To: Erika Paterson

From: Laura Di Pietro

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Subject: Proposal for Including Happiness Programs at UBCO Residence

**Introduction**

Happiness studies focus on quality of life, and overall life satisfaction. A new field of social science has recently been introduced as Positive Psychology and has been growing rapidly as people become more interested in how to really be “happy” and satisfied with their life. Positive Psychology and related happiness courses have begun to grow substantially, for good reason.

UBCO residence buildings are filled with new students who have just been introduced into a new social and learning environment. Each residence building has resident assistants who monitor and improve residence life. Students are able to go to their resident assistant with recommendations on how their experience in residence can be maximized.

**Statement of Problem**

With depression, anxiety, and stress at an all-time high in university students, steps must be taken in order to teach students how to overcome these challenges. One of the most prevalent mental health problems on college and university campuses are anxiety disorders. Every day, students are faced with acute stress which builds up and can thus become chronic stress. Students who attend post-secondary are still in the process of growing up and finding themselves, therefore, the added stress of schoolwork can take a toll on one’s body and mind.

**Proposed Solution**

A possible solution to decrease depression, anxiety, and stress in post-secondary students is to include a happiness program at UBCO residence. If a happiness program was made available to the UBCO residents, students would learn to thrive in all aspects of life, including their school life and their personal life.

A happiness program would entail students and residence advisors sharing tips on how to manage stress, build relationships,

**Scope**

To evaluate the practicality of implementing a happiness program at UBCO residence, the following inquiries will be addressed:

1. Are there currently any happiness programs at UBCO residence?

2. How many students would be willing to participate in the program?

3. Will this program be led by the Residence Assistants?

4. Will each residence building have their own program?

5. How often will this program take place?

**Methods**

My primary data source will include consulting with a UBCO Resident Assistant. Being in close proximity with the students will allow a Resident Assistant to accurately assess whether or not a happiness program would be beneficial to students.

My second primary data source will include surveying students who live in residence to assess whether or not there is an interest in participating in a happiness program.

**Past Experience**I have taken a third-year Psychology course in which the content was focused on the study of happiness. I believe this course changed my outlook on education in a positive manner, as well as provided me with useful tips to succeed in all areas of my life, including other areas of study.

**Conclusion**

To improve student quality of life and optimize success in their studies, a happiness program should be implemented at UBCO residence. By addressing the previously mentioned inquiries, I will be able to evaluate the practicality and achievability of introducing a happiness program at UBCO residence.