



Science of the Good Life



Academic Team:

First-Year Experience Seminar Instructor

David McCormick
davidmc@uoregon.edu

FIG Assistant

Trinity Gallardo
trinityg@uoregon.edu

Next Steps:

1. Learn more about your FIG by visiting its page (linked below)
2. Complete your Fall Term Checklist
3. Follow uofigs and uo_fye on instagram



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About the FIG:

The goal of this FIG is to give you the tools you need to lead a more fulfilling and satisfying life, as evidenced by research in Neuroscience, Psychology, Philosophy, and good ole fashion wisdom. We will use the "Head, Hearts, Hands" model of learning. Heads refers to intellectual knowledge, Heart is emotional intelligence and development, and finally Hands is putting the principles we learn into action. In BI 170 (Happiness: a Neuroscience and Psychology Perspective), FIG members will learn the latest neuroscience research revealing how negative (e.g. stress, anxiety) and positive (e.g. empathy, compassion) emotional states are generated in the brain. They will also explore what new results in psychological science teach us about how to be happier, how to feel less stressed, and how to flourish. This course is supplemented by taking either PSY 201: Mind and Brain or PSY 202: Mind and Society, in which the FIG members will learn how the brain generates our mind, our personalities, perceptions, and biases. In this FIG, in addition to modern scientific studies, we will also examine ancient wisdom on the purpose and meaning of "a well-lived life". We will discuss emotional intelligence and development, and how behavior results from an interaction of knowledge of facts and principles (intellectual understanding) with emotional state. The weekly seminar portion of the FIG will emphasize putting the principles learned in Happiness class (BI 170) into practice (the "Hands" component of active learning). Each week we will briefly discuss the principles taught about how to practice a well lived life, and then perform activities that put those principles into action. Such as learning to meditate on a regular basis, exercising by taking a hike to a nearby park and garden, watching a movie, such as "Buck - the horse whisperer" which emphasizes compassion, discussing the role of relationships in long term happiness and developing effective interpersonal communication skills. Through this FIG, you will learn not only the science of a well-lived life, but also how to put that science and knowledge to everyday use. Through this knowledge and practice, you will become a happier, more connected, and less stressed student who is better equipped to contribute to positive change in the world. Join us and learn to be connected, grounded, and happy!

For more information, visit:

<https://fyp.uoregon.edu/science-good-life>



Science of the Good Life 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8AM							
9AM							
10AM					BI 170 10646 UNTH 264 10:00am-10:50am		
11AM							
12PM	BI 170 10644 STB 156 12:00pm-1:20pm	PSY 201 14466 STB 156 12:00pm-1:50pm	BI 170 10644 STB 156 12:00pm-1:20pm	PSY 201 14466 STB 156 12:00pm-1:50pm			
1PM							
2PM							
3PM							
4PM		UGST 109 15052 UNTH 264 4:00pm-5:20pm					
5PM							
6PM							

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Science of the Good Life 2							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8AM							
9AM							
10AM					BI 170 10646 UNTH 264 10:00am-10:50am		
11AM							
12PM	BI 170 10644 STB 156 12:00pm-1:20pm		BI 170 10644 STB 156 12:00pm-1:20pm		PSY 202 14486 CON 301 12:00pm-12:50pm		
1PM							
2PM	PSY 202 14467 STB 156 2:00pm-3:50pm		PSY 202 14467 STB 156 2:00pm-3:50pm				
3PM							
4PM		UGST 109 15076 UNTH 264 4:00pm-5:20pm					
5PM							
6PM							

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