



2013 CAMPUS THEME • WINTER TERM PRESENTATIONS

Finding, Pursuing, and Creating Happiness

Happiness exploded as a topic in social science research during the last decade. This symposium features two social scientists who focus on how happiness happens. Using both qualitative and quantitative approaches, they examine how and why people become happier, and how and why they don't.

Presenters: Cody Christopherson, Psychology, and Michael Rousell, Education

Thursday, Jan 24, 2013 • 7pm • Meese Room, Hannon Library

Politics: It's a Happiness Thing. You Wouldn't Understand

Politics is about power. Politics is the process through which societies articulate shared values to produce binding public agreements. Politics is often shabby, brutal, corrupt, and sometimes violent, but seldom "fun" or "satisfying." So, where does "happiness" come in? Professor Hughes, whose teaching and research focus on political behavior at the margins, including conspiracies, violence, and terrorism, will suggest that human "happiness," properly understood, is impossible in the absence of active involvement in public—that is, political—life. Human beings are, by nature, social animals, and no society can long endure, much less provide opportunities for "happiness," in the absence of the contract of agreements by which social behavior is guided.

Presenter: Bill Hughes, Political Science

Thursday, Jan 31, 2013 • 7 pm • Stevenson Union 319

The Science of Compassion, Social Connection & Well-Being

At the root of altruism lie empathy and compassion. While some may think that we are mostly driven by selfishness, more and more research is showing that social connection is a fundamental human need and that we are wired to experience empathy and compassion. We thrive with greater social connection, resonate deeply with others emotions and experiences at the level of our physiology and brain, and experience pleasure and transcendence helping others and observing others being helped.

Presenter: Dr. Emma Seppala, Associate Director at Stanford University's Center for Compassion and Altruism Research and Education

Tuesday, Feb 5, 2013 • 7 pm • Meese Room, Hannon Library

The Emerging Field of Yoga and Meditation Research for Mental Health and Well-Being

The last decade has seen the emergence of research on yoga and meditation. This talk will give an overview of current research including research conducted by Emma Seppala on meditation based-interventions for social connection and yoga-based interventions for veterans with PTSD.

Presenter: Dr. Emma Seppala

Wednesday, Feb 6, 2013 • 12:30 pm • Meese Room, Hannon Library

Happiness and Discontent: International Poetry Night

An evening of international poetry read in several foreign languages by Southern Oregon University foreign language students.

Thursday, Feb 21, 2013 • 7 pm • Meese Auditorium, Art Building

The Business of Pursuing Happiness

Are happiness and wealth synonyms or antonyms? Who is responsible for your happiness anyway? How does one define a perfect work/life balance? Three speakers will examine these questions, share their experiences, and engage in a lively discussion on this vital topic.

Presenters: Amy Cuddy, Program Officer, The Oregon Community Foundation; Joan McBee, Associate Professor, Southern Oregon University; and David Wilkerson, Principal, Ogden Roemer Wilkerson Architecture

Monday, Feb 25, 2013 • 5 pm • Meese Room, Hannon Library

Education as Happiness

This panel considers the relationship between happiness and education. Educational research, from pre-K to post-secondary, stresses the importance of relationships. But what characterizes successful teacher-student relationships? Some clues may come from conceptualizing education as happiness, a process of flourishing.

We will explore a fundamentally interpersonal and purposeful view of teaching—an intimate process of seeing something at the core of another, and connecting that quality to new information or skills in a way that supports flourishing—as well as the implications for students, teachers and institutions.

Presenters: Margaret Perrow, English Education; William Greene, Education; YoungHee Kim, Education; Amy Belcastro, Education.

Thursday, Feb 28, 2013 • 7pm • Meese Room, Hannon Library

Happiness: Is It All In Your Brain?

Scholars have long pondered the nature of happiness and its internal and external sources. Motivation, persistence, love and pleasure are among the range of experiences we associate with happiness. Psychologists have sought to understand the different ways we experience happiness across the lifespan, as well as the brain basis of these experiences. Join Rachel Jochem and Mark Krause from the Southern Oregon University psychology department for a discussion about a range of happy sensations, from contentment to ecstasy. We will try to answer our original question: How much of it is all in your brain?

Presenters: Mark Krause, Psychology, and Rachel Jochem, Psychology

Wednesday, March 6, 2013 • 4 pm • Meese Room, Hannon Library



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THEME PAGE AT SOU.EDU/AHC/EXPLORINGHAPPINESS