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Memorandum

To: All Montana Educators

From: The Montana Happiness Project and the University of Montana

Re: A Discounted 3-Credit Summer Course on Evidence-Based Happiness

Cost: \$195 – for 3 Graduate Credits or 48 OPI Units

When: Beginning June 17, 2024. All coursework is due on or before July 27, 2024

How: The course is offered asynchronously; you can proceed at your own pace within the above-listed dates.

Where: Hosted by the University of Montana Online programming, using the Moodle Learning Management System.

What to Expect: You will watch lectures by John Sommers-Flanagan, Ph.D., and other Montana Happiness Project presenters. You will also read happiness articles, listen to podcasts, examine scientific research studies, complete happiness lab assignments, post on the discussion board, and use published instruments to measure your personal happiness and well-being. As a part of the course, you will complete at least 10 active learning assignments designed to help you evaluate the effects of specific happiness practices on YOU. You will have an instructor who will provide supportive comments and feedback on your assignments.

To Register go to: <https://www.campusce.net/umextended/Course/Course.aspx?c=712>

Questions: Email info@montanahappinessproject.com