

Read the text about a new course offered at Yale University. First decide whether the statements (1-7) are true (T) or false (F) and put a cross (☒) in the correct box on the answer sheet. Then identify the sentence in the text which supports your decision. Write the first 4 words of this sentence in the space provided. There may be more than one correct answer; write down only one. The first one (0) has been done for you.



Psychology and the Good Life

On Jan. 12, a few days after registration opened at Yale for Psyc 157, Psychology and the Good Life, roughly 300 people had signed up. Within three days, the figure had more than doubled. After three more days, about 1,200 students, or nearly one-fourth of Yale undergraduates, were enrolled. The course, taught by Laurie Santos, 42, a psychology professor and the head of one of Yale's residential colleges, tries to teach students how to lead a happier, more satisfying life in twice-weekly lectures.

"Students want to change, to be happier themselves, and to change the culture here on campus," Santos said in an interview. "With one in four students at Yale taking it, if we see good habits, things like students showing more gratitude, procrastinating less, increasing social connections, we're actually seeding change in the school's culture."

Santos speculated that Yale students are interested in the class because, in high school, they had to deprioritize their happiness as they worked to gain admission to the school, adopting harmful life habits that have led to what she called "the mental-health crises we're seeing at places like Yale." A 2013 report by the Yale College Council found that more than half of undergraduates sought mental-health care from the university during their time at the school.

"In reality, a lot of us are anxious, stressed, unhappy, numb," said Alannah Maynez, 19, a freshman taking the course. "The fact that a class like this has such large interest speaks to how tired students are of numbing their emotions — both positive and negative — so they can focus on their work, the next step, the next accomplishment." Students have long requested that Yale offer a course on positive psychology, according to professor Woo-Kyoung Ahn, director of undergraduate studies in psychology, who said she was "blown away" by Santos' proposal for the class.

Administrators like Ahn expected significant enrollment for the class, but none anticipated it to be quite so large. Psychology and the Good Life, with 1,182 undergraduates currently enrolled, stands as the most popular course in Yale's 316-year history. The previous record-holder —

Psychology and the Law — was offered in 1992 and had about 1,050 students, according to professor Marvin Chun, the Yale College dean. Most large lectures at Yale don't exceed 600.

Offering such a large class has come with challenges, from assembling lecture halls to hiring the 24 teaching fellows required. Because the psychology department lacked the resources to staff the class fully, the fellows had to be drawn from places like Yale's School of Public Health and the law school. With so many undergraduates enrolled in a single lecture, Yale's hundreds of other classes — particularly those that conflict with Santos' — may have seen decreased enrollment.

At the start of the semester, the class was divided between a live lecture in 844-seat Battell Chapel, a historic place of worship on campus, converted to a lecture hall, and one or two smaller auditoriums where several hundred more students watched a livestream of Santos. After several weeks, the decision was made to move the lectures to Woolsey Hall, usually the site of events like symphony performances, which can accommodate the entire class.

The course focuses on positive psychology — the characteristics that allow humans to flourish, according to Santos — and behavioral change, or how to live by those lessons in real life. Students must take quizzes, complete a midterm exam and, as their final assessment, conduct what Santos calls a "Hack Yo'Self Project," a personal self-improvement project.

Some students admit they see the course as an opportunity.

0	A new course at Yale had already proved to be very attractive in a short period of time.
1	Campus life benefits if course participants are encouraged to be more thankful.
2	Up until this course, undergraduates had never expressed an interest in courses on well-being.
3	Yale officials knew that Santos' course would become the most successful course ever.
4	The last course with the highest attendance was partly about governmental rules.
5	Because Santos' class was so popular, other courses also attracted more students than usual.
6	Eventually, the students on the course were all gathered together in one place.
7	In order to pass the course, students have to prove that they have worked actively on their own well-being.

Psychology and the Good Life

	T	F	First four words
0	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>After three more days</i>
1	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	
3	<input type="checkbox"/>	<input type="checkbox"/>	
4	<input type="checkbox"/>	<input type="checkbox"/>	
5	<input type="checkbox"/>	<input type="checkbox"/>	
6	<input type="checkbox"/>	<input type="checkbox"/>	
7	<input type="checkbox"/>	<input type="checkbox"/>	

Von der
Lehrperson
auszufüllen

richtig falsch

☐ ☐☐ ☐☐ ☐☐ ☐☐ ☐☐ ☐☐ ☐