

# MEDIA-TECH-HEALTH & HAPPINESS

## Exam-2 REVIEW GUIDE:

**TUES. MAY 4<sup>TH</sup>**

### Similar types of questions as last time (Exam-1)

1. Important Terms/Concepts—From readings, screenings, lects, etc.
2. New Findings and Patterns of Behavior
3. Conflict/Tension between traditional “mainstream” views or practices and healthier approaches
4. Corporate/Industrial interests or practices vs. individual human health/happiness
5. Cross-cultural comparisons between ideas, arguments, POVs
6. Data Assessment
7. BIG PICTURE ISSUES-ARGUMENTS
8. BLACK BOX: EDUCATED REASONING & RESPONSE

### Important Concepts from Lectures-Readings-Screenings-Discussions:

#### Global and Cross-Cultural Conceptions and Practices of Happiness

Eric Weiner, [The Geography of Bliss](#)

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| <ul style="list-style-type: none"><li>• Netherlands</li><li>• Switzerland</li><li>• Iceland</li><li>• Bhutan</li><li>• Qatar</li></ul> | <ul style="list-style-type: none"><li>• Moldova</li><li>• Thailand</li><li>• India</li><li>• Great Britain,</li><li>• USA</li><li>• *Greece</li><li>• *Japan</li></ul> |
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#### Happiness and Nature:

- Richard Louv, [The Nature Principle + Last Child in the Woods](#)
- Shinrin YoKu – Forest Bathing

#### Parenting, Community, and Self-Reliance

#### Happiness, Screens, and Devices

#### Social Science Research → Happiness, Health, Well-Being...

#### Happiness and Creativity

#### Education and Happiness

#### Transcendence

#### Health, Longevity and Happiness

### Readings/SCREENINGS/Web Resources

- ▶ The BLUE ZONES (60min)
- ▶ The WORLD HAPPINESS REPORT
- ▶ LIVING PAST 100-years old
- ▶ Brunn-Zakrzewski EDUCATION and HAPPINESS (The Greater Good Science Center, Berkeley California)
- ▶ The CREATIVE BRAIN (Dir. by Jennifer Beamish/Toby Trackman Book by David Eagleman)
- ▶ Ethan Hawke PERMISSION TO BE CREATIVE (TED TALK 2020)
- ▶ The GREAT VACATION SQUEEZE IN AMERICA (Dir John DeGraaf)
- ▶ HOW to restore your sense of control when you feel powerless (David Robson)
- ▶ TRANSCENDENCE: Interview Scott Barry Kaufman
- ▶ ICELANDIC WELL-BEING (BBC Reel)
- ▶ HAPPINESS in FINLAND & DENMARK (CNBC)
- ▶ Finland's Education System and Wellbeing
- ▶ The FRESH AIR LIFE- Nature ( Friluftsliv) (BBC Reel)
- ▶ Shawn Achor: SCHOOLS and The Happiness Advantage
- ▶ Richard Layard, CAN WE BE HAPPIER
- ▶ ASMR and Mental Health
- ▶ Time, Not Material Goods, Raises Happiness (Helen Briggs)
- ▶ FLYwoman - Where I Belong (Chris Hill Outbound Collective)
- ▶ 24 Leeches (KuOW)
- ▶ Cow Hugging (BBC Reel)
- ▶ SURF THERAPY (BBC)
- ▶ Creative or Crazy? SKATE BOARDING 4000 km: (BBC)
- ▶ DESIGN AWARD: PINK SEESAWS (BBC)
- ▶ SINGING and Stress Relief: How Singing can help you feel happier (Sarah Keating)