

OPTION B

in this essay reflect on what you have learned about happiness, choice and personal agency and how those ideas connect to your experience as a student this semester.

reflect on:

How your understanding of happiness has changed

the role of choices vs. circumstances in success, learning or well being.

how these concepts apply to your academic life, writing process or future goals.

Draw connections between:

psychological research $\leftrightarrow$ own line ^{experience} ~~experience~~

learning to write and learning to make choices.