



## Memorandum

**To:** All **RURAL** Montana Educators

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

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

**Cost:** \$95 – for 3 Graduate Credits or 48 OPI Units – The usual cost of this course is reduced by a grant from the Arthur M. Blank Family Foundation (AMBFF) and financial support from the Montana Small Schools Alliance and Montana Professional Learning Collaborative

**When:** Beginning the week of January 20, 2025. Coursework is due on or before May 15, 2025

**How:** The course is asynchronous. You can start and proceed at your pace within the starting and ending dates. The course may be taken for letter grade, credit/no credit, or OPI Hours/Units.

**Where:** Hosted by the University of Montana Online programming. We will be using the 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 the experiential part of the course, you will complete at least 10 active learning assignments designed and reflect on how they affect YOU. Instructors 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 enhanced mindfulness
- Fewer headaches
- Reductions in gastrointestinal distress and days sick.

**To Register go to:** <https://www.campusce.net/umextended/course/course.aspx?C=732>

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

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