

HUL265: THEORIES OF PERSONALITY  
LECTURE CLASS

# THE SCIENCE OF WELL-BEING

---



<https://youtu.be/2Gol-HVS3vs?si=3JyBfe1ldGcfzwch>



The image shows a YouTube video player interface. At the top, there are three colored circles (orange, blue, and yellow) on the left and a hand cursor icon on the right. The main video frame shows a man with glasses and a woman sitting on a couch in a modern living room, engaged in a conversation. Below the video, the title reads "Redefining Success: Mo Gawdat on Happiness, AI, and Life's Path". The video player includes standard controls like a play button, volume, and a progress bar. At the bottom, it shows the channel info ("Mo Gawdat 147K subscribers"), a "Subscribe" button, and interaction metrics ("694 likes", "Share", "Ask", "Download", and a more options menu).

MO GAWDAT



<https://youtu.be/LqeAiz691-s?si=j15d7eWLzIgANGIP>



The screenshot shows a YouTube video player with a white background. At the top, there are three colored circles (orange, blue, and yellow) on the left and a search bar with a magnifying glass icon on the right. Below the search bar is a video thumbnail for a TEDx talk. The thumbnail features a man speaking on a stage with a large screen behind him displaying the title "The Happiness Advantage: Research Linking Happiness and Success" and the name "Shawn Achor". The stage has red geometric light structures. The video title below the thumbnail reads "The happy secret to better work - Shawn Achor". At the bottom of the player, there is a channel info bar for "TED-Ed" with 22.1M subscribers, a bell icon, and a like button showing 2.8K likes. To the right of the channel info are share, ask, download, and more options buttons.

TED-Ed



<https://youtu.be/yzm4gpAKrBk?si=1Be5mltd1TXZVvvg>



The screenshot shows a YouTube video player. At the top, there are three colored circles (orange, blue, and yellow) and a URL in orange text. Below the URL is a navigation bar with a menu icon, a profile picture, and a search bar. The main content area features the large red TED logo with the tagline 'Ideas worth spreading'. Below the logo, the video title 'Mental Health for All by Involving All | Vikram Patel | TED Talks' is displayed. Underneath the title, there is a channel information bar for 'TED' (26.9M subscribers), a 'Subscribe' button, and various interaction buttons for likes, shares, and downloads. A hand cursor icon is positioned over the right edge of the video player.

TED