

# PhD in Happiness Studies

100% Online

---

✉ info@happinessstudies.academy

🕒 Course duration: 4 years long

**HSA** | HAPPINESS  
STUDIES ACADEMY

[www.happinessstudies.academy](http://www.happinessstudies.academy)

## PhD in Happiness Studies

---

The PhD in Happiness Studies prepares its graduates to play a central role in the happiness revolution through research, teaching, and practice. Graduates will be able to work as academics in universities, as teachers or administrators in schools, and as positive change agents in the for profit and not-for-profit sectors.

The program, spanning at least four years, includes 66 credits in total. Over the first three years, students will take three courses in each of the following categories: Research, Teaching Skills, Readings on Flourishing, and Leadership.

Towards the end of the second year, students will begin to work on their dissertation, and then starting in year four they will dedicate their entire time to the completion of the dissertation.



## Year 1

- **Research Methods (3 credits)**

Students are exposed to various quantitative and qualitative approaches to research, including Personal Projects Analysis, ethnography, case method, surveys, physiological studies, Action Science, and more.

- **The Positive Classroom (3 credits)**

This course provides students with an understanding of, and experience with, various ways of teaching. Students will learn about and engage in improvisational theatre, public speaking, and class facilitation. They will explore and experience the art and science of teaching from Aristotle, Maria Montessori, Marva Collins and other master teachers.

- **Readings on Flourishing I (3 credits)**

Students pick a single book from any of the humanities—philosophy, history, literature, or theology—that can contribute to individual or group flourishing. Throughout the course, students read it closely, analyze it, and teach its content.

- **InSPIREd Leadership (3 credits)**

This course explores leadership through the lenses of Happiness Studies, Positive Psychology, Positive Organizational Scholarship, Positive Organizational Behavior, and Appreciative Inquiry. Drawing on evidence-based interventions from the entire field of Happiness Studies, students will embark on a project that targets the wellbeing of a particular group or organization.

- **Heroic Journeys (3 credits)**

In this course, students learn from the heroic journeys of fictional and historic characters, who overcome obstacles and inspire others. Special attention is paid to the role of the individual as a transformational leader.

- **Heroic Teachers, Heroic Students (3 credits)**

In this course, students learn from stories of fictional and real teachers who have made a substantial difference in the lives of their students. Each week, students watch a movie about the heroic teacher and then read a text that illuminates their unique approach to teaching.

## Year 2

- **Univariate Statistics (3 credits)**

This course provides an in-depth exploration of univariate statistical theory and its applications. Students will delve into the fundamental concepts, methodologies, and analytical techniques necessary for understanding and interpreting data from a single variable.

- **Teaching Happiness in Academia (3 credits)**

In this course, students continue growing and developing as presenters and facilitators, focusing primarily on creating and partially teaching a three-credit undergraduate/graduate course on happiness or a related topic. The course can comprise a series of lectures, workshops, case studies, or rely on any other format.

- **Readings on Flourishing II (3 credits)**

Students choose a single book from the social sciences or hard sciences related to individual or group flourishing, read it closely, analyze it, and create a workshop based on it.

- **Academic Leadership (3 credits)**

In this course, students learn from stories of contemporary leaders in academia, individuals who made or are making a difference in universities and the system of education. Students get to know these leaders through their life stories and their academic work.

- **Dissertation Seminar (6 credits)**

This course introduces students to dissertation process, from inception to completion.



## Year 3

- **Multivariate Statistics (3 credits)**

This course provides an in-depth exploration of multivariate statistical theory and its applications. Students will delve into advanced methodologies and analytical techniques for understanding and interpreting complex data structures.

- **Teaching Happiness @ Large (3 credits)**

Continuing their journey as presenters, students will design and teach a multimedia and multimethod course to a chosen population outside of academia. The purpose of the course—be it for a K-12 population, the general public, a business, or an NGO—is to increase participants' levels of wellbeing.

- **Readings on Flourishing III (3 credits)**

Students explore Happiness Studies Anthologies of poetry, short stories, and essays, and then design a course in their chosen genre employing the Aristotelian Dialogues Method.

- **Ethical Leadership (3 credits)**

Academics—as teachers and researchers—are leaders, and as such face numerous ethical decisions with significant implications. The course covers aspects of ethics that an academic leader in the field of happiness studies faces.

- **Dissertation Advisement I (6 credits)**

This course focuses on submitting your final research proposal to your dissertation committee, and proceeding with writing the manuscript.

## Year 4

- **Dissertation Advisement II (6 credits)**

The focus of this course is on conducting your research and writing the manuscript for your dissertation with the supervision of your dissertation committee members, in particular your advisor.

- **Dissertation Advisement III (6 credits)**

This course focuses on completing the dissertation process—be it research and/or writing—and submitting the manuscript to your committee.