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Lesson 3

Topic 2: Happiness Factors

Pre-Class Homework 3-1: Reading

Individualism and Collectivism, and Happiness Factors

Before the Joint Session

Joint Session

- A) Set-Up
- B) What makes you happy?
- C) Individualism and Collectivism
- D) Wrap-up

After the Joint Session

Post-Class Homework 3-2: BBS

Topic 2 Reflection

Pre-Class Homework 3-1: Reading

Individualism and Collectivism, and Happiness Factors

1. Read the text "Major differences between individualistic and collectivistic cultures" before Lesson 3.

Major differences between individualistic and collectivistic cultures

*The cultures listed are based on predominant tendencies of behavior

Individualist ←←←←←←←←←←	→→→→→→→→→→→→→→ Collectivist
<p>The smallest unit of survival is the individual. People identify primarily with self, personal differences are emphasized and respected, and the needs of the individual are satisfied before those of the group. Looking after and taking care of oneself and being self-sufficient guarantees the well-being of the group. Independence and self-reliance are stressed and greatly valued, and personal freedom is highly desired. In general, there is more psychological and emotional distance from others. One may choose to join groups, but membership is not essential to one's identity, survival, or success.</p>	<p>The primary group, usually the immediate family, is the smallest unit of survival. One's identity is in large part a function of one's membership and role in a group (e.g. the family, the work team). The survival and success of the group ensures the well-being of the individual, so that by considering the needs and feelings of the others, one protects oneself. Harmony and the interdependence of group members are stressed and valued. There is relatively little psychological or emotional distance between group members, though there is more distance between group and non-group members (in-groups and out-groups).</p>

"I" identity ←←←←←←←←←←	→→→→→→→→→→→→→→ "We" identity
Individual goals	Group goals
Positive association with change	Positive association with tradition
One is never too "old" to learn	The elderly people say the young people should learn
Individual will speak up whenever he/she wants to	An individual will only speak up when spoken to
Conflict can be made public and can be creative	Harmony should be maintained as much as possible to avoid damaging relationships
Honesty and directness are valued	Maintaining and saving "face" is very important
Having a "thick skin" is necessary to take directness	No one should be in a position to "lose face"
Status is based on ability and competence	Status is based on gender, seniority and social standing
Examples of Individualistic countries include: the US, the UK, Australia, Canada, the Netherlands	Examples of Collectivistic countries include: Guatemala, Ecuador, Taiwan, Japan

2. Choose your personal top five happiness factors in the table below, and determine whether each of these factors is individualistic or collectivistic. Circle I(Individualistic), C(Collectivistic), or N/A(Not applicable) on each factor.

Q No.	Happiness Factors	Personal TOP 5	Individualistic or collectivistic?		
1	Clear goal in life		I	C	N/A
2	Convenient living environment		I	C	N/A
3	Dreams/hopes for the future		I	C	N/A
4	Family ties		I	C	N/A
5	Reputable post/position/status		I	C	N/A
6	Interesting hobby and/or fun leisure activity		I	C	N/A
7	Love from someone important to you		I	C	N/A
8	Material fulfillment (fashionable clothes, latest products, convenience goods)		I	C	N/A
9	Expendable income		I	C	N/A
10	National prosperity/advancement		I	C	N/A
11	Good health & physical fitness		I	C	N/A
12	Preservation of global environment		I	C	N/A
13	Respect/trust from others		I	C	N/A
14	Rich and varied diet		I	C	N/A
15	Self-confidence/pride		I	C	N/A
16	Social stability and physical safety		I	C	N/A
17	Spiritual contentment (e.g., religion)		I	C	N/A
18	Trustworthy friend/acquaintance		I	C	N/A
19	Worthwhile work/studies		I	C	N/A
20	Others ()		I	C	N/A

Lesson 3 [Joint Class]

Topic 2: Happiness Factors

Before Joint session

Share the results of Pre-Class Homework 3-1 in class, and prepare for the discussion in Joint Session.

Joint Session

A) Set-Up (5 minutes)

Log in to your LiveOn ChatRoom, and welcome the members. Check the quality of the sound of the microphone. Welcome members and confirm the facilitator.

B) What makes you happy? (20 minutes)

1. The facilitator begins by writing the question "What are your personal top 3 happiness factors?" in the Textbox or the Whiteboard. Members share their Top 3 Happiness factors.
2. Share your personal opinions about happiness, and give reasons and examples of why a particular happiness factor makes you happy.
3. Try to find cultural differences within your ChatRoom.

Learning points:

1. Raising awareness of the reasoning behind others' Happiness Factors.
2. Developing the understandings of individual and group-related sources of happiness.
3. Considering the connection between personal and cultural values in terms of happiness.

Name	Happiness Factors	Reasons and Examples
1.	1. 2. 3.	
2.	1. 2. 3.	
3.	1. 2. 3.	
4.	1. 2. 3.	
5.	1. 2. 3.	
6.	1. 2. 3.	

C) Individualism and Collectivism (20 minutes)

The article on "Major differences between individualistic and collectivistic cultures" says that Westerners are individualistic and Asians are collectivistic. Do you agree with this general tendency in your culture? Exchange with your partners the reasons and examples from your personal experiences.

D) Wrap-Up (5 minutes)

1. Summarize the main points of discussion in your ChatRoom. Take notes of what you have learned through the Joint Session using the space below.

- ①
- ②
- ③

2. Thank the ChatRoom members for their participation and end with a closing remark.

After the Joint Session

1. What did you learn from the discussion?
2. What were some interesting Happiness Factors that you heard from partner university students?
3. Was your ChatRoom more individualistic or collectivistic as a whole?

Post-Class Homework 3-2: BBS "Topic 2 Reflection"

Write down what you have learned about your ChatRoom members through today's Joint Session on the BBS "Topic 2 Reflection" before the next lesson. The minimum number of words is 100.