

**RAJA NARENDRA LAL KHAN WOMEN'S COLLEGE  
(ATONOMOUS)**

**CAREER ADVANCEMENT CENTRE**

*Syllabus for*

*Certificate Course in The Science of Well Being*

**Course Hours: 30**

- **WEEK 1:** Introduction (Why take this course?)
- **WEEK 2:** Misconceptions About Happiness (What do we think will make us happy?)
- **WEEK 3:** Why Our Expectations are so Bad (Why do we mispredict what makes us happy?)
- **WEEK 4:** How Can We Overcome Our Biases (How we counteract our annoying features of the mind?)
- **WEEK 5:** Things that Really Makes Us Happy (What can we do to improve our happiness?)
- **WEEK 6:** Putting Strategies into Practice (How can we intentionally put these strategies into practice and build healthier habits?)
- **WEEK 7:** Start Your Final Rewirement Challenge (What rewirement will you commit to for the next 4 weeks?)
- **WEEK 8:** Continue Your Rewirement Challenge (How can you rely on others to help you change your behaviors?)
- **WEEK 9:** Continue Your Rewirement Challenge (How can you design your environment to help you change your behaviors?)
- **WEEK 10:** Submit Your Final Assignment (What mindset can you have to appreciate your progress so far and continue your progress beyond the course?)