# **Learning Journal - Unit 7**

Computer Science, University of the People

PSYC 1504-01 Introduction to Psychology - AY2024-T4

Instructor, Joe Juarez

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This week I was tasked in taking a happiness questionnaire, the following are my results and thoughts on the results.

1. My score: My score after taking the quiz is 4.45which places me in the range of a ‘moderately happy person’ According to the scale provided by the quiz this would indicate that I’m an average individual with a generally positive outlook with occasional switches in mood and satisfaction.
2. Do I agree with the score: I do feel that the score reflects my actual personality and happiness state on average. I try to keep a positive outlook on life and see the positive in most situations even though I do also agree that that is hard and sometimes I find myself slipping and sliding into the more negative scale. I also do enjoy my job and position but even there sometimes I feel less content.
3. Changes: I’m not sure if this is a bad thing but this exercise and quiz has not really changed my opinions on happiness personally or general. It has managed to quantify my self-opinion and where I stand in the world, knowing I’m average is a relaxing feeling. I did notice that the balance between my personal aspirations and my achievements need to be more balanced and that is a place where I will try to improve.
4. Desire to make changes: This quiz did spark the need in me to find a better balance between aspiration and achievement. One change I will try to implement more is to set more achievable and short-term goals. Also, I am going to try and put focus more on activities that make me feel happy and that help me connect more with my family and others.
5. Elements of happiness: The textbook states that happiness is divided into three parts: the pleasant life, the good life, and the meaningful life. When thinking about these concepts I do believe that I have a decent balance of both the pleasant and meaningful life parts. I try to find fun in all my daily activities no matter how tedious they are. And I try to find the purpose in my job. On the downside I do need to improve on the good life aspect, this involves using my skills and talents to achieve flow and engagement. I do sometimes feel overwhelmed by my many responsibilities and that holds me back from feeling fully engaged with activities that might align with my passions.

Reflection:

The results of the quiz have given me valuable insight into my personal well-being. Even in recognizing that I do have room for improvement to achieve a well-balanced life. My plan is to:

1. Set realistic goals, I’m going to set smaller, more manageable, and realistic goals to help in my feelings of achievement and to reduce the difference between my aspirations and achievements.
2. Engagement, I will actively seek out activities that are more aligned with my personal strengths and likes. This should help me find more moments of flow.
3. Relationships, I will continue to build better and deeper relationships and connections with my family, friends, and work colleagues to help boost my feelings of belonging and purpose.

Conclusion:

The quiz helped emphasize the need for happiness and the importance of self-reflection and the need to see the need for self-improvement. While I am a generally happy person, there is room for improvement in my life to get me to a position of a fully balanced life. By focusing on short simple and realistic goals and increasing my engagement I do believe that overall happiness is well within my grasp 😊.

## References

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