

Paper #1

Communication and the Happiness Profile

General Description—This assignment asks you think about the role of communication in creating and maintaining happiness. In particular, this assignment asks that you (a) take two online tests that assess happiness, (b) identify one communication process/phenomenon that you think somehow facilitates or inhibits your happiness results, (c) locate and review one communication journal article about this particular communication process, and (d) develop a mini-theory about the relationship between this communication process and happiness (summarized in a paper of not more than five pages (excluding references and attachments).

Step-by-step Instructions:

1. Head to the website: <http://www.authentichappiness.sas.upenn.edu/>
2. Register on the site. This is free, private, confidential.
3. Click on the Test Center.
4. Click on and take the “Authentic Happiness Inventory” and “Approaches to Happiness Questionnaire.”
5. Print your test results.
6. Reflect on the results in terms of the kinds of communication processes that you think might have helped you to arrive at your level of measured happiness. For example, self-disclosure (which can be positive or negative) might in some way be related to happiness (e.g., creating a pleasant life, as well as overall happiness).
7. Use the library and/or data bases like [http:// www.cios.org](http://www.cios.org) to locate one journal article that focuses on the communication process you think is related to happiness (e.g., an article about self disclosure)
8. Read/review the article.
9. Write a paper where you:
 - a. Describe “happiness” and what you learned from taking the inventories of about your own current levels.
 - b. Describe the particular communication process you chose that you think is related to your happiness.
 - c. Report what you learned from the journal article about the process.
 - d. Develop and report your own mini-theory of **why** you think this particular communication process facilitates or inhibits happiness.
 - e. Attach a reference list (APA style).
 - f. You may attach your tabled results if you like (I will not share this work with anyone).

Paper should be not longer than 5 pages. Please use APA style to format the paper and the reference(s).

Assessment—Good papers include the following qualities: complete, sufficiently detailed, expressed ideas clearly, properly cited their sources, are formatted according to requested guidelines, show insight into the topic(s), and make use of resources beyond the minimum.