

***Learning Sustainable Well-Being (Psych 88):***  
**A Ten Lecture Course on How to be a Human**  
by  
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**Week 1: Introduction to Practicing Mindfulness and Well-Being**

**YOUR RELATIONSHIP WITH YOURSELF**

**Week 2: Who Are You?: How do you Talk/Think about Yourself?**

**Week 3: Accepting All of You: the Good, the Bad and the Ugly**

**Week 4: Manifesting What you Want: Tackling Worry, Doubt and Fear**

**Week 5: Emotional Resilience: Practicing Non-Identification**

**YOUR RELATIONSHIP WITH OTHERS**

**Week 6: Who Are They (i.e., Other People)? (Part 1)**

**Week 7: Who Are They (i.e., Other People)? (Part 2)**

**Week 8: Working it Out with Other People (Part 1)**

**Week 9: Working it Out with Other People (Part 2)**

**Week 10: Summary, Tips for Practicing Clarity and Meditation**