



INTRODUCING THE

FOR A SNEAK PEEK INSIDE THE JOURNAL VISIT
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SUSTAINABLE HAPPINESS JOURNAL

100 DAY JOURNAL FOR STUDENTS

"THE SUSTAINABLE HAPPINESS SEMESTER JOURNAL IS A GIFT TO THE
RESILIENT STUDENT BODY OF CANADA"

RICHARD FILION, DIRECTOR GENERAL
DAWSON COLLEGE, MONTREAL

HOW TO ORDER A JOURNAL

PRICING INFORMATION BEGINS ON PAGE 5

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\$200.00 CAD per student

“Sustainable happiness is happiness that contributes to individual, community, or global well-being without exploiting other people, the environment, or future generations.”

DR. CATHERINE O'BRIEN



The Sustainable Happiness Semester journal is a resource that can be used by both students and educators to help deepen and apply their understanding of sustainable happiness. The journal contains 100 questions designed to prompt reflection on topics related to sustainability, well-being, education, relationships and happiness, among others.

Each question is paired with a summary of research related to the topic or brief journal entry from a contributor whose background allows them to provide a unique and insightful response. The journal can be used without any prior familiarity with sustainable happiness.

100 QUESTIONS

WHAT MAKES A GOOD TEACHER?

WHAT IS A PROBLEM YOU FEEL PROUD OF SOLVING?

WHAT IS THE CLOSEST NATURAL BODY OF WATER TO YOU? WHAT FORMS OF LIFE DOES THAT WATER SUPPORT?

WHAT IS A WORD FROM YOUR MOTHER LANGUAGE(S) THAT IS MEANINGFUL TO YOU OR CREATES A FEELING OF BELONGING?

HAVE YOU EVER LEARNED SOMETHING THAT RADICALLY CHANGED YOUR POINT OF VIEW?

OUR STORY

Sustainable Happiness is happiness that contributes to individual, community or global well-being and does not exploit other people, the environment, or future generations.

The Sustainable Happiness Semester journal distills over 20 years of foundational work in education, sustainability and well-being by co-author Dr. Catherine O'Brien into an accessible format that students can use to better understand their relationships to themselves, others, and their environment.

We see this as a particularly timely resource given the anxiety and stress experienced by post-secondary students across Canada. Their well-being is increasingly agitated by a heightened concern for the climate crisis. The COVID-19 pandemic has both brought attention to and further exacerbated the pre-existing challenges to student and educator mental health.

Student and educator testimonials from the Dawson College pilot in 2020 affirms that the Sustainable Happiness Semester journal is such a resource. Included to the right are brief excerpts from professors who participated in the pilot.

The *Sustainable Happiness Semester* journal was a tremendous asset to my psychology course. I found that it contributed to building community which is particularly important with online courses. Reviewing written comments from my students, it's evident that the journal contributed to student well-being, especially during a difficult time. They wrote that the journal helped to reduce stress, contributed to being more organized, and enhanced their self-awareness. I will be using the journal again this semester!

PROF. SELMA HAMDANI

Using the *Sustainable Happiness Semester* 100-day journal in my Communication for Wellbeing (350-302-DW) course this fall has proven to be a significant tool in teaching students the impact of expressive writing on their well-being. Many reported enjoying the freedom of expressing themselves on the different topics which often lead to self-discovery. Overall, I would say that the journal is a very useful activity in this course and we will work with it again in the winter of 2021 and continue exploring its impact.

PROF. MADELEINE COTÉ

I used the *Sustainable Happiness Semester* journal in two of my psychology courses this term and I'm looking at opportunities for using it in other courses as well. Student comments confirm that it contributed to their well-being in various ways, from feeling calmer, sleeping better, shifting towards more positive thinking, and improved relationships. I think this journal could be adapted for use in any course.

PROF. MELANIE DOYLE

METHODOLOGY

HOW THE SUSTAINABLE HAPPINESS SEMESTER JOURNAL WAS WRITTEN AND DESIGNED

DEVELOPMENT OF QUESTIONS

Every question in the journal was created intentionally and thoughtfully with attention to inclusivity. This means that questions consider accessibility and do not make assumptions about the students' physical ability. For example, a question related to mindfulness would not ask a student to write down solely what they see but what they might see, hear, smell, and feel.

Questions have also been carefully designed so that students without a background in sustainable happiness will be able to answer all of the questions. We do this by asking for personal opinions and experiences. Through this reflective process the aim is for students to recognize the value of their opinions and experiences and their potential as change-makers.

INTEGRATION OF UN SUSTAINABILITY GOALS (SDGS)

The Sustainable Happiness Semester journal is a method to introduce the UN SDGs within a personal and reflective experience that may direct future behaviour and demonstrate how working towards UN SDGs can influence personal well-being.

RESEARCH AND CONTRIBUTORS

To give context to the questions, each question is accompanied by either a brief overview of related research or by a contributor whose background allows them to provide a unique and insightful response. For example, a question that invokes reflection on spending time connecting with nature will offer evidence about the association between well-being and nature-connectedness. Whereas questions that are more personal such as "what is a word in your mother language(s) that is meaningful to you or creates a feeling of belonging?" are better suited for a response from one or multiple contributors.

A JOURNAL FOR EDUCATORS AND STUDENTS

We believe the journal is most effective when used by students as a tool for both personal reflection and by educators to generate open class discussion. To achieve this, some questions are marked with UN SDG icons to indicate that the question is appropriate for educators to use to generate class discussion or journal sharing. We believe that this will allow students to feel safe to express themselves in the journal by knowing which questions they may be asked to share.

OUR TEAM

We developed the Sustainable Happiness Semester journal with the help of a team of experts in the fields of developmental psychology, sustainability, and education.

CATHERINE O'BRIEN, PHD CO-AUTHOR, RESEARCH

Dr. O'Brien is a Senior Scholar with Cape Breton University's (CBU) Education Department where she launched the world's first Sustainable Happiness course in 2009. It has been offered every year as both an undergraduate course and a course for pre-service teachers. Sustainable Happiness has also been integrated in CBU's Master of Education (Sustainability, Creativity, and Innovation) through a course on Sustainability, Happiness, and Well-Being. Catherine has a PhD in education from McGill University and an MEd (Guidance and Counseling) from Western University.

SEAN MURRAY, MA CO-AUTHOR, RESEARCH & DESIGN

Sean O'Brien Murray - Sean graduated with a Masters degree in Communication and Culture from Ryerson University, Toronto in 2018. Her research focused on edible campuses. In recent years she has been working in collaboration with Dr. Catherine O'Brien, publishing and developing education resources related to Sustainable Happiness, Living Schools, and Living Campuses.

CHRIS ADAM, M.ED. CONTRIBUTOR/ADVISOR

Chris Adam is the director of the Sustainability/Living Campus Office at Dawson College, Montreal.

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VIRTUAL JOURNAL FACILITATION

10 WEEK SMALL GROUP FACILITATION WITH THE AUTHORS

\$200.00 CAD per student

Duration: 10 weeks

Schedule: 1 hour once a week

Groups Available: 6

Maximum Students per group: 20

Location: Google Meets

The sustainable happiness virtual facilitation is an opportunity for students to ask questions to the authors, share their journal entries, hear from other students around the world and contribute to group discussion on topics found in the journal.

Since publishing, we have been consistently amazed by stories we hear of the actions, insights and thoughtful answers inspired by the questions in the journal.

We want to offer an online community so students have the opportunity to share their unique perspectives on the topics covered in the journal.

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The Sustainable Happiness Semester Journal

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