

Communication Checklist:

- Department/CAS Leader
- Principal
- Assistant Superintendent
- Curriculum Committee
- Assistant Superintendent/BOE Curriculum Sub Committee



### Granby Public Schools Change in Program of Study

#### Purpose of Proposal:

- New Course**
  - Revision of a course (not offered for 2 or more years, change in credit, level, alignment to standards, etc.)
  - Course elimination
  - Course level change
  - Impact on Graduation Requirements

<b>Date Submitted:</b> 10/7/2022	<b>Teacher:</b> Rodney Scudder Amanda Ligas	<b>Department/School</b> Social Studies GMHS
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#### Course Information:

<b>Course Title:</b>	The Psychology of Happiness/Science of Well-Being
<b>Grade(s) and level (AP, honors, academic):</b>	10-12 Academic level
<b>Number of credits:</b>	.5
<b>Prerequisites:</b>	None

#### Background/Course History:

Yale University professor Laurie Santos developed the most popular course in the history of the university, Psychology and the Good Life. Its success led to a massive online course, The Science of Well-Being. Recently, this program, originally intended to address the climbing mental health needs of Yale students, has been adapted for high schools. Amanda Ligas applied and has been accepted for Granby to offer this course. In the course students will understand and apply the research behind happiness and well-being. The course will challenge them to practice the habits that science has shown lead to happy and fulfilling lives - like gratitude, mindfulness, friendship, and exercise. In the end, the knowledge and skills they develop will help them better understand themselves, recognize the aspects of modern life that might impact their happiness, and build the capacity to constructively deal with what comes their way. The knowledge and skills students will gain from this class will not only help them navigate high school but will be useful for life.

**Rationale for recommendation: (Vision, mission, standard, enrollment)**

Currently, we offer a year-long AP Psychology elective. The AP Psychology has always been part of the Social Studies curriculum for the last 20 years or so. The Psychology of Happiness course is essentially an academic level, semester-long course in psychology, and one that provides practical application of the social science research psychology offers. Right now, not all students have the time or inclination to take a year-long AP course, but they do have the time for a semester-long academic-level course. This course fits that need.

The course also aligns with our national standards -- the [C3 Framework for Social Studies State Standards](#). Specifically, the course meets the standards articulated on pp. 70-71, specifically D2.Psy.1.9-12. Demonstrate a basic understanding of the scientific methods that are at the core of psychology; D2.Psy.2.9-12. Investigate human behavior from biological, cognitive, behavioral, and sociocultural perspectives; D2.Psy.3.9-12. Discuss theories, methodologies, and empirical findings necessary to plan, conduct, and especially interpret research results; D2.Psy.8.9-12. Explain the complexities of human thought and behavior; D2.Psy.9.9-12. Describe biological, psychological, and sociocultural factors that influence individuals' cognition, perception, and behavior; but most importantly D2.Psy.18.9-12. Apply psychological knowledge to their daily lives; D2.Psy.19.9-12. Apply the major theoretical approaches in psychology to educational, emotional, political, ethical, motivational, organizational, personal, and social issues; D2.Psy.20.9-12. Suggest psychologically based ethical solutions to actual problems...; D2.Psy.21.9-12. Discuss ways in which the applications of psychological science can address domestic...issues; and D2.Psy.22.9-12. Use psychological knowledge to promote healthy lifestyle choices. Of the social sciences, like Psychology, the C3 Framework goes on to say "All have countless applications to everyday life. Indeed, the study of the behavioral and social sciences enhances student preparation for college, careers, and civic life by promoting critical thinking, inquiry, problem-solving, evidence-based reasoning and communication" all of which are key components of the Social Studies standards.

Further, this course directly addresses the GPS' SEL Action plan, especially #5-7. But most importantly, the course concretely brings together two of the action steps (#8-9) by introducing "evidence-based SEL programs and practices" to "explicit SEL instruction." In turn, the course supports Board Goal #3 ("Foster a safe and positive social emotional environment for everyone") and GMHS's Continuous Improvement Goal #3 ("socially-emotionally responsive classroom and school environments").

It is important to know that the course does this with no FTE impact or ongoing cost, other than curriculum writing time, as this course replaces Visual Culture in our program. It seems, therefore, worth putting forward a course that is a social science, aligns with national standards, meets High School, District and Board goals, all while assisting our students with their SEL needs. Additionally, in terms of the curriculum and an equity lens, it was written in partnership with Yale University, the University of Connecticut, and the National Education Equity Lab. Granby teachers will then improve and make the curriculum our own, as we did with the Black & Latino Studies course this past year.

**Curriculum: (Alignment to Standards, common core expectations), integration of other content area standards, performance assessment, rubrics)**

The curriculum is based on Yale University Professor of Psychology Laurie Santos' course The Science of Well-Being and in partnership with the University of Connecticut and the National Education Equity Lab. Granby teachers will then improve and make the curriculum our own, as we've done with the Black & Latino Studies course.

**How will the content of this course be delivered?**

Through activities, videos, readings, mini-lectures students will experience the keys to psychology research methods, what current research says about well-being, and how to apply this research to everyday living.

**Timelines for consideration (significant dates/deadlines/professional development/curriculum writing):**

Summer 2023 Curriculum writing for Amanda Ligas and Lizzy Galaci.

**Budget Implications (textbooks, supplemental resources, staffing, scheduling, professional development training, and curriculum writing):**

This column to be checked by Assistant Superintendent	Budget Need Area	Yes/No: Complete for each area listed	Amount Needed	Purpose-Why??
		<input type="checkbox"/> Yes <input type="checkbox"/> No		
		<input type="checkbox"/> Yes <input type="checkbox"/> No		
		<input type="checkbox"/> Yes <input type="checkbox"/> No		
		<input type="checkbox"/> Yes <input type="checkbox"/> No		
		<input type="checkbox"/> Yes <input type="checkbox"/> No		
		<input type="checkbox"/> Yes <input type="checkbox"/> No		

**Other:**

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**Date BOE sub-committee reviewed:** \_\_\_\_\_

**Action:** \_\_\_\_\_ **Approved** \_\_\_\_\_ **Not Approved**