

Grade 11 -- Informational

The Happiness Effect

Happiness may be the primary goal of human existence. Philosophers have wrestled with the concept of happiness. Legislators create laws to support citizens' rights to pursue happiness. Television, radio, and print advertisers assure consumers that various products will guarantee happiness. Interestingly, people have a tendency to believe they are happier than their neighbors, and they are optimistic about their happiness in the future. Most people assume that they will be happier a decade from now than they are today.

Clearly, everyone from writers and philosophers to legislators and the average person on the street thinks a great deal about happiness. What makes happiness so important to human existence?

Why Be Happy?

Not only does happiness feel good, but it appears to provide a variety of psychological and physical benefits. Happiness plays a significant role in enhancing good health, strengthening the immune system, promoting longevity, improving productivity and performance, and increasing resilience. Happy people work hard, play hard, have an active social life (and a social conscience), experience good health, and live longer. A happy person lives an average of nine years longer than a miserable one.

The Opposite of Happiness

When studying happiness, it makes sense that its opposite condition would also be a topic of examination. Scientists have observed that there are two unfortunate life events that induce profound unhappiness, perhaps over the course of many years: the loss of a spouse and the loss of a job.

What Causes Happiness?

However, good news abounds in the study of happiness. Fortunately, humans experience happiness from a wide range of stimuli, from traveling to an exotic destination to redecorating one's home or from winning a game of soccer to eating a delicious meal. Simply watching a favorite television show or laughing at a funny joke can boost a depressed mood. While the happiness produced by such experiences tends to be short lived, certain conditions do promote a more long-lasting and durable state of happiness as a lifestyle: a wide social network, believing in a meaningful reason for one's existence, and establishing goals and working to achieve them.

With a Little Help from My Friends

Surprisingly, income is not a primary factor in determining a person's level of happiness once the basic needs of food, clothing, and shelter have been met. More important is one's social network. Being socially active may be more effective in increasing one's immunity to illness than a vaccine. Misery may love company, but so does happiness, and having close friends and family is vital to one's overall level of happiness. (If friends and family are crucial, so is a loving partner. Research suggests that being married increases one's potential for happiness.) Even sharing one's home with an animal companion can make a person happier.

Why Am I Here?

Scientists report that believing in some kind of meaning for one's life is necessary to living a happy life. This may be a religion, a code of ethics, a particular value system, a philosophy, or

any other reason for being that lifts people out of the mundane routine of daily existence and gives their life meaning beyond a weekly paycheck.

The Habit of Happiness

Happiness is not an innate characteristic but may actually be developed as a habit. Scientists suggest that incorporating new habits and practices can go a long way in increasing one's state of happiness. While people generally do not transform their basic temperaments, people can learn to become happier by participating in a variety of activities, including socializing, watching funny movies or reading funny books, keeping a gratitude journal (writing a daily list of three to five things for which one is grateful), involving oneself in pleasurable activities, such as sports, hobbies, or the arts, focusing on positive outcomes, and performing acts of kindness for others. Apparently, doing something to make someone else happy will make you happy, too.

- 1) In the paragraph "The Habit of Happiness," what is the definition of **innate**? (LA.12.1.5.c)
 - a) learned from others
 - b) created by outside influence
 - c) evolving from one's experiences
 - d) originating from one's biological makeup

- 2) What is the overall message of the passage? (LA.12.1.6.g)
 - a) Happiness may be the root of a long life.
 - b) Happiness may be created by attaining wealth.
 - c) Happiness may be the primary goal of humans.
 - d) Happiness may be determined by one's social network.

- 3) What is the most important factor in determining a person's level of happiness? (LA.12.1.6.j)
 - a) a social network
 - b) a sizeable income
 - c) a delicious meal
 - d) a gratitude journal

- 4) Which life event causes profound unhappiness? (LA.12.1.6.j)
 - a) loss of home
 - b) loss of wealth
 - c) loss of friends
 - d) loss of spouse

- 5) Which condition is NOT mentioned as a source of long lasting,durable happiness? (LA.12.1.6.j)
 - a) believing in one's purpose
 - b) having and achieving goals
 - c) having a strong social network
 - d) attaining a large source of wealth

6) What does the root *psych* mean in *psychological*? (LA.12.1.5.a)

- a) insane
- b) feeling
- c) mind
- d) study of

7) Which condition promotes a longer-lasting state of happiness? (LA.12.1.6.d)

- a) redecorating one's home
- b) working to achieve goals
- c) traveling to an exotic destination
- d) watching a favorite television show

C4L Reading - Item Writing Tally Sheet

Grade 12 - Informational

Passage Name: Happiness Effect

Gr12 Vocabulary	DOK Levels	DOK 1	DOK 2	DOK 3	Total Items
LA 12.1.5 Vocabulary: Students will build literary, general academic, and content specific grade level vocabulary.					
LA 12.1.5.a <i>Determine meaning of words through structural analysis, using knowledge of Greek, Latin, and Anglo-Saxon roots, prefixes, and suffixes to understand complex words, including words in science, mathematics, and social studies</i>	1, 2	1			1
LA 12.1.5.c <i>Independently apply appropriate strategy to determine meanings of unknown words in text</i>	2		1		1
LA 12.1.5.d <i>Use semantic relationships to evaluate, defend, and make judgments</i>	2,3				
Gr12 Comprehension	DOK Level	DOK 1	DOK 2	DOK 3	Total Items
LA 12.1.6 Comprehension: Students will extract and construct meaning using prior knowledge, applying text information, and monitoring comprehension while reading grade level text.					
LA 12.1.6.a <i>Evaluate the meaning, reliability, and validity of the text considering author's purpose, perspective, and information from additional sources</i>	2, 3				
LA 12.1.6.c <i>Analyze the function and critique the effects of the author's use of stylistic and literary devices (e.g., allusion, symbolism, irony, foreshadowing, flashback, metaphor, personification, epiphany, oxymoron, dialect, tone, mood, transitional devices)</i>	2, 3				
LA 12.1.6.d <i>Summarize, analyze, synthesize, and evaluate informational text</i>	2, 3		1		1
LA 12.1.6.e <i>Apply knowledge of organizational patterns found in informational text (e.g., sequence, description, cause and effect, compare/contrast, fact/opinion, proposition/support, concept definition, question/answer)</i>	2				

<p>LA 12.1.6.f <i>Analyze and evaluate information from text features (e.g., index, annotations, photographs, charts, tables, graphs, headings, subheadings, lists)</i></p>	2, 3				
<p>LA 12.1.6.g <i>Analyze and evaluate inferences based on the characteristics of narrative and informational genres and provide evidence</i></p>	2, 3		1		1
<p>LA 12.1.6.j <i>Generate and/or answer literal, inferential, critical, and interpretive questions, analyzing, synthesizing, and evaluating prior knowledge, information from the text and additional sources, to support answers</i></p>	1, 2, 3	4			4