Reading Response Questions

FYS Fall 2022 Joy and Happiness

November 18, 2022

Chapter 8, *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. What are the five benefits of having goals? Would you add anything else as a benefit? Why are goals important to have in college?
3. What are five big goals that you have for this year at college? After writing them down, use the activity on page 216 to assess what types of goals they are.
4. What is the relationship between intrinsic motivation and happiness?