.

Week 1 Content (60-70 mins): (This includes going over content and videos)

Theme of the week: Introduction to the Science of Well-Being

Review Key Concepts

- Assess your current level of well-being and produce a baseline measurement of well-being
- Discover your signature strengths and apply them in your life for at least one week

Videos: Ask participants to watch videos

Section One: Happiness can be learned

- VIDEO: Start a New Journey (36 secs)
- VIDEO: Become Happier by learning and applying psychological science (4min)
- VIDEO: Why this course exists (3mins)

***Return to room in 8 mins for discussion*

***Discussion Prompts (Add in questions here)*

What is Well-Being to you?

What is Happiness to you?

Is there a difference between well-being and happiness? (optional?)

If we aren't happy, what can that look like? And how can that affect our family, friends, and world around us?

- VIDEO: Boosting well-being during the COVID-19 pandemic (29min)

****Return to room in 29 mins for discussion**

****Discussion Prompts (Add in questions here)**

- Reducing tension in a relationship while sheltering in place (1:11)
- Consuming news without increasing anxiety (3:24)
- Supporting healthcare workers and helping them prioritize self-care (5:19)
- Remaining positive when living alone (8:51)
- Staying focused and productive at work (10:36)
- Finding your next career or job if you've been laid off (12:47)
- Helping children who are struggling without their usual routine or friends (15:00)
- Creating positive experiences while in lockdown (18:26)
- Sleeping better, despite increased anxiety and stress (20:48)
- Coping if loved one's test positive for COVID-19 (23:57)
- Spreading kindness or making social connections while isolated (26:32)

How do you stay informed about the world today without triggering your anxiety?

Points she made that I liked:

Being Intentional about promoting our mental health and the importance of it (being purposeful)

Importance of Perspective

Loving Kindness meditations

Being intentional with social connections (virtual or social distancing when ok)

Section Two: G.I. Joe Fallacy

- VIDEO: What is the G.I. Joe Fallacy? (4min)

***Return to room in 4 mins for discussion**

****Discussion Prompts (Add in questions here)**

Do you have an example of the GI Joe Fallacy from your own life?

Total number of Videos 5 and total number of minutes roughly 40.

Review Course Requirements, Rewirements and Rewirement tracking

Homework (5 min):

***Share a link in the chat to the bibliocommons book and website list inspired by this course**

https://cmlibrary.bibliocommons.com/list/share/556683137_cmlibrary_tboeglen/1626851899_cmlibrary_suggests_explore_the_concept_of_happiness

- Week 1
 - Readings: Measure Your Happiness and Discover Your Strengths
 - Rewirements: Measure Your Baseline Happiness Using the PERMA Profiler, Measure Your Happiness Using the Authentic Happiness Inventory
 - Optional Pre-Course Survey
 - Week One Quiz

Learning Circle Week 2: June 6th , Led by Janet and Rob

- Course Content Covered: Week 2
 - 10:30am (30 minute) Virtual setup
 - Join [Zoom Room](#)
 - Log in to [Coursera course](#)
 - Everyone should be muted upon entering meeting room
 - One staff member monitors online reference mailbox
 - (10 min) Introduction:
 - Staff Introductions (Janet, Rob, Tiffany, Erin)
 - Recap overview of learning circles for new participants
 - Recap that everyone has registered on Coursera: <https://www.coursera.org/learn/the-science-of-well-being> and post link in the chat. Mention auditing the course vs. Paying for certificate. Also mention syllabus for this learning circle.
 - Review of navigating Zoom and procedures:
 - Mute: All participants will be muted at the start of the call.
 - Raise hand: If participant wants to speak, use the raise hand feature and the moderator will ask the person to unmute their mic and speak (microphone option in center of screen)
 - Settings: Add in your name
 - Chat: open chat feature
 - Participant Introductions: Name (Quick reintroduction in case we have new people

Commented [BT3]: Test this

Commented [BT4R3]: Not sure if we can do this? with 15 people that could take a while. BUT if we cut back on some of the surveys....we might have time. And maybe not everyone will want to speak.

(15-20 mins) WEEK ONE FEEDBACK AND COMMENTS: Ask if participants had any feedback about the homework/reirements or if they have any comments about what they learned the previous week.

PROMPT: Any feedback on the surveys you took? Any surprises? Signature Strengths, etc

**Might be helpful to have some other discussion prompts for this as well. Recap the previous week (Rewirements, what stood out for you, what you thought about the next week...)*

Week 2 Content (60 min): JANET

Theme of the week: Misconceptions about Happiness: What do we think will make us happy?

Review Key Concepts

- Understand that simply knowing is not enough to change behavior
- Give examples of what things won't make you as happy as you think they will
- Revise and reconsider goals and aspirations that will not lead to improved well-being
- Practice savoring and gratitude every day for at least one week

Videos: Ask participants to watch the following videos

Section One: Overview of our weekly Rewirements:

- VIDEO: Savoring (1 min)
- VIDEO: Gratitude (56 secs)

**Return to room in 2 mins to discuss*

***Discussion Prompts (Add in questions here)*

Section Two: Things we think will make us happy (but don't)

- VIDEO: Part One-Good Job (7mins)
***Return to room in 7 mins for discussion*
***Discussion Prompts (Add in questions here)*
- VIDEO: Part Two- Money (11min)
***Return to room in 11 mins for discussion*
***Discussion Prompts (Add in questions here)*
- VIDEO: Part Three-Awesome Stuff, True Love, Perfect Body, Good Grades (12min)

**Return to room in 12 mins for discussion*

***Discussion Prompts (Add in questions here)*

Section Three: Why we have misconceptions

- VIDEO: Annoying Features of the Mind (8mins)
***Return to room in 8 mins for discussion*
***Discussion Prompts (Add in questions here)*

Total number of Videos 6 and total number of minutes roughly 40.

- Homework (5 min):
 - Week 2
 - Readings/Rewirements: Savoring and Gratitude
 - Video: Question and Answer 21 mins
 - Week 2 Quiz

Learning Circle Week 3 June 13th, Led by Rob and Tiffany

- Course Content Covered: Week 3
 - 9:30am (30 minute) Virtual setup
 - Join [Zoom Room](#)
 - Log in to [Coursera course](#)
 - Everyone should be muted upon entering meeting room
 - One staff member monitors online reference mailbox
 - (5 min) Introduction:
 - Staff Introductions
 - Overview of learning circles: "A Learning Circle is a free, lightly facilitated group of learners coming together to achieve educational goals on a variety of topics. A Learning Circle is akin to a book group with a goal of exploring a new topic or skill." - Program Portal
 - Review of navigating Zoom and procedures:
 - **Mute: All participants will be muted at the start of the call.**
 - **Raise hand: If participant wants to speak, use the raise hand feature and the moderator will ask the person to unmute their mic and speak (microphone option in center of screen)**
 - **Settings: Add in your name**
 - Chat: open chat feature
 - Participant Introductions (Likely not needed anymore)
 - Coursera: <https://www.coursera.org/learn/the-science-of-well-being> post link in the chat.

(15-20 mins) WEEK TWO FEEDBACK AND COMMENTS: Ask if participants had any feedback about the homework/reirements or if they have any comments about what they learned the previous week.

- Readings/Rewirements: Savoring and Gratitude
- Feedback on Question/Answer or on the Week 2 Quiz?

***Might be helpful to have some discussion prompts for this as well. Recap the previous week (Rewirements, what stood out for you, what you thought about the next week...**

Week 3 Content (60 min):

Theme of the week: Why our expectations are so bad

Review Key Concepts

- Understand that our strongest intuitions are often misleading (Annoying Feature of the Mind #1)
- Understand that we judge ourselves relative to reference points which are often irrelevant and make us feel worse than we should (Annoying Feature of the Mind #2)
- Understand that our minds are programmed to adapt and ultimately get used to things (Annoying Feature of the Mind #3)
- Understand that we don't realize how good we are at adapting and coping and mispredict how certain outcomes will make us feel (Annoying Feature of the Mind #4)
- Discover how cognitive biases (Annoying Features of the Mind) impact your daily life
- Practice kindness and social connection every day for at least one week

Videos: Ask participants to watch the following videos

Section One: Overview of our weekly Rewirements:

- VIDEO: Kindness (44 secs)
- VIDEO: Social Connection (46 secs)

**Return to room in 2 mins to discuss*

Do you find that your mood increases when you do acts of kindness?

Do you usually seek out connections yourself, or have you let them come to you? Does your experience change if you're introverted?

Section Two: Annoying Features of the Mind

- VIDEO: Annoying Feature #1 (4mins)
- VIDEO: Annoying Feature #2 (26 min)

***Return to room in 30 mins for discussion*

***Discussion Prompts Do you find yourself miswanting often?*

- VIDEO: Annoying Feature #3 (7 mins)
- VIDEO: Annoying Feature #4 (13mins)

**Return to room in 30 mins for discussion*

***Discussion Prompts (Add in questions here)*

Total number of Videos 6 and total number of minutes roughly 60.

- Homework (5 min):
 - Week 3
 - Readings/Rewirements: Kindness and Social Connection
 - Video: Annoying Features Summary (1 min)
 - Video: Question and Answer 21 mins
 - Week 3 Quiz

Learning Circle Week 4: June 20th, Led by Tiffany and Janet

- Course Content Covered: Week
 - 9:00am (30 minute) Virtual setup
 - Join [Zoom Room](#)
 - Log in to [Coursera course](#)
 - Everyone should be muted upon entering meeting room
 - One staff member monitors online reference mailbox
 - (3 min) Introduction:
 - Staff Introductions (Janet, Rob, Tiffany, Erin)
 - Recap overview of learning circles for new participants
 - Recap that everyone has registered on Coursera:
<https://www.coursera.org/learn/the-science-of-well-being> and post link in the chat. Mention auditing the course vs. Paying for certificate. Also mention syllabus for this learning circle.
 - Review of navigating Zoom and procedures:
 - Mute: All participants will be muted at the start of the call.
 - Raise hand: If participant wants to speak, use the raise hand feature and the moderator will ask the person to unmute their mic and speak (microphone option in center of screen)
 - Settings: Add in your name
 - Chat: open chat feature
 - Participant Introductions: Name (Quick reintroduction in case we have new people)

Commented [BT5]: I think this section is no longer necessary by this week. what do yall think?

Commented [BT6]: Test this

Commented [BT7R6]: Not sure if we can do this? with 15 people that could take a while. BUT if we cut back on some of the surveys...we might have time. And maybe not everyone will want to speak.

- (15 mins) WEEK THREE FEEDBACK AND COMMENTS: Ask if participants had any feedback about the homework/reirements or if they have any comments about what they learned the previous week.
- PROMPT: INSERT HERE
- **Might be helpful to have some other discussion prompts for this as well. Recap the previous week (Rewirements, what stood out for you, what you thought about the next week...)*

Week 4 Content (70 min):

Theme of the week: How can we overcome our biases?

Review Key Concepts

- Understand that experiential purchases are a better investment than material ones
- Give examples of intentional activities you can do to overcome cognitive biases and improve your mood
- Practice healthy habits like exercising for 30 minutes a day and getting over 7 hours of sleep a night

Videos: Ask participants to watch the following videos

Section One: Overview of our weekly Rewirements:

- VIDEO: Exercise (56 secs)
- VIDEO: Sleep (56 secs)

**Return to room in 2 mins to discuss*

***Discussion Prompts (Add in questions here)*

Section Two: Overcome Biases

- VIDEO: Part 1 – Rethink “Awesome Stuff” (18 min)

***Return to room in 18 mins for discussion*

***Discussion Prompts (Add in questions here)*

- VIDEO: Part 2- Thwart Hedonic Adaptation (20 min)
 - ***Return to room in 20 mins for discussion*
 - ***Discussion Prompts (Add in questions here)*
- VIDEO: Part 3 – Reset Your Reference Points (19 min)
- VIDEO: Overcome Biases Summary (2 min)
 - **Return to room in 20 mins for discussion*
 - ***Discussion Prompts (Add in questions here)*

Total number of Videos 6 and total number of minutes roughly 60.

Homework for Week 4: (5 min)

- Review Key Concepts
- Reading/Rewirement: Exercise and Sleep (10 min)
- Week 4 Quiz

Learning Circle Week 5: June 27th, Led by Janet and Tiffany

- Course Content Covered: Week
 - 9:00am (30 minute) Virtual setup
 - Join [Zoom Room](#)
 - Log in to [Coursera course](#)
 - Everyone should be muted upon entering meeting room
 - One staff member monitors online reference mailbox
 - (3 min) Introduction:
 - Staff Introductions (Janet, Rob, Tiffany, Erin)
 - Recap overview of learning circles for new participants
 - Recap that everyone has registered on Coursera: <https://www.coursera.org/learn/the-science-of-well-being> and post link in the chat. Mention auditing the course vs. Paying for certificate. Also mention syllabus for this learning circle.
 - Review of navigating Zoom and procedures:
 - Mute: All participants will be muted at the start of the call.
 - Raise hand: If participant wants to speak, use the raise hand feature and the moderator will ask the person to unmute their mic and speak (microphone option in center of screen)
 - Settings: Add in your name
 - Chat: open chat feature
 - Participant Introductions: Name (Quick reintroduction in case we have new people)

Commented [BT8]: I think this section is no longer necessary by this week. what do yall think?

Commented [BT9]: Test this

Commented [BT10R9]: Not sure if we can do this? with 15 people that could take a while. BUT if we cut back on some of the surveys....we might have time. And maybe not everyone will want to speak.

- (15 mins) WEEK FOUR FEEDBACK AND COMMENTS: Ask if participants had any feedback about the homework/reirements or if they have any comments about what they learned the previous week.
- PROMPT: INSERT HERE
- **Might be helpful to have some other discussion prompts for this as well. Recap the previous week (Rewirements, what stood out for you, what you thought about the next week...)*

Week 5 Content (70 min):

Theme of the week: Stuff that really makes us happy?

Review Key Concepts

- Understand that seeking a higher salary and good grades can sometimes make us happy with the right mindset
- List the behaviors scientifically linked to improved well-being, such as being kind, connecting with others, valuing time, meditating, getting more sleep, and exercising
- Practice meditation and conduct a gratitude visit

Videos: Ask participants to watch the following videos

Section One: Overview of our weekly Rewirements:

- VIDEO: Meditation (53 secs)
**Return to room in 2 mins to discuss*
***Discussion Prompts (Add in questions here)*

Gratitude Letter/Visit

One of your last reirements is one that research suggests will have a big impact on your happiness and that of another person. This week, write a letter of gratitude to someone you care about. For this assignment, think of one living person who has made a big difference in your life, but whom you never properly thanked.

Then find a quiet spot when you have a half-hour free and write a heartfelt letter to that person explaining how he or she has touched your life and why he or she is meaningful to you. Your letter can be as long as you want, but try to make it at least 300 words or so. Then you must deliver that letter to the person in question. Just say you want to talk to that person without explaining why. You could read the letter to your chosen person over the phone or Skype, but for an extra huge happiness boost, we recommend scheduling a time to visit this person in person to share your letter. However you meet up, you should read the letter aloud. We also recommend that you both have some tissues handy for this one. A gratitude letter is one of the most powerful tool for increasing happiness because it can forge social bonds and really change someone's life.

Section Two: Better Wanting Part 1

- VIDEO: Good Job (21 min)
***Return to room in 21 mins for discussion*
***Discussion Prompts (Add in questions here)*
- VIDEO: Good Grades (18 min)
***Return to room in 18 mins for discussion*
***Discussion Prompts (Add in questions here)*

Section Three: Better Wanting Part 2

- VIDEO: Kindness (10 min)
**Return to room in 10 mins for discussion*
***Discussion Prompts (Add in questions here)*
- VIDEO: Social Connection (12 min)
**Return to room in 12 mins for discussion*
***Discussion Prompts (Add in questions here)*

Section Four: Better Wanting Part 3

- VIDEO: Time Affluence (6 min)
**Return to room in mins for discussion*
***Discussion Prompts (Add in questions here)*
- VIDEO: Healthy Practices (10 min)
**Return to room in 10 mins for discussion*
***Discussion Prompts (Add in questions here)*

Total number of Videos 7 and total number of minutes roughly 80.

Commented [BT11]: Likely will have to divvy up more of these videos for homework. Probably will run out of time.

Homework for Week 5: (5 min)

- Review Key Concepts
- Reading/Rewirement: Meditation & Gratitude Visit (10 min)
- Watch the following videos:
 - VIDEO: Interview with Elizabeth Dunn (15 min)
 - VIDEO: Interview with Nicholas Epley (22 min)
 - VIDEO: Mind Control (18 min)
- Week 5 Quiz

Learning Circle Week 6: July 11th, Led by Rob and Tiffany

- Course Content Covered: Week
 - 9:00am (30 minute) Virtual setup
 - Join [Zoom Room](#)
 - Log in to [Coursera course](#)
 - Everyone should be muted upon entering meeting room
 - One staff member monitors online reference mailbox
 - (3 min) Introduction:
 - Staff Introductions (Janet, Rob, Tiffany, Erin)
 - Recap overview of learning circles for new participants

Commented [BT12]: I think this section is no longer necessary by this week. what do yall think?

- Recap that everyone has registered on Coursera: <https://www.coursera.org/learn/the-science-of-well-being> and post link in the chat. Mention auditing the course vs. Paying for certificate. Also mention syllabus for this learning circle.
- Review of navigating Zoom and procedures:
 - Mute: All participants will be muted at the start of the call.
 - Raise hand: If participant wants to speak, use the raise hand feature and the moderator will ask the person to unmute their mic and speak (microphone option in center of screen)
 - Settings: Add in your name
 - Chat: open chat feature
- Participant Introductions: Name (Quick reintroduction in case we have new people)
- (15 mins) WEEK FOUR FEEDBACK AND COMMENTS: Ask if participants had any feedback about the homework/reirements or if they have any comments about what they learned the previous week.
- PROMPT: INSERT HERE
- **Might be helpful to have some other discussion prompts for this as well. Recap the previous week (Rewirements, what stood out for you, what you thought about the next week...)*

Commented [BT13]: Test this

Commented [BT14R13]: Not sure if we can do this? with 15 people that could take a while. BUT if we cut back on some of the surveys....we might have time. And maybe not everyone will want to speak.

Week 6 Content (52 min):

Theme of the week: How can we intentionally put these strategies into practice and build healthier habits?...

Review Key Concepts

- Understand that your surroundings play a key role in the types of behaviors you engage in
- List elements of effective goal setting
- Design your environment and practice goal setting strategies to build better habits
- Enjoy your time affluence

Videos: Ask participants to watch the following videos

Section One: Overview of our weekly Rewirements:

Week 6 Rewirement: Time Affluence

Surprise! Your rewirement for this week is that you have no rewirement. Appreciate your time affluence. Use the time you would have dedicated to your weekly rewirement homework to do something fun. This extra time is yours and we want you to enjoy it.

Section Two: Strategies for Better Habits

- VIDEO: Part One- Situational Support (8 min)
- VIDEO: Part Two- Goal Setting (13 min)
 - **Return to room in 21 mins for discussion
 - **Discussion Prompts (Add in questions here)
- Video: Interview Gabriele Oettingen (32 mins)
 - **Return to room in 32 mins for discussion
 - **Discussion Prompts (Add in questions here)

Total number of Videos 3 and total number of minutes 52.

Commented [BT15]: Likely will have to divvy up more of these videos for homework. Probably will run out of time.

Homework for Week 6: (5 min)

- Review Key Concepts
- Reading/Rewirement: FREE!
- Week 6 Quiz

Learning Circle Week 7: July 18th, Led by Tiffany

- Course Content Covered: Week
 - 9:00am (30 minute) Virtual setup
 - Join [Zoom Room](#)
 - Log in to [Coursera course](#)
 - Everyone should be muted upon entering meeting room
 - One staff member monitors online reference mailbox
 - (3 min) Introduction:
 - Staff Introductions (Janet, Rob, Tiffany, Erin)
 - Recap overview of learning circles for new participants
 - Recap that everyone has registered on Coursera:
<https://www.coursera.org/learn/the-science-of-well-being> and post link in the

Commented [BT16]: I think this section is no longer necessary by this week. what do yall think?

chat. Mention auditing the course vs. Paying for certificate. Also mention syllabus for this learning circle.

- Review of navigating Zoom and procedures:
 - Mute: All participants will be muted at the start of the call.
 - Raise hand: If participant wants to speak, use the raise hand feature and the moderator will ask the person to unmute their mic and speak (microphone option in center of screen)
 - Settings: Add in your name
 - Chat: open chat feature
- Participant Introductions: Name (Quick reintroduction in case we have new people)

- (15 mins) WEEK FOUR FEEDBACK AND COMMENTS: Ask if participants had any feedback about the homework/reirements or if they have any comments about what they learned the previous week.

- PROMPT: INSERT HERE

- **Might be helpful to have some other discussion prompts for this as well. Recap the previous week (Rewirements, what stood out for you, what you thought about the next week...)*

Commented [BT17]: Test this

Commented [BT18R17]: Not sure if we can do this? with 15 people that could take a while. BUT if we cut back on some of the surveys...we might have time. And maybe not everyone will want to speak.

Week 7 Content (?? min):

Theme of the week: What rewirement will you commit to for the next 4 weeks?..

Review Key Concepts

- Develop a personal plan to execute your Rewirement Assignment

Videos: Ask participants to watch the following videos

Section One: Learn about your final rewirement challenge:

- VIDEO: Welcome to your final rewirement challenge (1 min)
***Return to room in 1 mins for discussion*
***Discussion Prompts (Add in questions here)*
- **Reading: Final Rewirement Challenge (Read this over in group)**

Section Two: Rewirement Challenge: Week One starting point

- Reading: Pro Tip
- Reading: Handout

Comments to share:

All 10 rewirements have the potential to have significantly positive affects on your life and mood. They each have been proven to have positive benefits. That much we know. So I wanted to talk a little bit about how we can build new habits/deconstruct old bad habits.

****Article**

****Video**

- Mayo Clinic: <https://www.youtube.com/watch?v=RXG57SGiPoU>

- <https://www.brightwork.com/blog/5-steps-create-habits-last>

**Books (5 second Rule by Mel Robbins)

**Habit Trackers

Interesting videos to share:

<https://www.youtube.com/watch?v=cXXWUMTtGsY>

Section Three: Rewirement Challenge: Week One Review

- Discussion Prompt: Define Well-Being
- Practice Quiz: End of Week One Quiz

Total number of Videos 1 and total number of minutes 52.

Commented [BT19]: Likely will have to divvy up more of these videos for homework. Probably will run out of time.

Homework for Week 7: (5 min)

- Make a plan for your rewirement challenge
- Discussion Prompt: Define Well-Being
- Rewirement Week One Quiz

Learning Circle Week 8: July 25th, Led by Tiffany

- Course Content Covered: Week
 - 9:00am (30 minute) Virtual setup
 - Join [Zoom Room](#)
 - Log in to [Coursera course](#)
 - Everyone should be muted upon entering meeting room
 - One staff member monitors online reference mailbox
 - (3 min) Introduction:
 - Staff Introductions (Janet, Rob, Tiffany, Erin)
 - Recap overview of learning circles for new participants
 - Recap that everyone has registered on Coursera:
<https://www.coursera.org/learn/the-science-of-well-being> and post link in the chat. Mention auditing the course vs. Paying for certificate. Also mention syllabus for this learning circle.
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 - Raise hand: If participant wants to speak, use the raise hand feature and the moderator will ask the person to unmute their mic and speak (microphone option in center of screen)
 - Settings: Add in your name
 - Chat: open chat feature
 - Participant Introductions: Name (Quick reintroduction in case we have new people)
- (15 mins) WEEK FOUR FEEDBACK AND COMMENTS: Ask if participants had any feedback about the homework/reirements or if they have any comments about what they learned the previous week.
- PROMPT: INSERT HERE
- **Might be helpful to have some other discussion prompts for this as well. Recap the previous week (Rewirements, what stood out for you, what you thought about the next week...)*

Commented [BT20]: I think this section is no longer necessary by this week. what do yall think?

Commented [BT21]: Test this

Commented [BT22R21]: Not sure if we can do this? with 15 people that could take a while. BUT if we cut back on some of the surveys....we might have time. And maybe not everyone will want to speak.

Week 8 Content (?? min):

Theme of the week: How can you rely on others to help you change your behaviors?

Review Key Concepts

- Understand and utilize the power of making a social commitment to change your behavior

Videos: Ask participants to watch the following videos

Section One: Rewirement Challenge Week 2 Starting Point:

- VIDEO: Welcome to week 2 (58 secs)
 - **Return to room in 1 mins for discussion*
 - **Discussion Prompts (Add in questions here)*
- Reading: Pro Tip
 - *If you haven't done so already, socially commit to your rewirement. Tell someone about the change you are trying to make. Feel free to share with your fellow learners by using the Discussion Forums.*

Section Two: Rewirement Challenge: Week 2 Review

- Discussion Prompt: Ask for Help

- Rewirement Week Two Quiz

Comments to share:

**Article

**Video

- Mayo Clinic: <https://www.youtube.com/watch?v=RXG57SGiPoU>
- <https://www.brightwork.com/blog/5-steps-create-habits-last>

**Books (5 second Rule by Mel Robbins)

**Habit Trackers

Interesting videos to share:

<https://www.youtube.com/watch?v=cXXWUMTtGsY>

Total number of Videos 1

Homework for Week 8: (5 min)

- Continue to practice your rewirement(s) daily and note difficulties and successes
- Discussion Prompt: Ask for help
- Rewirement Week Two Quiz

Learning Circle Week 9 : August 1st, Led by Rob

- Course Content Covered: Week
 - 9:00am (30 minute) Virtual setup
 - Join [Zoom Room](#)
 - Log in to [Coursera course](#)
 - Everyone should be muted upon entering meeting room
 - One staff member monitors online reference mailbox
 - (3 min) Introduction:
 - Staff Introductions (Janet, Rob, Tiffany, Erin)
 - Recap overview of learning circles for new participants
 - Recap that everyone has registered on Coursera:
<https://www.coursera.org/learn/the-science-of-well-being> and post link in the chat. Mention auditing the course vs. Paying for certificate. Also mention syllabus for this learning circle.
 - Review of navigating Zoom and procedures:
 - Mute: All participants will be muted at the start of the call.
 - Raise hand: If participant wants to speak, use the raise hand feature and the moderator will ask the person to unmute their mic and speak (microphone option in center of screen)
 - Settings: Add in your name
 - Chat: open chat feature
 - Participant Introductions: Name (Quick reintroduction in case we have new people)

Commented [BT23]: I think this section is no longer necessary by this week. what do yall think?

Commented [BT24]: Test this

Commented [BT25R24]: Not sure if we can do this? with 15 people that could take a while. BUT if we cut back on some of the surveys...we might have time. And maybe not everyone will want to speak.

- (15 mins) WEEK FOUR FEEDBACK AND COMMENTS: Ask if participants had any feedback about the homework/reirements or if they have any comments about what they learned the previous week.
- PROMPT: INSERT HERE
- **Might be helpful to have some other discussion prompts for this as well. Recap the previous week (Rewirements, what stood out for you, what you thought about the next week...)*

Week 9 Content (?? min):

Theme of the week: How can you design your environment to help you change your behaviors?

Review Key Concepts

- Understand and utilize the power of your environment to change your behavior

Videos: Ask participants to watch the following videos

Section One: Rewirement Challenge Week 3 Starting Point:

- VIDEO: Welcome to week 3 (49 secs)
 - **Return to room in 1 mins for discussion*
 - **Discussion Prompts (Add in questions here)*
- Reading: Pro Tip
 - *Design your environment to set yourself up for success. Take a moment to consider situation support and brainstorm ways to promote good environments and fix bad environments.*

Section Two: Rewirement Challenge: Week 3 Review

- Discussion Prompt: Share Your Victories

- Tell your fellow learners about an eye-opening experience you had so far and share a small victory. Did you have aha moment when something suddenly clicked for you? What was it?
- Rewirement Week Three Quiz

Total number of Videos 1

Homework for Week 9: (5 min)

- Continue to practice your rewirement(s) daily and note difficulties and successes
- Discussion Prompt: Share your Victories
- Rewirement Week Three Quiz

Learning Circle Week 10: August 8th, Led by Tiffany

- Course Content Covered: Week
 - 9:00am (30 minute) Virtual setup
 - Join [Zoom Room](#)
 - Log in to [Coursera course](#)
 - Everyone should be muted upon entering meeting room
 - One staff member monitors online reference mailbox
 - (3 min) Introduction:
 - Staff Introductions (Janet, Rob, Tiffany, Erin)
 - Recap overview of learning circles for new participants
 - Recap that everyone has registered on Coursera: <https://www.coursera.org/learn/the-science-of-well-being> and post link in the chat. Mention auditing the course vs. Paying for certificate. Also mention syllabus for this learning circle.
 - Review of navigating Zoom and procedures:
 - Mute: All participants will be muted at the start of the call.
 - Raise hand: If participant wants to speak, use the raise hand feature and the moderator will ask the person to unmute their mic and speak (microphone option in center of screen)
 - Settings: Add in your name
 - Chat: open chat feature

Commented [BT26]: I think this section is no longer necessary by this week. what do yall think?

Commented [BT27]: Test this

Commented [BT28R27]: Not sure if we can do this? with 15 people that could take a while. BUT if we cut back on some of the surveys....we might have time. And maybe not everyone will want to speak.

- Participant Introductions: Name (Quick reintroduction in case we have new people)
- (15 mins) WEEK FOUR FEEDBACK AND COMMENTS: Ask if participants had any feedback about the homework/rewirements or if they have any comments about what they learned the previous week.
- PROMPT: INSERT HERE
- **Might be helpful to have some other discussion prompts for this as well. Recap the previous week (Rewirements, what stood out for you, what you thought about the next week...)*

Week 10 Content (?? min):

Theme of the week: What mindset can you have to appreciate your progress so far and continue your progress beyond the course?

Review Key Concepts

- Understand and utilize the power of your mindset to change your behavior

Videos: Ask participants to watch the following videos

Section One: Rewirement Challenge Week 4 Starting Point:

- VIDEO: Welcome to week 4 (1 min)
 - **Return to room in 1 mins for discussion*
 - **Discussion Prompts (Add in questions here)*
- Reading: Pro Tip
 - *Try your best to have a growth mindset. Think of this rewirement challenge as a learning experience and focus on your progress. Changing behaviors is hard but with a bit of effort and dedication you can improve your outcomes.*

Section Two: Rewirement Challenge: Week 4 Review

- Video: Congratulations on Completing Your Challenge (1 min)
- Rewirement Week Four Quiz

Total number of Videos 1

Homework for Week 9: (5 min)

- Continue to practice your rewirement(s) daily and note difficulties and successes
- Discussion Prompt: Share your Victories
- Rewirement Week Three Quiz