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## Memorandum

**To:** All Montana Educators

**From:** The Montana Happiness Project and the University of Montana

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

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

**When:** Beginning September 12, 2024. Coursework is due on or before December 20, 2024

**How:** The course is asynchronous. Although we have starting and ending dates, you start and proceed at your own pace.

**Where:** Hosted by the University of Montana Online programming. We will use either the Moodle or Canvas Learning Management System.

**What to Expect:** You will watch lectures by John Sommers-Flanagan, Ph.D., and other Montana Happiness Project presenters. You will read happiness articles, listen to podcasts, post on the discussion board, and fill out questionnaires that measure your personal happiness and well-being. As a part of the course, you will complete at least 10 active learning assignments designed and reflect on how they affect YOU. The instructor will provide supportive comments and feedback on your assignments.

**Benefits:** Out of 150 educators who have taken this course, nearly 33% initially reported symptoms consistent with clinical depression. After the course, only 12% reported depression symptoms. Participating educators also reported:

- Increased hope
- Improved sleep and mindfulness
- Fewer headaches
- Reductions in gastrointestinal distress and days sick.

**To Register go to:**

<https://www.campusce.net/umextended/course/course.aspx?C=712&pc=13&mc=&sc=>

**Questions:** Email [info@montanahappinessproject.com](mailto:info@montanahappinessproject.com)