



FACULTY-LED
STUDY ABROAD

KIIS Netherlands Program, Summer 2027

PSY 299 Topics: Foundations of Happiness and Well-being

Instructor: Kathleen Fuegen

Email: fuegenk1@nku.edu

Instructor's office hours: on site and by appointment

Syllabus subject to change

1. Course Description: The Dutch are among the happiest people in the world. This course will explore several factors associated with well-being. Through lectures, discussions, and visits to parks and seashores in the Netherlands, students will gain an appreciation for how natural environments affect health and well-being. By exploring cities on foot and learning about bicycle culture, students will gain an appreciation for the role of physical health, social relationships, and prosocial behavior in explaining worldwide differences in well-being. Students will hone critical analysis skills through assignments focused on comparisons of American and Dutch values and their impact on goals and policies. This course is well-suited for students interested in psychology, sociology, public health, public administration, and environmental science. Upon course completion, students will have acquired a rich understanding regarding the role of natural and physical environments in fostering interpersonal connection and reducing loneliness.

Course Level Note: Western Kentucky University lists Special Topics courses in Psychology as 299. Despite this course's 299 listing at WKU, it is actually an upper level (300-400+ level) course at many other universities. As such, it is being taught as an upper level 300-400+ level course. For NKU students, the course equivalency is PSY 495.

2. Overall KIIS Program Student Learning Outcomes:

KIIS Study Abroad Mission Statement:

KIIS provides high-quality education abroad programs for students from all diverse backgrounds that promote deep international learning, are integrated into the curriculum, and encourage critical and creative thinking. Our goal is to help students understand the wider world and develop personal and professional skills for lifelong enrichment. We strive to go beyond generalizations and cultural stereotypes to help foster a nuanced appreciation of the world in which we live.

Students participating on KIIS study abroad programs aim to:

- 1) Understand contemporary issues of their host country/countries (i.e. KIIS program location).
- 2) Develop skills to interact comfortably in a global setting.
- 3) Understand other cultures.

Prior to your KIIS study abroad program, and again at the conclusion of your program, KIIS will ask each student to a) answer a few multiple-choice questions, and b) write a short reflective essay (two paragraphs in length) related to the elements detailed above. There is no right or wrong answer, and your responses will not affect your grade in any way. The purpose of the exercise is to help KIIS measure the effectiveness of its study abroad programs.

3. Course Objectives and Specific Learning Outcomes: Upon successful completion of this course, students will be able to:

1. understand personal, situational, and cultural factors that contribute to quality of life
2. understand how natural environments affect thoughts, emotions, and behavior
3. compare and contrast various approaches to measuring happiness
4. compare and contrast American and Dutch values and their impact on goals and policies related to quality of life

4. Major Topics covered in the Course: This course will provide an introduction to the psychological study of happiness and well-being. Major topics include life satisfaction, health, social connections, trust, and generosity.

5. Required Readings: Most readings will be provided to students electronically prior to the beginning of the course. Students will need access to the readings (either as hard copies or digital copies on a laptop or tablet) during the Netherlands program.

6. Graded Assignments: Your achievement of the learning outcomes described above will be determined based on your performance in the following areas:

- Reflection journal entries
 - The purpose of the journal entries is to develop reflective learning. Journal entries should include descriptions of surprise moments, discomforting experiences, moments of connection, and shifts in perspective.
- Application writing activities
 - The purpose of these writing activities is to apply concepts from the readings to your observations during site visits.
- Class participation
 - Your contributions form an important part of this course. Class meetings are enriched when you share your questions, observations, and insights.
- Final project
 - The purpose of this assignment is to develop skills associated with knowledge synthesis. Drawing upon course readings and observations of Dutch society, you will compare and contrast factors predictive of happiness among the Dutch and Americans.

Course grades will be determined based on the following weights:

Reflection journals	30%
Application writing	30%
Participation	20%
Final project	20%

Work will be graded on this scale:

90 – 100 A

80 – 89 B

70 – 79 C

60 – 69 D

Below 60 E (F)

This course will be graded on this basis, without regard to other scales (i.e., plus-and-minus) which may apply at your college or university. Note KUIS/WKU does not award +/- grades, only full letter grades.

7. Late work/make-up work:

Late work or make up work will be permitted at the discretion of the instructor. The validity of an excuse given as a reason for missing an exam or assignment will be determined by the instructor with consultation from the program director if needed. The instructor reserves the right to not allow late work or make-up work, or to give late

or make-up work which is more difficult, less convenient, or in a different form than the original.

8. Generative AI Policy:

Generative AI is permitted in some ways, with proper attribution, but prohibited in other ways.

Students are allowed to use Generative AI in some ways but are prohibited from using it in other ways. Keep in mind that any content produced by generative AI can “hallucinate” (produce false information), so students are responsible for ensuring the accuracy of any AI-generated content. Examples of citing AI are available at: <https://libguides.wku.edu/stylewrite/ai>.

Students are permitted to use generative AI in the following ways:

- Brainstorming: You may use generative AI to stimulate creativity, generate ideas, or brainstorm topics for papers, presentations, and discussions. The generated content must serve as a steppingstone, not a final product.
- Citation Assistance: AI tools can be used to manage, format, and organize citations and references, promoting adherence to academic writing standards and specific style guides required for individual assignments.
- Grammar and Style Checking: AI-powered writing enhancement tools may be used to help with spelling, grammar, syntax, and stylistic errors.
- Concept Understanding: Generative AI can be used to explain or simulate concepts taught in class, aiding in a deeper understanding.

You may not use generative AI in coursework in the following ways:

- Plagiarism: Using AI-generated content as your original work without attribution. This includes essays, papers, presentations, and exam answers.
- Data Manipulation: Using AI tools to alter data or create misleading information.
- Misrepresentation of Skills: Using generative AI to complete tasks that are meant to assess your knowledge and skills.
- Confidentiality Breach: Using AI tools that might violate KIS/university policies or laws related to data privacy and confidentiality.

Metacognitive Reflection. In addition to a proper citation, the student should include the following statement with any assignment where generative AI is used for assistance.

“I used generative AI [INSERT NAME OF PLATFORM] for assistance in the following ways on this assignment: [INSERT WAYS USED, such as brainstorming, citation assistance, grammar and style checking, concept understanding, and research assistance, etc.].”

I expect that you will remain informed about the AI tools you use and take full responsibility for their output, including factual accuracy. Toward such ends, you may also be asked to engage in a separate conversation with me to showcase your understanding of the assignment objectives. Failure to adhere to these expectations constitutes a violation of academic integrity standards and may result in disciplinary action.

9. Attendance Policy:

KIIS program participants are expected to be punctual to and in attendance at all classes, presentations, meetings and required excursions, and to remain with the program for the full academic period. Unexcused absences from classes and/or mandatory meetings will result in a lowering of the student's final grade, as will excessive tardiness. Multiple unexcused absences could result in expulsion from the program. Any absence from an academic class session must be excused for medical reasons.

On days when this class meets, please bring the reading (hard copy or electronic), a device that can access the web (e.g., laptop, tablet, phone), note paper, and a pen or pencil.

10. Disability Accommodation:

KIIS will make every reasonable effort to provide accommodations for program participants with special needs or disabilities, but we cannot guarantee that we will be able to do so. Be aware that many foreign countries do not have comprehensive legislation comparable to the Americans with Disabilities Act (ADA). As a result, businesses and other establishments operating in foreign countries may not be able to provide accommodations.

If you have a disability accommodation need, we recommend you contact your KIIS Campus Representative, <https://www.kiis.org/about-kiis/contact-us/campus-representatives/> early in your program selection process so that s/he has time to discuss any specific needs, including which KIIS programs may be best suited. You also are welcome to contact KIIS Assistant Director, Maria Canning, maria.canning@wku.edu, to discuss your disability accommodation needs (e.g. housing, transportation, excursions, class schedule, etc.).

Immediately after acceptance, notify KIIS Admissions and Enrollment Specialist, Haley McTaggart, haley.mctaggart@wku.edu, if you have a special need or disability that might require any form of accommodation abroad. Failure to notify KIIS may prevent you from participating on your KIIS program.

If you require any accommodations abroad, you must provide KIIS Admissions and Enrollment Specialist, Haley McTaggart, an accommodation letter from your home campus' disability accommodation office that lists the accommodations you are eligible to receive. Please do not request accommodations directly from your KIIS

Program Director or other KIIS Faculty; the KIIS Office will notify your KIIS Program Director and/or Faculty after we have received your above accommodation letter.

In some cases, you may need to make arrangements for a caregiver to join you on your KIIS program, should your physician, campus disability accommodation office, or KIIS make such a recommendation or require it.

11. Title IX / Discrimination & Harassment:

Recent attention to gender discrimination and sexual harassment at colleges and universities reminds us of the importance of adhering to standards of ethical and professional behavior. KIIS Study Abroad is committed to supporting and encouraging safe and equitable educational environments for our students, faculty, and program directors. Students, faculty, and program directors are required to be civil and treat each other with dignity and respect. As such, harassment and/or discrimination of any kind will not be permitted or tolerated.

Sexual misconduct (sexual harassment, sexual assault, and sexual/dating/domestic violence) and sex discrimination are violations of KIIS policies. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to a) KIIS Assistant Director, Maria Canning (+1-859-200-1000) or KIIS Executive Director, John Dizgun (+1-270-227-2288), b) WKU's Title IX Coordinator, Ena Demir (270-745-6867 / ena.demir@wku.edu) or WKU's Title IX Investigator, Michael Crowe (270-745-5429 / michael.crowe@wku.edu). Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a KIIS program director and/or faculty member, KIIS program directors and faculty are considered "Responsible Employees" of Western Kentucky University and MUST report what you share to WKU's Title IX Coordinator or Title IX Investigator.

If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's Counseling and Testing Center, <https://www.wku.edu/heretohelp/> at 270-745-3159.

For more information on KIIS Title IX, see <https://www.kiis.org/students/health-safety/title-ix-clery/>.

Everyone should be able to participate on a KIIS program, attend a KIIS event, or work in a KIIS environment (e.g. KIIS office) without fear of sexual harassment or discrimination of any kind. Be respectful of each other.