Reading Response Questions

FYS Fall 2022 Joy and Happiness

November 16, 2022

Chapter 7, *The How of Happiness*

Notes: Please answer the questions below, type up your responses, and upload them to Moodle by 12 pm EST on the due date. Your answers should be at least 3 sentences long.

1. Create either an MLA or APA style reference for this book chapter.
2. Identify the thesis of this chapter.
3. Describe an experience that you’ve had with flow. What are three factors that contributed to this experience? What are the benefits of flow?
4. Describe one of the happiest days you’ve experienced in 2022. Give as much detail as possible. What are three things about this day that increased your happiness?
5. In this chapter, good news is a part of savoring. How do you plan to savor or celebrate good news while you are at college?