

# IE HUMANITIES

**IE University**

Professor: **MARIANA NIETHARDT DEL CASTILLO**

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Academic year: 22-23

Degree course: FIRST

Semester: 2<sup>o</sup>

Category: COMPULSORY

Number of credits: 6.0

Language: English

## PREREQUISITES

## SUBJECT DESCRIPTION

### THE PHILOSOPHY OF HAPPINESS

We know happiness really matters, but do we really know what happiness is? Is it reachable? Do we have a right to happiness? Do we have a duty to be happy? What is the difference between being happy and leading a happy life?

In this course, we will examine these, and other questions related to happiness. We will learn what Western philosophers—who have a rich tradition of thinking and writing about happiness—understand by the concept of happiness; how this notion has evolved over time throughout history, and how happiness relates to other concepts such as virtue, pleasure, beatitude, utility, self-sufficiency, will, pain, subjectivism, rights, and duty. We will also learn about and compare how other non-Western traditions understand the meaning of happiness in their cultures and how they experience it, and we will conclude the class by probing into what science and religion have to say about happiness.

Happiness is something we all have experienced in our lives and will continue to do so. So, I hope that once you have acquired a solid grasp of its different meanings in history and across different cultures, your knowledge of the concept of happiness will continue to enrich your debates outside the classroom and make you a little wiser in understanding your own path to happiness.

IE IMPACT- HUMANITIES is the first Pillar course in the IE Impact Learning Journey.

IE IMPACT is a multi-bachelor, multi-school mandatory academic program for all IEU students whose mission is to foster the skills, mindsets, and knowledge we at IE University believe our future graduates need to develop into leaders of positive change.

IE IMPACT includes three “pillar courses”: the Humanities, Technology and Entrepreneurship. It culminates in a fourth, hands-on course called the IE Challenge, whose design embodies IE’s value of Diversity and its commitment to Sustainability.

The IE Impact Learning Journey aims to help IEU students transform into leaders of positive change by developing:

- humanistic approaches to interpersonal relations, decision-making and critical thinking;
- familiarity with the technologies that are applied to solve some of the world’s greatest challenges, as well as understanding the implications of applying such technologies;

- entrepreneurial mindsets, know-how, and skills to identify and solve problems worth solving, and to create validated business models that enable solutions to be enduring and scalable;
- a curiosity and an awareness about how sustainability-driven enterprises are sources of positive change; and
- adaptive leadership skills, as well as personal and team-based skills to foster innovation through diversity.

## OBJECTIVES AND SKILLS

- Development of analytical, critical, and creative thinking.
- Comprehensive reading of complex texts.
- Writing and argumentation.
- Research and information competence.
- Sensitivity to other cultures and human experiences.

## METHODOLOGY

The course will be taught employing IE's Liquid Learning methodology, which combines three essential elements for a complete and dynamic learning experience: synchronous interactions, asynchronous interactions and individual inquiry and discovery. Synchronous Interaction is learning that happens in live, in real-time. Asynchronous interaction and individual inquiry and discovery are learning experiences that happen interactively and asynchronously using collaboration tools and digital platforms.

Most of our sessions are going to be Live in person. For all sessions you will have to prepare readings and/or the multimedia material ahead of the sessions. In class we will analyse the material in detail to understand the philosophical arguments and the different theories presented. Students will have the opportunity to participate by asking and answering questions. We will also pose questions that would help us connect the learning content to our lives.

Regarding the asynchronous sessions you will have to watch the multimedia material and answer a series of questions that will allow me to assess your understanding of the subject and invite you to think deeply.

Teaching methodology	Weighting	Estimated time a student should dedicate to prepare for and participate in
Lectures	23.33 %	35 hours
Discussions	23.33 %	35 hours
Exercises	16.67 %	25 hours
Group work	16.67 %	25 hours
Other individual studying	20.0 %	30 hours
TOTAL	100.0 %	150 hours

## PROGRAM

### SESSIONS 1 - 2 (LIVE IN-PERSON)

Introduction. Why Happiness? Why Philosophy?

Happiness and Virtue: Plato and Aristotle

*Book Chapters: Plato, "The Republic" (Book IV (419a-422a) and Book IX (584d-587a)) (ced)*

*Book Chapters: Aristotle, "Nicomachean Ethics" (Books I and X) (ced)*

### **SESSIONS 3 - 4 (LIVE IN-PERSON)**

Happiness and Pleasure: Epicureanism and Stoicism

Happiness and Blessedness I: Judaism

*Book Chapters: Epicurus, "Letter to Menoeceus" (ced)*

*Book Chapters: Seneca, "Of a happy life" (ced)*

*Video: Rabbi Lord Jonathan Sacks: "Happiness in the Jewish Perspective" (Youtube)*

### **SESSION 5 (ASYNCHRONOUS)**

Happiness and Science I: what does science say about happiness?

*Video: Tal Ben-Shahar, "The science of happiness" (Youtube)*

*Video: D. Gilbert, "The surprising science of happiness" (TED)*

### **SESSIONS 6 - 7 (LIVE IN-PERSON)**

Happiness and Blessedness I: Christianity

Happiness and Blessedness II: Buddhism

*Book Chapters: St. Augustine, "The Happy Life" (selection) (ced)*

*Book Chapters: St. Thomas Aquinas, "Summa Theologica" (First Part of the Second Part: Question III) (ced)*

*Book Chapters: M. Ricard, "A Buddhist View of Happiness" (ced)*

### **SESSIONS 8 - 9 (LIVE IN-PERSON)**

Happiness and Blessedness II: Daoism

Common Happiness and Right to Happiness: The Enlightenment

*Podcast: The Happiness Lab, Lao Tzu (Spotify)*

*Book Chapters: D. Diderot and J. le Rond d'Alembert, "Encyclopedia" ("Happiness" and "Felicity") (ced)*

*Book Chapters: Montesquieu, "My Thoughts" (selections) (ced)*

### **SESSION 10 (ASYNCHRONOUS)**

Happiness and Science II: what does science say about happiness?

*Video: M. Seligman, "The new era of positive psychology" (TED)*

*Video: R. Waldinger, "What makes a good life? Lessons from the longest study on happiness" (TED)*

### **SESSIONS 11 - 12 (LIVE IN-PERSON)**

Greatest Happiness Principle: Utilitarianism

The Human Conquest of Happiness: Schopenhauer and Nietzsche

*Book Chapters: J. Bentham, "An introduction to the principles of morals and legislation" (Chapter III-V) (ced)*

*Book Chapters: J.S. Mill, "Utilitarianism" (ced)*

*Book Chapters: A. Schopenhauer, "The Art of Controversy" and "Counsels and Maxims" (selections)*

(ced)

Video: A. de Botton, "Philosophy: A Guide to Happiness – Nietzsche on Hardship" (Youtube)

## **SESSIONS 13 - 14 (LIVE IN-PERSON)**

Happiness and Meaning: Existentialism

Happiness in Hell

Book Chapters: Camus, A. "The Myth of Sisyphus" (ced)

Article: "How to be happy in a Gulag: Lessons from Aleksandr Solzhenitsyn" (Medium, Aug 24, 2017)

Book Chapters: Frankl, V. "Man's Search For Meaning". Preface (CED)

## **SESSION 15 (LIVE IN-PERSON)**

Midterm Exam

## **SESSIONS 16 - 17 (LIVE IN-PERSON)**

Happiness and Idleness

Subjective Happiness

Article: Russell, B. "In Praise of Idleness" (Harper's Magazine)

Podcast: The Happiness Lab with Dr. Laurie Santos (Episode 5) (Pushkin.fm)

Book Chapters: E. Diener, R. Lucas and S. Oishi, "Subjective Well-Being" (ced)

Video: D. Kahneman, "The riddle of experience vs. memory" (TED)

## **SESSIONS 18 - 19 (LIVE IN-PERSON)**

Consuming Happiness

Happiness and Multiculturalism

Article: Z. Bauman, "Happiness in a society of individuals" (Soundings; Spring 2008; 38) (ced)

Article: P. Bruckner, "Condemned to Joy" (City Journal: Winter 2011 - The Social Order) (ced)

Article: Ahmed, S. "Multiculturalism and the Promise of Happiness" (New Formations; Winter 2007/2008; 63) (CED)

## **SESSION 20 (ASYNCHRONOUS)**

Happiness and Science III: what does science say about happiness?

Video: B. Wallace, "The price of happiness" (TED)

Video: R. Gutman, "The hidden power of smiling" (TED)

Video: S. Berns, "My philosophy for a happy life" (TED)

## **SESSIONS 21 - 22 (LIVE IN-PERSON)**

The Globalization of Happiness

TBD

Article: "Will Globalization Make You Happy?" (Foreign Policy, NOVEMBER 20, 2009) (CED)

## **SESSIONS 23 - 24 (LIVE IN-PERSON)**

Happiness and Marketing / Happiness and Medicine: Group Work

## **SESSION 25 (ASYNCHRONOUS)**

Can Movies Enhance Happiness? ("Hector and the Search for Happiness"; "Happy-Go-Lucky"; "Eat, Pray, Love"; "Amélie"...)

## **SESSIONS 26 - 27 (LIVE IN-PERSON)**

Happiness and Economics / Happiness and Politics: Group Work

## **SESSIONS 28 - 29 (LIVE IN-PERSON)**

What the history of "The Philosophy of Happiness" can teach us?

Wrap up session

## **SESSION 30 (LIVE IN-PERSON)**

Final Exam

## **BIBLIOGRAPHY**

### **Recommended**

- Edited by Ilona Boniwell, Susan A. David, and Amanda Conley Ayers. (2013).

*"The Oxford Handbook of Happiness"*. Oxford University Press. ISBN 9780199557257 (Digital)

## **EVALUATION CRITERIA**

Your final grade will be weighted in the following way:

**Preparation and Participation (20%):** all readings and videos are mandatory and students are expected to do the readings and watch the media materials provided prior to each class. Lack of preparation, passive or zero participation and inappropriate behavior in class (e.g. classroom disruptions, side conversations. etc.) will affect negatively the grade. The depth and quality of your contributions will be the most important dimension regarding participation. A high quality presentation of ideas must consider the relevance and timing of comments, and the flow and content of the ensuing class discussion. It demands comments that are concise and clear, and that are conveyed with a spirit of involvement in the discussion at hand.

**Continuous evaluation (30%):** throughout the course, you will have to write a couple of short essays, perform different happiness practices and complete the asynchronous tasks. You will also have to participate in a group work project, with the purpose of trying to understand how happiness can determine certain political and economic policies, medical research, and marketing actions.

Essays should be submitted through Turnitin in online campus.

Essays will be marked according to Structure (25%), Style (25%) and Content (50%) which also includes the appropriate and correct use of sources. In each criteria, the following points have to be observed:

Structure:

- The general plan of the essay
- The connection between ideas exposed
- The inclusion of a conclusion

- The existence of paragraphs corresponding to ideas or concepts.

Style:

- The absence of grammatical mistakes
- The proper use of academic English corresponding to college level
- The adequate use of sources and quotations

Content:

- The level of originality in the essay
- The argumentative level of the essay
- The relevance of the information contained in it, without being a mere summary
- The adequacy of the content to the question proposed
- The logical connections between presentation of ideas and final conclusions
- The relevance of such conclusions without being a mere tautology.

**Midterm Exam (20%):** the specific format of the exam will be provided in due time.

**Final Exam (30%):** the specific format of the exam will be provided in due time.

Criteria	Percentage	Comments
Preparation and Participation	20 %	
Midterm evaluation	20 %	
Continuous assessment	30 %	
Final Exam	30 %	

## PROFESSOR BIO

Professor: **MARIANA NIETHARDT DEL CASTILLO**

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### **MARIANA NIETHARDT DEL CASTILLO**

Mariana Niethardt holds a PhD in Political Philosophy and a Bachelor's Degree in Philosophy by Universidad Pontificia Comillas. She also teaches "Legal Thought" and "Modern and Contemporary Political Philosophy" at IE. She has worked for many years at "The School of Philosophy" in Madrid.

Office hours: please schedule an appointment via [mniethardt@faculty.ie.edu](mailto:mniethardt@faculty.ie.edu)

## OTHER INFORMATION

OTHER RELEVANT INFORMATION ABOUT THIS COURSE:

### a) ATTENDANCE POLICY

Attendance to this Humanities course is mandatory. Just like any other IEU academic course, all students must follow IEU's Attendance Policy.

As per IE University policy, every student must attend at least 70% of sessions. IEU attendance policy applies to any type of session: live in-person and asynchronous sessions. Students attending less than 70% of sessions will be graded with a FAIL for the course. This FAIL will apply to the ordinary and the extraordinary calls of the current academic year.

For live in-person sessions, students will be marked absent if:

- they do not attend the session in-person or in any mode;
- they attend an in-person session via Zoom, or any remote format;
- they attend virtually a live in-person session, for which they received an authorized attendance waiver to attend the session online, but they do not have their camera turned on, they are not engaged, and they are not seated without distraction during the entire class session.

For asynchronous sessions, students will be marked absent if:

- they do not engage and complete the work expected of them in the asynchronous sessions.

Students are advised to take into account that the great majority of the Humanities sessions are double sessions; therefore, if a student is absent on a day there are 2 sessions scheduled, the student will be marked absent for the 2 corresponding sessions.

#### Attendance waivers

Please remember that professors are not allowed to grant exceptions to the attendance policy. You may inform them of the reasons of any planned or past absence out of courtesy, but any waiver must be granted by the IE Impact Program Management.

Under exceptional circumstances (serious health problems, visa delays, and travel restrictions), a student can ask for a temporary attendance waiver and may be allowed to attend online (or not in any format) and not have his/her 70% attendance affected. For this to be possible, a written and documented request must be made in advance to the IE Impact/Humanities Program Management Team. Students must email [ieimpacthumanities@ie.edu](mailto:ieimpacthumanities@ie.edu) with the request and any related documentation. Last minute changes in attendance or verbal request will not be considered. If the request is approved, an attendance waiver will be granted over one or more sessions and the allowed 30% will only be applied to other absences (without an authorized waiver).

#### Rules for online attendance (when authorized)

Any student who receives (or expects to receive) authorization for an attendance waiver to attend a live in-person session online (via Zoom) must meet the following criteria to be marked present: must have his/her camera on at ALL times, must be actively engaged during the entire class session and with any and all team-work, and must be located in an appropriate learning environment (e.g. student must be seated and free of distractions for the entire session).

#### Use of the 30% absences

No sessions or activities may be "skipped". If a student is under the impression that s/he can skip up to 30% of sessions, this is a mistake. The 30% "rule" is reserved for those circumstances that are out of a student's control. Personal trips, interviews, appointments, mild illnesses, family celebrations or ceremonies, or other personal matters will not be treated as exceptional cases and should be considered part of the 30% of allowed absences.

#### Attending online but still absent

Students who do not have an authorized attendance waiver are allowed to attend a class session online; however they must understand that they will be marked absent, and their participation grade may be influenced negatively by a high percentage of absences during the semester.

#### Role of Professors in Attendance

Professors are responsible for recording attendance; however, they have no authority to grant any student permission to have an excused absence of any kind (or to change the format of how a student will attend a session).

Any inquiries or requests must be made by the student to the IE Impact Program Team via email [ieimpacthumanities@ie.edu](mailto:ieimpacthumanities@ie.edu)

Professors are instructed to mark as ABSENT:

- students who do not attend a session in its previously scheduled format

- students who attend a session in a different format (online) than what was previously scheduled (i.e. they attend online instead of in-person).
- students who attend a session they were previously authorized to attend online but do not have their cameras on, engage actively or stay seated in an environment free of distractions for the entire session.
- students who do not complete the work adequately assigned for an asynchronous session.

If a student receives authorization for an attendance waiver and the student was already marked absent, the professor will be informed and the attendance record will be modified from absent to whatever is authorized (present, excused, etc).

#### Authorization for Attendance Waiver from a Student's Bachelor Program

If a student has received authorization for an attendance waiver from his/her bachelor degree's program to be absent (from any format of class) or to attend a live in-person session online (via Zoom), then the student must forward the email authorization to the IE Impact Team (ieimpacthumanities@ie.edu) and it will be verified. Upon verification, the professor will be informed to either not record a student as absent or to change a previous attendance record from absent to present, excused, etc.

#### b) GRADING SYSTEM:

Grade description and equivalents:

- Excellent/Sobresaliente: 9.0-10.0 (A- to A+)

Consistently produces work of the highest quality and craft; exhibits notable progress and development over the course of the semester; meets all course objectives at highest level; attendance is near-perfect, and contributions to course discussions are extremely valuable.

- Very Good/Notable: 7.0-8.9 (B- to B+)

Completes all assignments with work of above-average quality and craft; exhibits significant progress and development; meets most course objectives; attendance and participation are very good.

- Good/Aprobado: 6.0-7.0 (C- to C+)

Completes all assignments with work of acceptable quality and craft; exhibits some progress and development; meets a majority of course objectives. Attendance and participation are acceptable.

- Pass/Aprobado: 5.0-6.0 (D)

Assignments are delivered but are incomplete and/or of low quality and craft; exhibits little progress and development; meets few course objectives. Attendance and participation are poor, but absences do not total more than 30%.

- Fail/Suspenso: 0-4.9 (F)

Work is incomplete, missing, or does not meet course objectives. Attendance and participation are poor.

- Automatic Failure/Suspenso: 0 (F)

Please note that a student who misses 30% or more of the scheduled sessions receives an automatic 0.0, and loses his or her right to the second chance or call (convocatoria.)

#### c) RETAKE POLICY

Retake Policies: Students have four opportunities to pass a course distributed in two consecutive academic years. It is mandatory to attend 100% of the classes, but if justified, students can miss up to 30% of the classes. If they miss over 30%, they will have to enroll again in the course the following year.

- Students who do not comply with the 70% attendance rule will lose their 1st and 2nd chance, and go directly to the 3rd one (they will need to enroll again in this course the next academic year).



- Students who fail the subject in the first regular period, will have to retake it in July. The dates and locations will be posted in advance by the university informing both professors and students.
- The maximum grade a student can obtain in the second exam session is 8 out of 10.

Students must submit all the work they did not turn in or failed during the course.

#### d) CODE OF ETHICS/HONOR

Cheating and plagiarism are very serious offenses governed by the IE student code of conduct. Any student found cheating or plagiarizing on any assignment or component of this course will at a minimum receive a “0” on the affected assignment. Moreover, the student will also be referred to the University Judicial System for further action. Additional penalties could include a note on your transcript, failing the class, or expulsion from the university.

What is academic integrity? One component of a definition is when one does the right thing even though no one is watching. The core values of integrity, both academic and otherwise include: honesty, fairness, respect, responsibility, and trust. Academic integrity requires that all students within Instituto de Empresa (IE) act in accordance with these values in the conduct of their academic work, and that they follow the rules and regulations concerning the accepted conduct, practices and procedures of academic research and writing. Academic integrity violations are defined as cheating, plagiarism or other violations of academic ethics.

Cheating includes:

- An act or attempt to give, receive, share, or utilize unauthorized information or unauthorized assistance at any time for assignments, papers, projects, presentations, tests or examinations. Students are permitted to mentor and/or assist other students with assignments by providing insight and/or advice. However, students must not allow other students to copy their work, nor will students be permitted to copy the work of other students. Students must acknowledge when they have received assistance from others.
- Failure to follow rules on assignments, papers, projects, presentations, tests or examinations as provided by the course professor and/or as stipulated by IE.
- co-operation or collaboration.
- with official documents, including electronic records.
- The impersonation of a student on presentations, exercises, tests or an examination. This includes logging onto any electronic course management tool or program (e.g. Black Board, etc.) using someone else’s login and password.

Plagiarism includes:

- Using the work of others and attempting to present it as your own. For example, using phrases or passages from books, articles, newspapers, or the internet and not referencing them properly in your document is a form of plagiarism. This includes using information from others without citing it, misrepresentation of cited work, and misuse of quotation marks.
- Submitting an assignment or paper that is highly similar to what someone else has written (i.e., minimal changes in wording, or where the sentences are similar, but in a different order).
- Plagiarizing is not committing “word for word” copying. “Thought for thought” is also a form of plagiarism.

Other violations of academic ethics include:

- Not acknowledging that the students’ work or any part thereof has been submitted for credit elsewhere.
- Misleading or false statements regarding work completed.
- Knowingly aiding or abetting anyone in committing any form of an academic integrity violation.

Academic Misconduct Procedure for Humanities Courses

1. If a Humanities instructor suspects a student has committed academic misconduct (as defined in the student's Code of Ethics) in a Humanities course, he or she must refer the case to the Humanities program director with all the necessary supporting evidence.
  2. The Humanities program director will meet with the student and write a brief summary of the instructor and the student's views and pass them on to the Bachelor's program director. The Humanities program director may also suggest what type of sanction would be appropriate for the student.
  3. If there is enough objective evidence to sanction the student, the program director will check if this is the first time the student has committed academic misconduct.
  4. If this is a first breach of conduct, the program director will decide the scope of the sanction on the basis of all the above information. (Bachelor or Ethics Committee).
  5. If this is a second offense or if, according to the Humanities director's report, the case is serious enough, the case will be redirected to the university's Ethics Committee.
- (Approved by the Vice-Rector of Academic Affairs in June 2020)

