

OPTION B

in this essay reflect on what you have learned about happiness, choice and personal agency and how those ideas connect to your experience as a student this semester.

reflect on:

- # How your understanding of happiness has changed
- # the role of choices vs. circumstances in success, learning or well being.
- # how these concepts apply to your academic life, writing process or future goals.

Draw connections between:

- # psychological research ↔ own life ^{experience} ~~expire~~
- # learning to write and learning to make choices.