**In this module, you will learn about the social psychological processes and concepts that impact upon well-being. A good working title for this module might be "Other People Matter." We will focus on the impact of observational learning, marriage, and culture on well-being (and obviously this is not an exhaustive review of social psychology concepts and well-being!).**

**Olsson, Nearing, & Phelps (2007)**

1. What does this research suggest about how fears can be learned through social contact?

2. Based on their findings and discussion, how do you see fear, empathy, and learning relating to one another?

3. \*I am giving you permission to theorize rather broadly here. I want to hear your thoughts!\* What does this type of research suggest about the importance of being social creatures for well-being?

**Birditt, Hope, Brown, & Orbuch (2012)**

1. What model of marital happiness (pg. 127 of article) did you buy into prior to reading this research? Why?

2. Discuss some of the stressors that individuals with lower levels of education or SES may face that may reduce marital well-being that other couples may not experience.

3. Discuss your view of how marital well-being relates to personal well-being. (Note: You may want to consider this as a bidirectional relationship.)

**Ford et al. (2015)**

1. Identify how more individualistic versus more collectivistic cultures view well-being differently. Provide an example of how happiness may be seen competitively (e.g., that for one person to be happy or achieve a goal, another personal must be unhappy or fail) in the United States.

2. Based on this research, do you feel culture matters for well-being? Why or why not?

3. Discuss why you feel social connection is found to be one of the most robust predictors or well-being (see pg. 2).

**Epley & Schroeder (2014)**

1. What does this reading suggest that a person could do to better understand or to improve their well-being?

**Boothby et al. (2014)**

1. What does this reading suggest that a person could do to better understand or to improve their well-being?