

MY HAPPINESS SEMINARS 2024

Participants' Evaluations

Osher Lifelong Learning Institute (OLLI)

At the University of Cincinnati

Clientele: Mostly retired professionals*

Happiness Seminars in Cincinnati (April, May, June 2024)

Ten Commandments of Happiness

April 22 & 29, 2024
2:15-3:30 PM

Thou shalt not expect other people to be just like thou.
—From this seminar

From Anxiety to Optimism
The Art of Rewiring Your Mind

May 13 & 20, 2024
2:15-3:30 PM

Your thoughts make your happiness.
—From this seminar

Curating Small Joys in Everyday Life

June 3 & 10, 2024
2:15-3:30 PM

I would rather be here now!
—Baba Ram Dass (born Richard Alpert)

Room 701, 2220 Victory Parkway Campus, UC, Cincinnati, OH 45242. Walk-ins welcome!
(Arrive early to find the room and to get a good seat.)

(Note: These seminars are based on social science, excluding medical or health sciences. They are not a substitute for clinical solutions. Their goal is to make people who are already happy explore greater happiness.)

Participants' Evaluations follow. They include ALL of the forms received. They were collected by the seminar moderator in class on paper, anonymously. The first ten pages are from Seminar 1, the Next 11 from Seminar 2, and the last six from Seminar 3.

(*Included a senior accountant, a senior marketing executive, and a senior attorney)

Course at OLLI, UC

Ten Commandments of Happiness by Dr. Kris

Names (Optional): # 1

1. Day 1 Lecture was:

- boring 1 2 3 4 5 Interesting
Useless 1 2 3 4 5 Useful
Old hat 1 2 3 4 5 New material
Easy to follow 1 2 3 4 5 Hard to follow
Disrespecting 1 2 3 4 5 Respectful
Depressing 1 2 3 4 5 Uplifting
Unengaging 1 2 3 4 5 Engaging
Personally relevant 1 2 3 4 5 Personally irrelevant
Too long 1 2 3 4 5 I did not feel time passing
It will help me raise my happiness over the years:
Disagree 1 2 3 4 5 Agree

2. Day 2 Activities & Lecture were:

- boring 1 2 3 4 5 Interesting
Useless 1 2 3 4 5 Useful
Old hat 1 2 3 4 5 New material
Easy to follow 1 2 3 4 5 Hard to follow
Disrespecting 1 2 3 4 5 Respectful
Depressing 1 2 3 4 5 Uplifting
Unengaging 1 2 3 4 5 Engaging
Personally relevant 1 2 3 4 5 Personally irrelevant
Too long 1 2 3 4 5 I did not feel time passing
It will help me raise my happiness over the years:
Disagree 1 2 3 4 5 Agree

3. Comments (Optional)

Course at OLLI, UC

#2

Ten Commandments of Happiness by Dr. Kris

Names (Optional): Beverly

1. Day 1 Lecture was:

- boring 1 2 3 4 5 Interesting
- Useless 1 2 3 4 5 Useful
- Old hat 1 2 3 4 5 New material
- Easy to follow 1 2 3 4 5 Hard to follow
- Disrespecting 1 2 3 4 5 Respectful
- Depressing 1 2 3 4 5 Uplifting
- Unengaging 1 2 3 4 5 Engaging
- Personally relevant 1 2 3 4 5 Personally irrelevant
- Too long 1 2 3 4 5 I did not feel time passing
- It will help me raise my happiness over the years:
Disagree 1 2 3 4 5 Agree

2. Day 2 Activities & Lecture were:

- boring 1 2 3 4 5 Interesting
- Useless 1 2 3 4 5 Useful
- Old hat 1 2 3 4 5 New material
- Easy to follow 1 2 3 4 5 Hard to follow
- Disrespecting 1 2 3 4 5 Respectful
- Depressing 1 2 3 4 5 Uplifting
- Unengaging 1 2 3 4 5 Engaging
- Personally relevant 1 2 3 4 5 Personally irrelevant
- Too long 1 2 3 4 5 I did not feel time passing
- It will help me raise my happiness over the years:
Disagree 1 2 3 4 5 Agree

3. Comments (Optional)

Thanks for your effort, preparation and
Sense of humor

Course at OLLI, UC

#3

Ten Commandments of Happiness by Dr. Kris

Names (Optional): Renu Singh

1. Day 1 Lecture was:

- boring 1 2 3 4 5 Interesting
- Useless 1 2 3 4 5 Useful
- Old hat 1 2 3 4 5 New material
- Easy to follow 1 2 3 4 5 Hard to follow
- Disrespecting 1 2 3 4 5 Respectful
- Depressing 1 2 3 4 5 Uplifting
- Unengaging 1 2 3 4 5 Engaging
- Personally relevant 1 2 3 4 5 Personally irrelevant
- Too long 1 2 3 4 5 I did not feel time passing

It will help me raise my happiness over the years:

Disagree 1 2 3 4 5 Agree

2. Day 2 Activities & Lecture were:

- boring 1 2 3 4 5 Interesting
- Useless 1 2 3 4 5 Useful
- Old hat 1 2 3 4 5 New material
- Easy to follow 1 2 3 4 5 Hard to follow
- Disrespecting 1 2 3 4 5 Respectful
- Depressing 1 2 3 4 5 Uplifting
- Unengaging 1 2 3 4 5 Engaging
- Personally relevant 1 2 3 4 5 Personally irrelevant
- Too long 1 2 3 4 5 I did not feel time passing

It will help me raise my happiness over the years:

Disagree 1 2 3 4 5 Agree

3. Comments (Optional)

~~Exc~~ ~~Exc~~
 A Excellent
 class. ☆
 Dr. Kris - is Awesome

Excellent class.

Dr. Kris is
Awesome

UC

#4

Commandments of Happiness by Dr. Kris

Names (Optional):

Lecture was:

- boring 1 2 3 4 5 Interesting
- Useless 1 2 3 4 5 Useful
- Old hat 1 2 3 4 5 New material
- Easy to follow 1 2 3 4 5 Hard to follow
- Disrespecting 1 2 3 4 5 Respectful
- Depressing 1 2 3 4 5 Uplifting
- Unengaging 1 2 3 4 5 Engaging
- Personally relevant 1 2 3 4 5 Personally irrelevant
- Too long 1 2 3 4 5 I did not feel time passing

It will help me raise my happiness over the years:

Disagree 1 2 3 4 5 Agree

Activities & Lecture were:

- boring 1 2 3 4 5 Interesting
- Useless 1 2 3 4 5 Useful
- Old hat 1 2 3 4 5 New material
- Easy to follow 1 2 3 4 5 Hard to follow
- Disrespecting 1 2 3 4 5 Respectful
- Depressing 1 2 3 4 5 Uplifting
- Unengaging 1 2 3 4 5 Engaging
- Personally relevant 1 2 3 4 5 Personally irrelevant
- Too long 1 2 3 4 5 I did not feel time passing

It will help me raise my happiness over the years:

Disagree 1 2 3 4 5 Agree

3. Comments (Optional)

Course at OLLI, UC

#5

Ten Commandments of Happiness by Dr. Kris

Names (Optional):

1. Day 1 Lecture was:

- boring 1 2 3 **4** 5 Interesting
- Useless 1 2 **3** 4 5 Useful
- Old hat 1 2 3 **4** 5 New material
- Easy to follow 1 2 3 **4** 5 Hard to follow
- Disrespecting 1 2 3 4 **5** Respectful
- Depressing 1 2 **3** 4 5 Uplifting
- Unengaging 1 2 **3** **4** 5 Engaging
- Personally relevant 1 2 3 **4** 5 Personally irrelevant
- Too long **1** 2 **3** 4 5 I did not feel time passing
- It will help me raise my happiness over the years:
Disagree 1 **2** 3 4 5 Agree

2. Day 2 Activities & Lecture were:

- boring 1 2 3 4 **5** Interesting
- Useless 1 **2** 3 **4** 5 Useful
- Old hat 1 2 3 **4** 5 New material
- Easy to follow 1 **2** 3 4 5 Hard to follow
- Disrespecting 1 2 3 4 **5** Respectful
- Depressing 1 2 3 4 **5** Uplifting
- Unengaging 1 2 3 4 **5** Engaging
- Personally relevant 1 2 3 4 **5** Personally irrelevant
- Too long 1 2 3 4 **5** I did not feel time passing
- It will help me raise my happiness over the years:
Disagree 1 2 3 **4** 5 Agree

3. Comments (Optional) - *1st class = trouble with accent + speed. After reflecting on the topics and his output, things seemed more relevant and deeper, so by class #2 I was more engaged, especially since he was very responsive to our output and new insights came out.*

1st class --trouble with accent--speed. After reflecting on the topics and his output, things seemed more relevant and deeper, so by class #2 I was more engaged, especially since he was very responsive to our output and insights came out.

#6

Ten Commandments of Happiness by Dr. Kris

DDP may

- 3** **4** 5 Interesting
- 3 **4** 5 Useful
- 2** **3** 4 5 New material
- 2** 3 **4** 5 Hard to follow
- 2** 3 **4** 5 Respectful
- 2** 3 **4** 5 Uplifting
- 2** 3 **4** 5 Engaging
- it 1 2 3 **4** 5 Personally irrelevant
- 4** 5 I did not feel time passing
- ise my happiness over the years:
2 3 **4** 5 Agree
- ture were:
2 3 4 **5** Interesting
- 2** 3 **4** 5 Useful
- Old hat 1 2 **3** 4 5 New material
- Easy to follow 1 2 3 **4** 5 Hard to follow
- Disrespecting 1 2 3 **4** 5 Respectful
- Depressing 1 2 3 **4** 5 Uplifting
- Unengaging 1 2 3 **4** 5 Engaging
- Personally relevant 1 2 3 **4** 5 Personally irrelevant
- Too long 1 2 3 **4** 5 I did not feel time passing
- It will help me raise my happiness over the years:
Disagree 1 2 3 **4** 5 Agree

3. Comments (Optional)

Course at OLLI, UC

#7

Ten Commandments of Happiness by Dr. Kris

Names (Optional):

1. Day 1 Lecture was:

- boring 1 2 3 4 **5** Interesting
- Useless 1 2 3 4 **5** Useful
- Old hat 1 2 3 **4** 5 New material
- Easy to follow 1 2 3 4 **5** Hard to follow
- Disrespecting 1 2 3 4 **5** Respectful
- Depressing 1 2 3 4 **5** Uplifting
- Unengaging 1 2 3 **4** 5 Engaging
- Personally relevant **1** 2 3 4 5 Personally irrelevant
- Too long 1 2 3 4 **5** I did not feel time passing
- It will help me raise my happiness over the years:
- Disagree 1 2 3 **4** 5 Agree

2. Day 2 Activities & Lecture were:

- boring 1 2 **3** 4 5 Interesting
- Useless 1 2 **3** 4 5 Useful
- Old hat 1 2 **3** 4 5 New material
- Easy to follow 1 2 3 **4** 5 Hard to follow
- Disrespecting 1 2 3 4 **5** Respectful
- Depressing 1 2 3 **4** 5 Uplifting
- Unengaging 1 2 **3** 4 5 Engaging
- Personally relevant 1 2 3 **4** 5 Personally irrelevant
- Too long 1 2 **3** 4 5 I did not feel time passing
- It will help me raise my happiness over the years:
- Disagree 1 2 **3** 4 5 Agree

3. Comments (Optional)

It would have been helpful to have the Commandment worksheet prior to the lecture.

#8

Ten Commandments of Happiness by Dr. Kris

.....

IS:

- 1 2 3 **4** 5 Interesting
- s 1 2 3 4 5 Useful
- t 1 2 3 4 5 New material
- w 1 2 3 **4** 5 Hard to follow
- g 1 2 3 4 5 Respectful
- 1 2 3 4 5 Uplifting
- 1 2 3 4 5 Engaging
- levant 1 2 **3** 4 5 Personally irrelevant
- 2 3 4 5 I did not feel time passing
- me raise my happiness over the years:
- : 1 2 **3** 4 5 Agree

& Lecture were:

- g 1 2 **3** 4 5 Interesting
- Useless 1 2 3 4 5 Useful
- Old hat 1 2 3 4 5 New material
- Easy to follow 1 2 **3** 4 5 Hard to follow
- Disrespecting 1 2 3 4 5 Respectful
- Depressing 1 2 3 4 5 Uplifting
- Unengaging 1 2 3 4 5 Engaging
- Personally relevant 1 2 **3** 4 5 Personally irrelevant
- Too long 1 2 3 4 5 I did not feel time passing
- It will help me raise my happiness over the years:
- Disagree 1 2 **3** 4 5 Agree

3. Comments (Optional)

Course at OLLI, UC

#9
Ten Commandments of Happiness by Dr. Kris

Names (Optional):

1. Day 1 Lecture was:

- boring 1 2 3 4 5 Interesting
- Useless 1 2 3 4 5 Useful
- Old hat 1 2 3 4 5 New material
- Easy to follow 1 2 3 4 5 Hard to follow
- Disrespecting 1 2 3 4 5 Respectful
- Depressing 1 2 3 4 5 Uplifting
- Unengaging 1 2 3 4 5 Engaging
- Personally relevant 1 2 3 4 5 Personally irrelevant
- Too long 1 2 3 4 5 I did not feel time passing
- It will help me raise my happiness over the years:**
- Disagree 1 2 3 4 5 Agree

2. Day 2 Activities & Lecture were:

- boring 1 2 3 4 5 Interi
- Useless 1 2 3 4 5 Usefu
- Old hat 1 2 3 4 5 New I
- Easy to follow 1 2 3 4 5 Hard
- Disrespecting 1 2 3 4 5 Respe
- Depressing 1 2 3 4 5 Uplift
- Unengaging 1 2 3 4 5 Enga
- Personally relevant 1 2 3 4 5
- Too long 1 2 3 4 5 I did no
- It will help me raise my happine:**
- Disagree 1 2 3 4 5 Ag

3. Comments (Optional)

Course at OLLI, UC #10

Ten Commandments of Happiness by Dr. Kris

Names (Optional):

1. Day 1 Lecture was:

- boring 1 2 3 4 5 Interesting
- Useless 1 2 3 4 5 Useful
- Old hat 1 2 3 4 5 New material
- Easy to follow 1 2 3 4 5 Hard to follow
- Disrespecting 1 2 3 4 5 Respectful
- Depressing 1 2 3 4 5 Uplifting
- Unengaging 1 2 3 4 5 Engaging
- Personally relevant 1 2 3 4 5 Personally irrelevant
- Too long 1 2 3 4 5 I did not feel time passing
- It will help me raise my happiness over the years:**
- Disagree 1 2 3 4 5 Agree

2. Day 2 Activities & Lecture were:

- boring 1 2 3 4 5 Interesting
- Useless 1 2 3 4 5 Useful
- Old hat 1 2 3 4 5 New material
- Easy to follow 1 2 3 4 5 Hard to follow
- Disrespecting 1 2 3 4 5 Respectful
- Depressing 1 2 3 4 5 Uplifting
- Unengaging 1 2 3 4 5 Engaging
- Personally relevant 1 2 3 4 5 Personally irrelevant
- Too long 1 2 3 4 5 I did not feel time passing
- It will help me raise my happiness over the years:**
- Disagree 1 2 3 4 5 Agree

3. Comments (Optional)

Session 1 of Anxiety & Optimism begins here

Session 1 of Anxiety & Optimism begins here

Course at OLLI, UC (May 13, 2024)

Anxiety & Optimism by Dr. Kris

Name (#1) (Optional) *S. Armstrong*

B1

1. The Presentation was:

boring	1	2	3	(4)	5	Interesting
Useless	1	2	3	(4)	5	Useful
Old hat	1	2	(3)	4	5	New material
Hard to follow	1	2	3	(4)	5	Easy to follow

2.

Disrespecting	1	2	3	4	(5)	Respectful
Depressing	1	2	3	4	(5)	Uplifting
Unengaging	1	2	3	4	(5)	Engaging

Personally not relevant	1	2	3	(4)	5	Personally relevant
Too long	1	2	3	(4)	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 (5) Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 (5) Agree

Comments (Optional) *Thank you*

Course at OLLI, UC (May 13, 2024)

Anxiety & Optimism by Dr. Kris

Name (#2) (Optional)

B2

1. The Presentation was:

boring	1	2	3	(4)	5	Interesting
Useless	1	2	3	(4)	5	Useful
Old hat	1	2	3	(4)	5	New material
Hard to follow	1	2	3	(4)	5	Easy to follow

2.

Disrespecting	1	2	3	4	(5)	Respectful
Depressing	1	2	(3)	4	5	Uplifting
Unengaging	1	2	3	(4)	5	Engaging

Personally not relevant	1	2	3	(4)	5	Personally relevant
Too long	1	(2)	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 (4) 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 (4) 5 Agree

Comments (Optional)

Course at OLLI, UC (May 13, 2024)
Anxiety & Optimism by Dr. Kris

Name (Optional) *J. Dovalle*

(3)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional) *I'm not 100% sure how to put this all into action, but will be thinking about it & trying. Some of the quotes/key points are really helpful -*

I'm not sure how to put this all into action, but will be thinking about it & trying. Some of the quotes/key points are really helpful.

Course at OLLI, UC (May 13, 2024)

Anxiety & Optimism by Dr. Kris Name (Optional)

#4

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional)

Course at OLLI, UC (May 13, 2024)

Anxiety & Optimism by Dr. Kris

Name (Optional)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

#A

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional) *I'm trying to see how I could have done better in past event. Thanks*

Course at OLLI, UC (May 13, 2024)

Anxiety & Optimism by Dr. Kris

Name (Optional)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

#5

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional)

Course at OLLI, UC (May 13, 2024)

Anxiety & Optimism by Dr. Kris

Name (Optional) #6

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional)

Course at OLLI, UC (May 13, 2024)

Anxiety & Optimism by Dr. Kris

Name (Optional) #7

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional) THANKS

Course at OLLI, UC (May 13, 2024)
Anxiety & Optimism by Dr. Kris

Name (Optional) #8

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
Unlikely 1 2 3 4 5 Likely

It will help me raise my happiness over the years:
Disagree 1 2 3 4 5 Agree

Comments (Optional)

Course at OLLI, UC (May 13, 2024)
Anxiety & Optimism by Dr. Kris

Name (Optional) #9

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
Unlikely 1 2 3 4 5 Likely

It will help me raise my happiness over the years:
Disagree 1 2 3 4 5 Agree

Comments (Optional)

Course at OLLI, UC (May 13, 2024)
Anxiety & Optimism by Dr. Kris

Name (Optional) #10

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
Unlikely 1 2 3 4 5 Likely

It will help me raise my happiness over the years:
Disagree 1 2 3 4 5 Agree

Comments (Optional)

Course at OLLI, UC (May 13, 2024)

Anxiety & Optimism by Dr. Kris

Name (Optional)

(Handwritten mark)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional) ... *What was said make sense. A lot to think about.*

What was said makes sense. A lot to think about.

Course at OLLI, UC (May 13, 2024)

Anxiety & Optimism by Dr. Kris

Name (Optional)

(Handwritten mark)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Reminders for me

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

I experienced a change years ago--a new mind perspective & my life changed. A great reminder for me! I have experienced great things because of this especially

Comments (Optional) ... *I experienced a change years ago - a new mind perspective - & my life changed! A great reminder for me! I have experienced great things because of this especially*

Session 2 of Anxiety & Optimism begins here

Session 2 of Anxiety & Optimism begins here

Course at OLLI, UC (May 13, 2024)
 Anxiety & Optimism by Dr. Kris Name (Optional)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional) Thank you!

Course at OLLI, UC (May 13, 2024)
 Anxiety & Optimism by Dr. Kris Name (Optional)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional)

Course at OLLI, UC (May 13, 2024)

Anxiety & Optimism by Dr. Kris

Name (Optional)

#3

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional) ... Happy with engagement

Course at OLLI, UC (May 13, 2024)

Anxiety & Optimism by Dr. Kris

Name (Optional) ... Beverly

4

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional)

5

Course at OLLI, UC (May 13²⁰, 2024)
Anxiety & Optimism by Dr. Kris

Name (Optional)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5
Too long	1	2	3	4	5

Personally relevant	1	2	3	4	5
I did not feel time passing	1	2	3	4	5

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional) I APPRECIATE YOUR ENTHUSIASM

6

Course at OLLI, UC (May 13²⁰, 2024)
Anxiety & Optimism by Dr. Kris

Name (Optional)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5
Too long	1	2	3	4	5

Personally relevant	1	2	3	4	5
I did not feel time passing	1	2	3	4	5

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional)

Course at OLLI, UC (May 13, 2024)
Anxiety & Optimism by Dr. Kris

Name (Optional)

(7)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional)

Course at OLLI, UC (May 13, 2024)
Anxiety & Optimism by Dr. Kris

Name (Optional) BILL BARQUIN

(8)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

2.

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits
 Unlikely 1 2 3 4 5 Likely
 It will help me raise my happiness over the years:
 Disagree 1 2 3 4 5 Agree

Comments (Optional) I NEEDED THIS BAD

I needed this bad

Session 2 of Episodes of Joy in Everyday Life (begins here)

Evaluation for Session 1 of this topic was inadvertently missed.

“The presentation will give you a new way of looking at your PHYSICAL WORLD . You will not see it the same way again.”
(A toung-in-cheek pitch I had relayed to the participants!)

Course at OLLI, UC (June 10, 2024) #1
 Episodes of Joy Day 2 by Dr. Kris Name (Optional)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits: Unlikely 1 2 3 4 5 Likely

It will help me raise my happiness over the years: Disagree 1 2 3 4 5 Agree

“The presentation will give you a new way of looking at your PHYSICAL WORLD. You will not see it the same way again.” Did this magic of the seminar happen for you?

Not really 1 2 3 4 5 Very much so.

Comments (Optional)

Course at OLLI, UC (June 10, 2024) #2
 Episodes of Joy Day 2 by Dr. Kris Name (Optional)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits: Unlikely 1 2 3 4 5 Likely

It will help me raise my happiness over the years: Disagree 1 2 3 4 5 Agree

“The presentation will give you a new way of looking at your PHYSICAL WORLD. You will not see it the same way again.” Did this magic of the seminar happen for you?

Not really 1 2 3 4 5 Very much so.

Comments (Optional) *Definitely makes me think about my world and things in it from a different perspective.*

Definitely makes me think about my world and things in it from a different perspective

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

#3

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits: Unlikely 1 2 3 4 5 Likely

It will help me raise my happiness over the years: Disagree 1 2 3 4 5 Agree

"The presentation will give you a new way of looking at your PHYSICAL WORLD. You will not see it the same way again." Did this magic of the seminar happen for you?

Not really 1 2 3 4 5 Very much so.

Comments (Optional) A reminder for me

A reminder for me.

Course at OLLI, UC (June 10, 2024)
Episodes of Joy Day 2 by Dr. Kris

#4

Name (Optional) Thomas D. Detsch

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits: Unlikely 1 2 3 4 5 Likely

It will help me raise my happiness over the years: Disagree 1 2 3 4 5 Agree

"The presentation will give you a new way of looking at your PHYSICAL WORLD. You will not see it the same way again." Did this magic of the seminar happen for you?

Not really 1 2 3 4 5 Very much so.

Comments (Optional) 40 yrs in Print - College yr book editor
- This is my life - Good Reminder

40 yrs in Print;
College yr book editor.
This is my life--Good Reminder!

Course at OLLI, UC (June 10, 2024)

#5

Episodes of Joy Day 2 by Dr. Kris

Name (Optional)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits: Unlikely 1 2 3 4 5 Likely

It will help me raise my happiness over the years: Disagree 1 2 3 4 5 Agree

"The presentation will give you a new way of looking at your PHYSICAL WORLD. You will not see it the same way again." Did this magic of the seminar happen for you?

Not really 1 2 3 4 5 Very much so.

Course at OLLI, UC (June 10, 2024)

Name (Optional) #6

Episodes of Joy Day 2 by Dr. Kris

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits: Unlikely 1 2 3 4 5 Likely

It will help me raise my happiness over the years: Disagree 1 2 3 4 5 Agree

"The presentation will give you a new way of looking at your PHYSICAL WORLD. You will not see it the same way again." Did this magic of the seminar happen for you?

Not really 1 2 3 4 5 Very much so.

Awe. The New Science of Wonder.

Comments (Optional)

AWE The new science of wonder
by Dacher Keltner

Course at OLLI, UC (June 10, 2024)

Episodes of Joy Day 2 by Dr. Kris

#7

Name (Optional)

Jacqueline Douale

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

3	4	5	Personally relevant
3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits:	Unlikely	1	2	3	4	5	Likely
It will help me raise my happiness over the years:	Disagree	1	2	3	4	5	Agree

"The presentation will give you a new way of looking at your PHYSICAL WORLD. You will not see it the same way again." Did this magic of the seminar happen for you?

Not really 1 2 3 4 5 Very much so. *(this will grow to a 5 w/ practice)*

Comments (Optional)

Very interesting - would love to take more classes w/ Dr. Kris -> or these over again! Practice makes perfect - his ideas are things I will put in practice -

Very interesting--would love to take more classes with Dr. Kris--or these over again!

Practice makes perfect--his ideas are things I will put in practice.

(This will grow to a 5 with practice)

Course at OLLI, UC (June 10, 2024)

Episodes of Joy Day 2 by Dr. Kris

#8

Name (Optional)

Beverly

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits:	Unlikely	1	2	3	4	5	Likely
It will help me raise my happiness over the years:	Disagree	1	2	3	4	5	Agree

"The presentation will give you a new way of looking at your PHYSICAL WORLD. You will not see it the same way again." Did this magic of the seminar happen for you?

Not really 1 2 3 4 5 Very much so.

Course at OLLI, UC (June 10, 2024)

#9

Episodes of Joy Day 2 by Dr. Kris

Name (Optional)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits:	Unlikely	1	2	3	4	5	Likely
It will help me raise my happiness over the years:	Disagree	1	2	3	4	5	Agree

"The presentation will give you a new way of looking at your PHYSICAL WORLD. You will not see it the same way again." Did this magic of the seminar happen for you?

Not really 1 2 3 4 5 Very much so.

Course at OLLI, UC (June 10, 2024)

#10

Episodes of Joy Day 2 by Dr. Kris

Name (Optional)

1. The Presentation was:

boring	1	2	3	4	5	Interesting
Useless	1	2	3	4	5	Useful
Old hat	1	2	3	4	5	New material
Hard to follow	1	2	3	4	5	Easy to follow

Disrespecting	1	2	3	4	5	Respectful
Depressing	1	2	3	4	5	Uplifting
Unengaging	1	2	3	4	5	Engaging

Personally not relevant	1	2	3	4	5	Personally relevant
Too long	1	2	3	4	5	I did not feel time passing

I will be putting these ideas into my thoughts and habits:	Unlikely	1	2	3	4	5	Likely
It will help me raise my happiness over the years:	Disagree	1	2	3	4	5	Agree

"The presentation will give you a new way of looking at your PHYSICAL WORLD. You will not see it the same way again." Did this magic of the seminar happen for you?

Not really 1 2 3 4 5 Very much so.

Curating Episodes of Joy in Everyday Life

Course at OLLI, UC (June 10, 2024) #11
 Episodes of Joy Day 2 by Dr. Kris Name (Optional)

1. The Presentation was:

boring 1 2 3 4 <u>5</u>	Interesting	Disrespecting 1 2 3 4 <u>5</u>	Respectful
Useless 1 2 3 4 <u>5</u>	Useful	Depressing 1 2 3 4 <u>5</u>	Uplifting
Old hat 1 2 3 4 <u>5</u>	New material	Unengaging 1 2 3 4 <u>5</u>	Engaging
Hard to follow 1 2 3 4 <u>5</u>	Easy to follow		

Personally not relevant 1 2 3 4 <u>5</u>	Personally relevant
Too long 1 2 3 4 <u>5</u>	I did not feel time passing

I will be putting these ideas into my thoughts and habits: Unlikely 1 2 3 4 5 Likely

It will help me raise my happiness over the years: Disagree 1 2 3 4 5 Agree

"The presentation will give you a new way of looking at your PHYSICAL WORLD. You will not see it the same way again." Did this magic of the seminar happen for you?
 Not really 1 2 3 4 5 Very much so.

Comments (Optional) *Really fun class! Very thought-provoking. Thanks!*

*Really fun class!
 Very thought provoking.
 Thanks!*