

## 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

# learning to write and learning to make choices.