IDOE Science of Happiness Course Technical Requirements

The Science of Happiness course will be housed in IDOE’s Moodle platform. Participants will need to establish a free Moodle account to participate. Enrollment opens on October 1.

Educators electing to participate in IDOE’s Science of Happiness course will need access to the links below through your systems. If your school/district blocks YouTube, please request they unblock (whitelist) these specific links to enable participation.

Science of Happiness Promo Video
https://youtu.be/xEedpY2dLPA

Introductory Module
https://www.youtube.com/watch?v=ZqB3t6i8TN8
https://www.youtube.com/watch?v=2K6LNPgSmKA
https://www.youtube.com/watch?time_continue=17&v=GeMO_3hrDZM
https://www.youtube.com/watch?v=b6e49xf9Rto
https://www.youtube.com/watch?v=wlRV_tSN55k
https://www.youtube.com/watch?v=rsE4ByoOF30

Module One - The Costs of Caring
https://www.youtube.com/watch?time_continue=2&v=FGcbbgi_jcY
https://www.youtube.com/watch?time_continue=153&v=uk6veg7AefA
https://www.youtube.com/watch?v=4GIAW0J2b6q

Module Two - Positive Emotions and Personal Strengths
https://www.youtube.com/watch?v=hpZouXQbX-Q

Module Three - Engagement
https://www.youtube.com/watch?v=qND_nVhXST8
https://www.youtube.com/watch?v=ppYbZ9d3mkQ
https://www.youtube.com/watch?v=jpuDyGgleh0
https://www.youtube.com/watch?v=HjicRGvNo38

Module Four - Relationships
https://www.youtube.com/watch?v=8hSGJDHADs8
https://www.youtube.com/watch?time_continue=2&v=SMSqZckROfA
https://www.youtube.com/watch?v=wKYrArhQ8FM
https://www.youtube.com/watch?v=sCV-mEsASLA
https://www.youtube.com/watch?v=oHv6vTKD6lg
Module Five - Meaning
https://www.youtube.com/watch?v=bJRvxt-kyyC
https://www.youtube.com/watch?v=LKWc2Yww_58
https://www.youtube.com/watch?v=hBrgR9kVEPk
https://www.youtube.com/watch?v=IebJdB2-Vo
https://www.youtube.com/watch?v=u9Q8D6n-3qw
https://www.youtube.com/watch?v=c1Ndym-I3Qg

Module Six - Accomplishment
https://www.youtube.com/watch?v=PsihkFWDt3Y
https://www.youtube.com/watch?v=2MGMvEnoD6U
https://www.youtube.com/watch?v=4IUPsPCVQic
https://www.youtube.com/watch?v=e3Vp3WZs-vY

Module Seven - Physical Well-being
https://www.youtube.com/watch?v=X8SHaoBeUv4
https://www.youtube.com/watch?v=KpyoDML2eUJ
https://www.youtube.com/watch?v=BHY0FxzoKZE
https://www.youtube.com/watch?v=4qnKuZfJc0