

## PHI 326: Philosophy of Happiness

### Syllabus

Schedule Line Number: 15400  
Spring 2019

**Instructor:** Dr. Elaine K. Yoshikawa

**Email Address:** [Elaine.Yoshikawa@asu.edu](mailto:Elaine.Yoshikawa@asu.edu)

I usually respond the same day or the next. If you have not heard from me within a reasonable amount of time, please check your spam filter first, and feel free to email me again.

**Virtual Office Hours:** M/W: 1:00 - 2:00 pm

**Pre-requisites:** ENG 102, 105 or 108 with C or higher

**Recommended:** PHI 101 or PHI 105 or at least one upper-division PHI course

### Required Course Textbooks:

*Happiness: Classic and Contemporary Readings in Philosophy*

Editors: Steven M. Cahn and Christine Vitrano, Oxford University Press, 2008

The text is available at most retail online bookstores such as Amazon.com, BarnesandNoble.com, etc.

Also, there are a few copies available at the ASU Bookstore at: <http://bookstore.asu.edu/>

All additional readings will be available on Blackboard

### Course Canvas Site

To access the Course Canvas site, click on “myASU” on the ASU homepage or point your browser to <https://myasucourses.asu.edu>

### Grade Requirements:

Exam 1:	25%
Exam 2:	25%
Exam 3:	30%
Final Paper:	10%
Discussion Posts:	10%

**Grade Scale:**

90-100%	A
80-89%	B
70-79%	C
60-69%	D
0-59%	E

**Exam Schedule:**

Exam One: Friday, February 1, 6:00 AM – Sunday, February 3, 11:59 PM (MST)

Exam Two: Friday, March 15, 6:00 AM – Sunday, March 17, 11:59 PM (MST)

Exam Three: Monday, April 29, 6:00 AM – Tuesday, April 30, 11:59 PM (MST)

**Writing Assignment due:** Friday, April 26 by 11:59 pm (MST)

**Forum Posts Due by 11:59 pm (MST):**

Sunday, January 20  
Sunday, February 3  
Sunday, February 24  
Sunday, March 17  
Sunday, April 7  
Sunday, April 28

**Course Description:**

This course will examine the concept and nature of happiness. We will consider what happiness is, its significance within a life of human flourishing, and practical application of various principles of happiness. This course will consider happiness from a philosophical approach by examining various ethical theories and traditions, viz. Virtue Ethics, Christian Ethics, and Buddhist Ethics. In this way students may: (1) create a foundation for further inquiry, (2) broaden their conceptual, theoretical, and pragmatic understanding of happiness, and (3) examine individual and societal assumptions of happiness. The readings, lectures, class participation and assignments are designed to encourage the development of critical, creative, and integrative thinking skills. Introspective reflection is highly encouraged.

**Course Objectives:**

- Gain a broader theoretical and conceptual understanding of the conception of happiness
- Examine the philosophical history of the notions of happiness and well-being
- From a philosophical perspective, examine the psychology of individual happiness and consider criteria for determining what constitutes a life of human flourishing
- Introspectively reflect and examine personal concepts of happiness

- Consider prescriptions for living a happier life within the Christian and Buddhist Traditions
- Articulate assumptions inherent in societal notions of happiness
- Glean principles for practical application in daily life

## **Course Content and Scheduled Assignments: page 8**

### **Course Policies:**

#### **Trigger Warning**

Please note that some course content may be deemed offensive by some students, although it is not my intention to offend anyone. In addition, some materials that we link with online might also be considered offensive, troubling, or difficult to review in terms of language or graphics. I attempt to provide warnings when introducing this kind of material; yet if I forget to do so, or if something else (in my materials or posts from fellow students) seems offensive, please contact me at [elaine.yoshikawa@asu.edu](mailto:elaine.yoshikawa@asu.edu), or the faculty head, **Brooks Simpson**.

#### **Establishing a Safe Environment**

Learning takes place best when a safe environment is established in the classroom. In accordance with [SSM 104-02 of the Student Services Manual](#), students enrolled in this course have a responsibility to support an environment that nurtures individual and group differences and encourages engaged, honest discussions. The success of the course rests on your ability to create a safe environment where everyone feels comfortable to share and explore ideas. We must also be willing to take risks and ask critical questions. Doing so will effectively contribute to our own and others intellectual and personal growth and development. We welcome disagreements in the spirit of critical academic exchange, but please remember to be respectful of others' viewpoints, whether you agree with them or not.

#### **Email Communication**

ASU email is an official means of communication among students, faculty, and staff. Students are expected to read and act upon email in a timely fashion. Students bear the responsibility of missed messages and should check their ASU-assigned email regularly. *All instructor correspondence will be sent to your ASU email account.* For help with your email go to: MyASU > Service > Live Chat OR New Ticket.

#### **Prohibition of Commercial Note-taking Services**

In accordance with [ACD 304-06 Commercial Note Taking Services](#), written permission must be secured from the official instructor of the class in order to sell the instructor's oral communication in the form of notes. Notes must have the note taker's name as well as the instructor's name, the course number, and the date

**This course is offered through the Faculty of Interdisciplinary Humanities and Communication in ASU's College of Integrative Sciences and Arts.** If you have questions or concerns about the administration of the course, you should first contact the course instructor. The Interim Faculty Head of Interdisciplinary Humanities and Communication is Brooks Simpson: <https://cls.asu.edu/ihc>

**Incomplete Grades:** A course grade of "Incomplete" will be given only in extreme situations because the sad story is that most students who request incompletes never finish the course. Please visit <http://www.asu.edu/registrar/forms/regforms.html> under the Academic Record Forms section for the

Incomplete Grade Request form, which is available in both *Word* and as a PDF. The form must be completed by the student, signed by the student, the instructor, and the department chair or school director.

### **Student Support Services**

Polytechnic campus site: <http://www.poly.asu.edu/students/services/>

*The Writing Center at the Polytechnic Campus:* The Polytechnic Writing Center offers tutoring services to all students on any sort of writing project. Writing tutors can help with any stage of the writing process, including choosing a topic, brainstorming, clarifying a thesis, organization of ideas or paragraphs, grammar, citation styles, and more. The Center is located in the Academic Center Building on the Lower Level. Although walk-ins are accepted, it is strongly recommended that you make an appointment. Please call (480) 727-1452 to schedule an appointment. Online tutoring is also available if you cannot come in. Visit the Writing Center's website (<http://studentsuccess.asu.edu/polytechnic/writing>) for more information.

*ASU Libraries* - offers 24/7 access to librarians through "Ask a Librarian" online chat and help by librarians in person at the Reference Desk during most hours the libraries are open.  
<http://lib.asu.edu/>

Polytechnic campus link: <http://lib.asu.edu/poly/>

*Counseling and Consultation* – provides confidential mental health and career counseling services for all ASU students. <http://students.asu.edu/counseling>  
Polytechnic campus site (Student Counseling Services): <http://students.asu.edu/counselingpoly>

*Student Success Centers* – the Student Success Center (SSC) on each ASU campus provides an array of support services that promote students' academic success. The SSC supports classroom instruction by helping students become better learners and gain the confidence and skills to achieve their greatest possible academic success. <http://studentsuccess.asu.edu/>

*The Student Success Center at the Polytechnic Campus* provides a variety of support services that promote students' academic success. The SSC's programs help students to become better learners and to gain the confidence and skills to do well in their courses. At the Polytechnic campus, the SSC provides the following services FREE of charge to ASU students: (1) subject area tutoring, (2) writing tutoring for any writing assignment, (3) supplemental instruction for MAT 170 and CHM 113, (4) academic success workshops on topics like reading strategies and studying for exams, and (5) individual as well as group study space. For questions, please call (480) 727-1452 or stop by. For more information and for tutoring schedules, please visit our web site at <http://studentsuccess.asu.edu/polytechnic>. The SSC is located in the Academic Center Building (CNTR) on the Lower Level. To see a campus map, please visit <http://www.asu.edu/map/interactive/>

*Career Services* – offers assistance to students in choosing a major, setting career goals, interviewing and job hunting strategies. <http://students.asu.edu/career>  
Polytechnic campus site: <http://students.asu.edu/career/poly>

*Student Financial Aid Office* – offers information and applications for student funding such as grants, loans, scholarships and student employment. <http://students.asu.edu/financialaid>  
Polytechnic campus site: <http://www.asu.edu/fa/> (same as general ASU site)

*Student Health and Wellness Center* – provides non-emergency medical health care to all ASU students regardless of insurance status. Most visits with a physician or nurse practitioner are free of charge, but fees will be incurred for x-rays, lab results, etc. [www.asu.edu/health/](http://www.asu.edu/health/)  
Polytechnic campus site: same

*Student Recreational Center* – offers individual and group fitness opportunities, as well as information on nutrition and wellness, and massages. Use of the general facilities (weights, circuit training and cardio machines) are free, other services (yoga classes, massages) are fee-based.  
[www.asu.edu/src/](http://www.asu.edu/src/)  
Polytechnic campus site: <http://www.poly.asu.edu/pac/>

*Student Legal Assistance* – provides legal advice and counsel free of charge to all ASU students in areas such as landlord-tenant law, credit reports and collection issues, taxability of scholarships and grants, etc. Notary service is also available at no charge.  
<http://www.asu.edu/studentaffairs/mu/legal/>

Information Technology on the Polytechnic campus: <http://campus.asu.edu/polytechnic/uto>

*EMPACT Crisis Hotline* – offers free 24-hour support for mental health crises. Call (480) 784-1500 in the Phoenix area, (866) 205-5229 for the toll-free number outside of Phoenix, and (480) 736-4949 for the sexual assault hotline. All services are free and confidential.  
<http://www.empact-spc.com/>

#### **Military Benefits:**

If you have any questions regarding benefits for veterans, please contact the Pat Tillman Veterans Center at: <https://veterans.asu.edu/>

### **University Policies:**

#### **Academic Integrity**

Arizona State University and the College of Integrative Sciences and Arts strongly believe in academic integrity; thus cheating and plagiarism is not tolerated. If a student is charged with academic dishonesty and found to be in violation, disciplinary action will be taken and a student's name will be kept on file. Academic dishonesty includes borrowing ideas without proper citation, copying others' work (including information posted on the internet), failing to turn in your own work for group projects, as well as providing materials of any type to a homework help site or a study resource site. Disciplinary action may result in a reduced grade for the assignment or class, suspension or expulsion from the university, and/or an XE on his or her transcript. For further information, please read the Student Academic Integrity policy at <https://provost.asu.edu/academic-integrity>.

#### **Students with Disabilities**

If you need academic accommodations or special consideration of any kind to get the most out of this class, please let me know at the beginning of the course. If you have a disability and need a reasonable accommodation for equal access to education at ASU, please call Disability Resources for Students. The site can be found here: <https://eoss.asu.edu/drc>

<b>Downtown Phoenix Campus</b> University Center building, Suite 160 Phone: 602.496.4321 E-mail: <a href="mailto:DRCDowntown@asu.edu">DRCDowntown@asu.edu</a>	<b>Tempe Campus</b> Matthews Center building, 1st floor Phone: 480.965.1234 E-mail: <a href="mailto:DRCTempe@asu.edu">DRCTempe@asu.edu</a>
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<p><b>Polytechnic Campus</b>  Sutton Hall - Suite 240  Phone: 480.727.1039  E-mail: DRCPoly@asu.edu</p>	<p><b>West Campus</b>  University Center Building, Room 130  Phone: 602.543.8145  E-mail: DRCWest@asu.edu</p>
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## **Mental Health**

As a student, you may experience a range of challenges that can interfere with learning, such as strained relationships, increased anxiety, substance use, feeling down, difficulty concentrating and/or lack of motivation. These emotional health concerns or stressful events may diminish your academic performance and/or reduce your ability to participate in daily activities. ASU Counseling Services provides counseling and crisis services for students who are experiencing a mental health concern. Any student may call or walk-in to any ASU counseling center for a same day or future appointment to discuss any personal concern. Here is the Web site: <https://eooss.asu.edu/counseling>. After office hours and 24/7 ASU's dedicated crisis line is available for crisis consultation by calling 480-921-1006.

## **Student Code of Conduct**

Students are required to adhere to the behavior standards listed in the Arizona Board of Regents Policy Manual Chapter V –Campus and Student Affairs: Code of Conduct located online at <http://students.asu.edu/srr/code> and the ACD 125: Computer, Internet, and Electronic Communications available at <http://asu.edu/aad/manuals/acd/acd125.html>.  
<http://asu.edu/aad/manuals/acd/acd125.html>

Students are entitled to receive instruction free from interference by other members of the class. An instructor may withdraw a student from a course when the student's behavior disrupts the educational process under USI 201-10 <http://www.asu.edu/aad/manuals/ssm/ssm201-10.html>. An instructor may withdraw a student from a course with a mark of "W" or "E" when the student's behavior disrupts the educational process. Disruptive classroom behavior for this purpose is defined by the instructor.

## **Harassment Prohibited**

ASU policy prohibits harassment on the basis of race, sex, gender identity, age, religion, national origin, disability, sexual orientation, Vietnam era veteran status, and other protected veteran status. Violations of this policy may result in disciplinary action, including termination of employees or expulsion of students. Contact the professor if you are concerned about online harassment of any kind, and he/she will put you in contact with the Dean of Students office.

## **Title IX**

Title IX is a federal law that provides that no person be excluded on the basis of sex from participation in, be denied benefits of, or be subjected to discrimination under any education program or activity. Both Title IX and university policy make clear that sexual violence and harassment based on sex is prohibited. An individual who believes they have been subjected to sexual violence or harassed on the basis of sex can seek support, including counseling and academic support, from the university. If you or someone you know has been harassed on the basis of sex or sexually assaulted, you can find information and resources at <https://sexualviolenceprevention.asu.edu/faqs>.

"As a mandated reporter, I am obligated to report any information I become aware of regarding alleged acts of sexual discrimination, including sexual violence and dating violence. ASU Counseling Services, <https://eooss.asu.edu/counseling>, is available if you wish discuss any concerns confidentially and privately.

## **Statement on Inclusion**

Arizona State University is deeply committed to positioning itself as one of the great new universities by seeking to build excellence, enhance access and have an impact on our community, state, nation and the world. To do that requires our faculty and staff to reflect the intellectual, ethnic and cultural diversity of our

nation and world so that our students learn from the broadest perspectives, and we engage in the advancement of knowledge with the most inclusive understanding possible of the issues we are addressing through our scholarly activities. We recognize that race and gender historically have been markers of diversity in institutions of higher education. However, at ASU, we believe that diversity includes additional categories such as socioeconomic background, religion, sexual orientation, gender identity, age, disability, veteran status, nationality and intellectual perspective.

### **Syllabus Disclaimer**

The course syllabus is an educational contract between the instructor and students. Every effort will be made to avoid changing the course schedule but the possibility exists that unforeseen events will make syllabus changes necessary. The instructor reserves the right to make changes to the syllabus as deemed necessary. Students will be notified in a timely manner of any syllabus changes via email, or in the Announcements section on Blackboard.

### **Campus Resources**

As an ASU student you have access to many resources on campus. This includes tutoring, academic success coaching, counseling services, financial aid, disability resources, career and internship help and many opportunities to get involved in student clubs and organizations.

- Tutoring: <https://students.asu.edu/academic-success>
- Counseling Services: <http://students.asu.edu/counseling>
- Financial Aid: <http://students.asu.edu/financialaid>
- Disability Resource Center: <http://www.asu.edu/studentaffairs/ed/drc/>
- Major/Career Exploration: <http://uc.asu.edu/majorexploration/assessment>
- Career Services: <http://students.asu.edu/career>
- Student Organizations: <http://www.asu.edu/studentaffairs/mu/clubs/>
- ASU Writing Centers: <https://tutoring.asu.edu/writing-centers>
- ASU Police Department: <https://cfo.asu.edu/police>
- International Student Resources: <https://students.asu.edu/international/support/academic>

## **Course Content (subject to change):**

The page numbers below refer to the course textbook  
Pdf file and lecture links are available on the Unit page

### **Module 1**

**1/7-1/20:**

- |                 |  |
|-----------------|--|
| 1. Introduction | Materials in 'Read Me First'<br>Lecture 1                    |
| 2. Plato        | p. 3 <i>The Republic</i> , Plato<br>Lecture 2                |
| 3. Aristotle    | p. 19 <i>The Nicomachean Ethics</i> , Aristotle<br>Lecture 3 |
| 4. Seneca       | p. 41 "On the Happy Life" Seneca<br>Lecture 4                |

**Forum Posts due: Sunday, January 20 by 11:59 pm (MST)**

### **Module 2**

**1/21-2/3:**

- |              |  |
|--------------|--|
| 5. Epictetus | pdf file: "The Art of Living" Epictetus<br>Lecture 5 |
| 6. Annas     | p. 238 "Happiness of Achievement" Annas<br>Lecture 6 |
| 7. Annas     | p. 245 "Virtue and Eudaimonism" Annas<br>Lecture 7   |

**Forum Posts due: Sunday, Feb 3 by 11:59 pm (MST)**



**Exam One: Friday, February 1, 6:00 AM – Sunday, February 3, 11:59 PM (MST)**

Will cover Lectures 2 – 7 and associated readings  
You will be given a maximum of 2 hours to complete the exam.  
If you are taking the exam out-of-state please reconfigure for your time zone.  
Instructions for the exam are provided in the Study Guide

**Module 3**

**2/4-2/24:**

- |              |   |
|--------------|---|
| 8. Nietzsche | p. 152 “On the Uses and Disadvantages of History for Life” Nietzsche<br>Lecture 8           |
| 9. Mill      | p. 121 “Utilitarianism” Mill<br>pdf file: “A Crisis in My Mental History” Mill<br>Lecture 9 |
| 10. Hume     | p. 86 “The Skeptic” Hume<br>Lecture 10  |

**Writing Assignment:**

Due: Friday, April 26 by 11:59 PM (MST)  
For instructions please click ‘Writing Assignment’ on main navigational menu  
Please read the instructions well before the due date so that you can begin considering the kinds of activities you might participate in to fulfill the requirements of the paper.

**Forum Posts due: Sunday, Feb 24 by 11:59 pm (MST)**

**Module 4**

**2/25-3/17 (includes Spring Break):**

- |                   |  |
|-------------------|--|
| 11. St. Augustine | p. 51 “The Happy Life” Augustine<br>Lecture 11 |
|-------------------|--|

- |                              |   |
|------------------------------|---|
| 12. St. Aquinas              | p. 60 “Summa Contra Gentiles” Aquinas<br>Lecture 12           |
| 13. Altruism and Forgiveness | pdf file: “The Benefits of Altruism” Dalai Lama<br>Lecture 13 |

**Forum Posts due: Sunday, Mar 17 by 11:59pm (MST)**

**Exam Two: Friday, March 15, 6:00 AM – Sunday, March 17, 11:59 PM (MST)**

Will cover Lectures 8 – 13 and associated readings  
You will be given a maximum of 2 hours to complete the exam.  
If you are taking the exam out-of-state please reconfigure for your time zone  
Instructions for the exam are provided in the Study Guide

## Module 5

### 3/18-4/7:

- |                                 |   |
|---------------------------------|---|
| 14-16. Happiness and the Mind   | Lectures 14, 15, 16   |
| 17-18. Suffering and attachment | pdf file: "The Four Noble Truths"<br>Rahula<br>Lecture 17, Lecture 18   |
| 19. Right Livelihood            | pdf file: "The Psychology of Right Livelihood"<br>Sinetar<br>Lecture 19 |
| 20. Alienation                  | pdf file: "Alienated Labour" Marx<br>Lecture 20                         |
| 21. Kraut                       | p. 201, "Two Conceptions of Happiness" Kraut<br>Lecture 21              |

**Forum Posts due: Sunday, Apr 7 by 11:59 pm (MST)**

## **Module 6**

**4/8-28:**

- |                               |   |
|-------------------------------|---|
| 22. Kolak                     | pdf file: "Meaning" Kolak and Martin<br>Lecture 22                  |
| 23. Nussbaum                  | pdf file: "Therapy of Desire" Nussbaum<br>Lecture 23                |
| 24. Annas                     | pdf file: "Morality of Happiness" Annas<br>Lecture 24               |
| 25. Foundation for Excellence | pdf file: "If Aristotle Ran General Motors"<br>Morris<br>Lecture 25 |
| 26. Authentic Happiness       | pdf file: "Positive Psychology" Peterson<br>Lecture 26              |

**Forum Posts due: Sunday, April 28 by 11:59 pm (MST)**

**Writing Assignment due: Friday, April 28 by 11:59 pm (MST)**

**Exam Three: Monday, April 29, 6:00 AM – Tuesday, April 30, 11:59 PM (MST)**

Will cover Unit 5 and Unit 6

You will be given a maximum of 2 hours to complete the exam.

If you are taking the exam out-of-state please reconfigure for your time zone.

Instructions for the exam are provided in the Study Guide

*Final Grades will be available on My ASU*

## Suggested Readings:

*The Art of Happiness: A Handbook for Living*, HH Dalai Lama and Howard C. Cutler, Riverhead Books, 1998

*Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment* Martin E. P. Seligman, Free Press, 2002

*How Should One Live? Essays on the Virtues*, ed. Roger Crisp, Clarendon Press, 1998

*The Morality of Happiness*, Julia Annas, Oxford University Press, 1993

*Happiness: A History*, Darrin M. McMahon, New York: Grove Press, 2006

*Exploring Happiness: From Aristotle to Brain Science*, Sissela Bok, New Haven: Yale University Press, 2010

*Happiness: A Guide to Developing Life's Most Important Skill*, Matthieu Ricard, New York: Little, Brown and Company, 2007

*The Happiness Hypothesis*, Jonathan Haidt, New York: Basic Books, 2006

*What the Buddha Taught*, Walpola Rahula, Grove Press, 1974

*The Good Heart: A Buddhist Perspective on the Teachings of Jesus*, HH Dalai Lama, Wisdom Publications, 1998

*Mindfulness and Meaningful Work: Explorations in Right Livelihood*, edited by Claude Whitmyer

*The Shift Journey: Spirituality, Virtues, and Unconditional Love*, Elaine Yoshikawa, Sojourn Publishing, 2015

*Nicomachean Ethics*, Aristotle, trans. Martin Ostwald, Bobbs-Merrill Educational Publishing, 1962

*Guide to the Good Life: The Ancient Art of Stoic Joy*, W. Irvine, Oxford University Press, 2008

*Treatise on Happiness*, Saint Thomas Aquinas, University of Notre Dame Press, 2001

*Living Love*, Francis de Sales, ed. Bernard Bangley, Paraclete Press, 2003

- Jesus and Virtue Ethics: Building Bridges between New Testament Studies and Moral Theology*, Daniel Harrington, S.J. and James Keenan, S.J, Sheed & Ward, 2002
- A Guide to the Bodhisattva Way of Life*, Santideva, Snow Lion Publications, 1997
- Happiness: A Guide to Developing Life's Most Important Skill*, Ricard, M, New York: Little, Brown and Company, 2007
- The Art of Happiness at Work*, Dalai Lama and Howard C. Cutler, Riverhead Books, 2003
- Making a Life, Making a Living: Reclaiming Your Purpose and Passion in Business and in Life*, Mark Albion, Warner Business Books, 2000
- Mindfulness and Meaningful Work: Explorations in Right Livelihood*, ed. Claude Whitmyer, Parallax Press, 1994
- The World of Tibetan Buddhism*, HH Dalai Lama, Wisdom Publications, 1995
- If Aristotle Ran General Motors*, Tom Morris, Henry Holt and Co., 1998
- A Primer in Positive Psychology*, Christopher Peterson, Oxford University Press, 2006
- Pleasure and the Good Life*, F. Feldman, Clarendon Press, 2004
- Reasons and the Good*, Roger Crisp, Clarendon Press, 2006
- Value Judgment*, J. Griffin, Clarendon Press, 1996
- Perfectionism*, T. Hurka, Clarendon Press, 1993
- What is Good and Why*, Richard Kraut, Harvard University Press, 2007
- What We Owe to Each Other*, T. Scanlon, Kelknap Press, 1998
- A Brief History of Happiness*, N. White, Blackwell, 2006