

# Lea Cassar

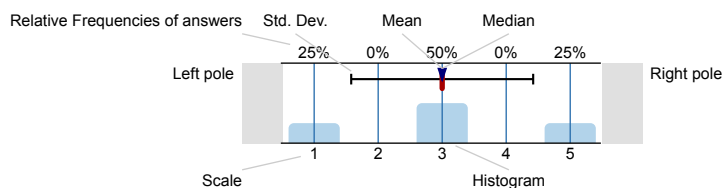
The Science of Well-being (22866)  
No. of responses = 50



## Survey Results

### Legend

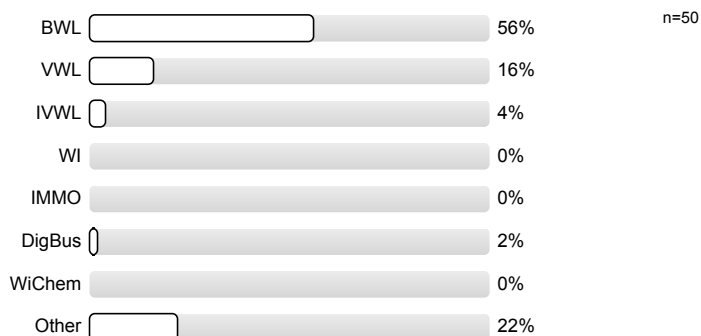
Question text



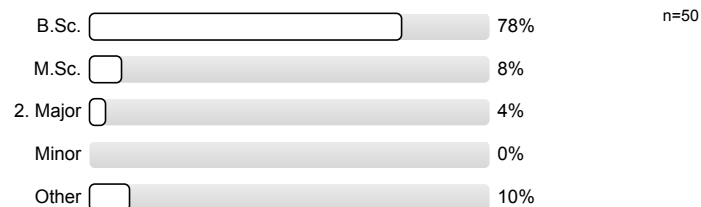
n=No. of responses  
av.=Mean  
md=Median  
dev.=Std. Dev.  
ab.=Abstention

## 1. General information

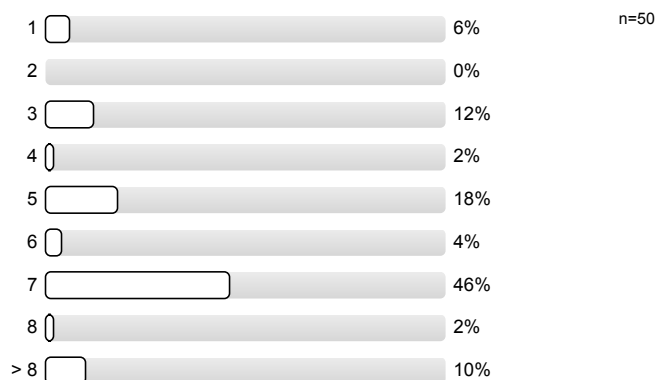
### 1.1) Degree program



### 1.2) Degree sought?



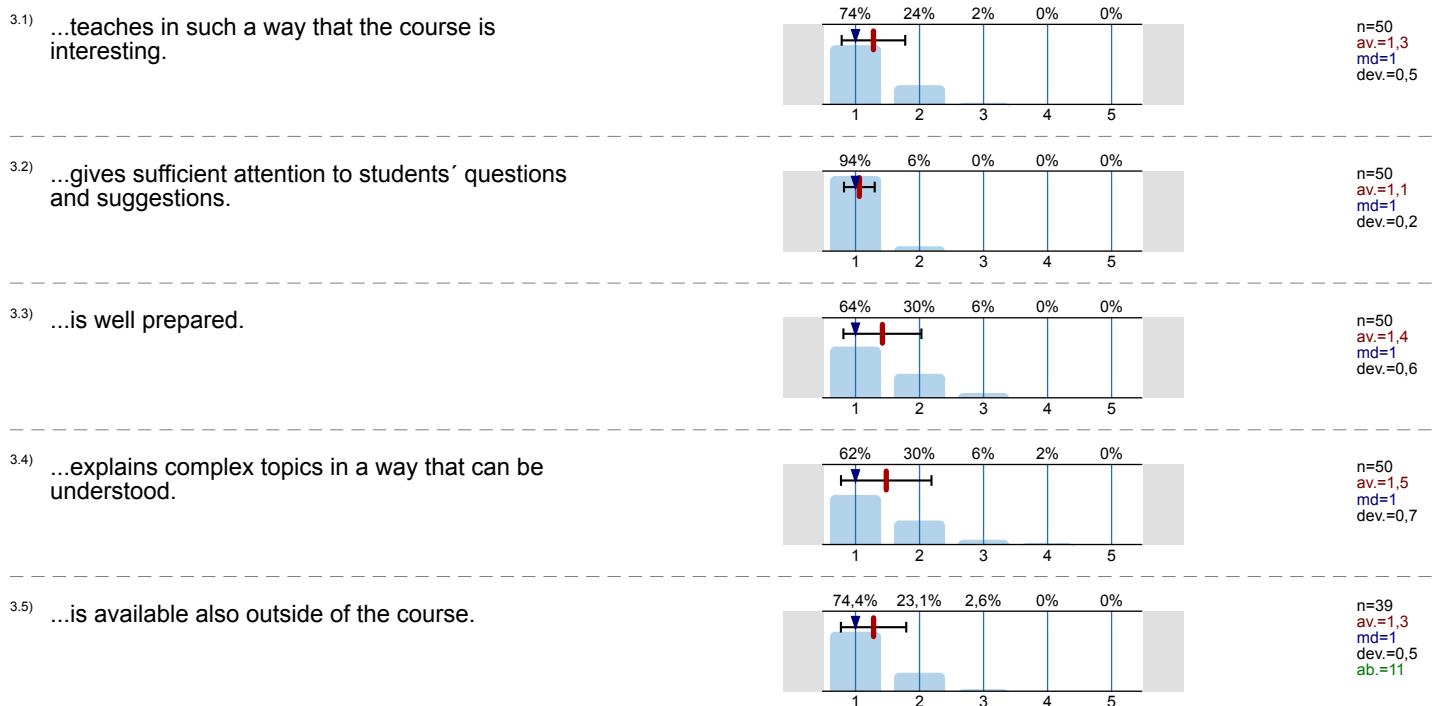
### 1.3) Semester:



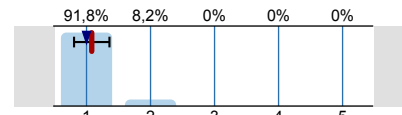
## 2. Questions about the course



### 3. Questions about the instructor: The instructor...

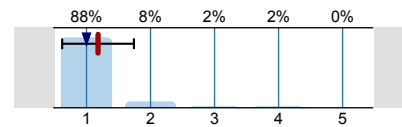


3.6) ...treats students in a friendly and respectful manner.



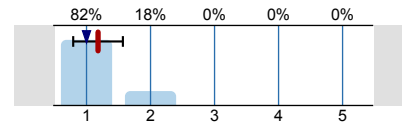
n=49  
av.=1,1  
md=1  
dev.=0,3

3.7) ...seems to have a strong interest in the participants' learning success.



n=50  
av.=1,2  
md=1  
dev.=0,6

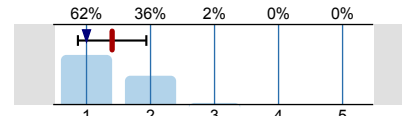
3.8) ...seems to be competent in his/her field.



n=50  
av.=1,2  
md=1  
dev.=0,4

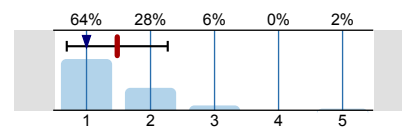
#### 4. Questions about the learning success and about the student

4.1) The applicability and usefulness of the contents became clear to me.



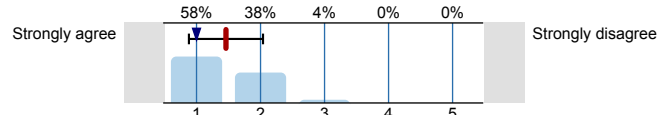
n=50  
av.=1,4  
md=1  
dev.=0,5

4.2) My interest for the subject area increased.



n=50  
av.=1,5  
md=1  
dev.=0,8

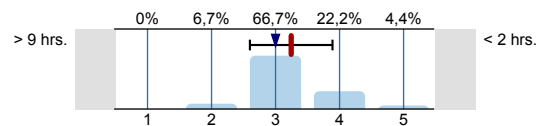
4.3) I understood the contents of the course.



n=50  
av.=1,5  
md=1  
dev.=0,6

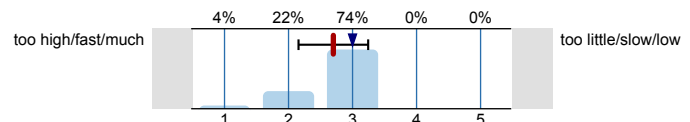
#### 5. Workload

5.1) My weekly workload for this course including the time for the lecture and practise course is...



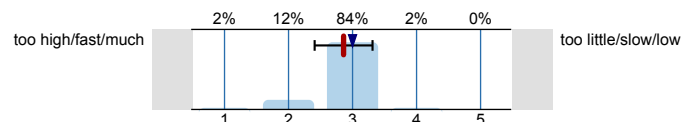
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md=3  
dev.=0,6  
ab.=5

5.2) I feel that this workload is...



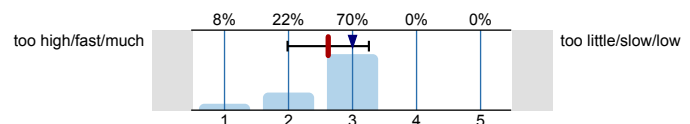
n=50  
av.=2,7  
md=3  
dev.=0,5

5.3) The pace of the course is...



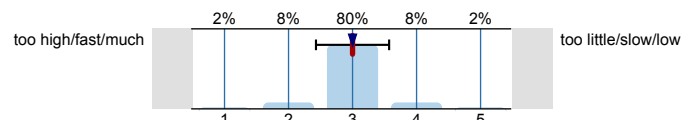
n=50  
av.=2,9  
md=3  
dev.=0,5

5.4) The contents covered in the course are...



n=50  
av.=2,6  
md=3  
dev.=0,6

5.5) The level of difficulty of the course is...

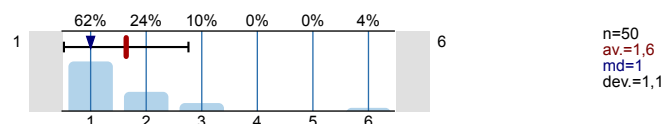


n=50  
av.=3  
md=3  
dev.=0,6

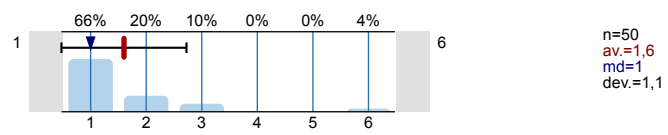
#### 6. Overall impression

For data protection reasons, we would like to inform you that people may be identified based on their handwriting. If you have concerns in this regard, please print your letters when answering the following questions.

6.3) How would you grade this course (1= very good, 6= insufficient)?



6.4) How would you grade the practical course (1= very good, 6= insufficient)?



Thank you for your cooperation!

# Profile

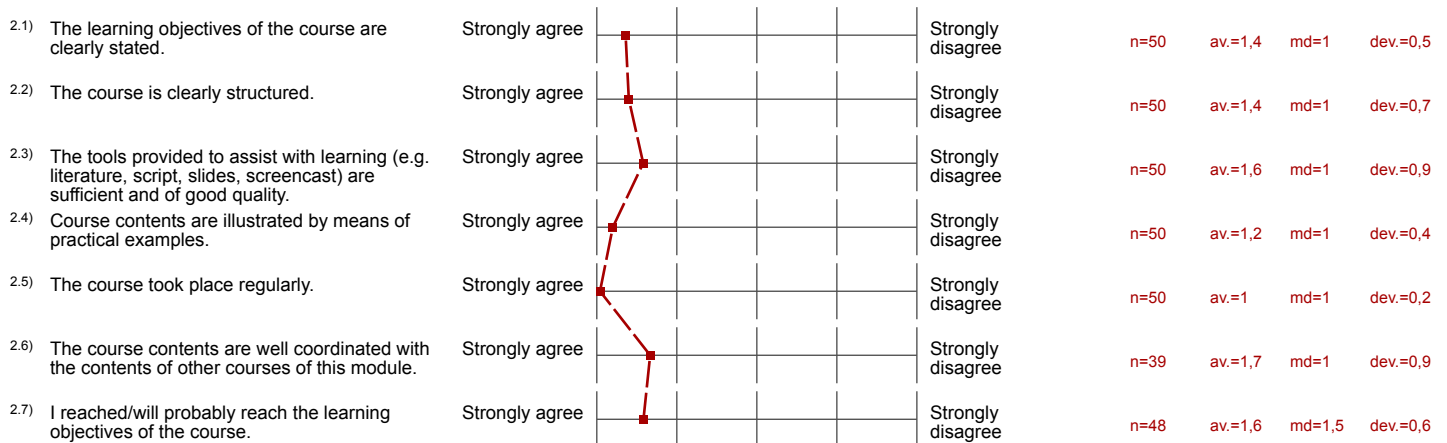
Subunit: Fakultät für Wirtschaftswissenschaften

Name of the instructor: Lea Cassar

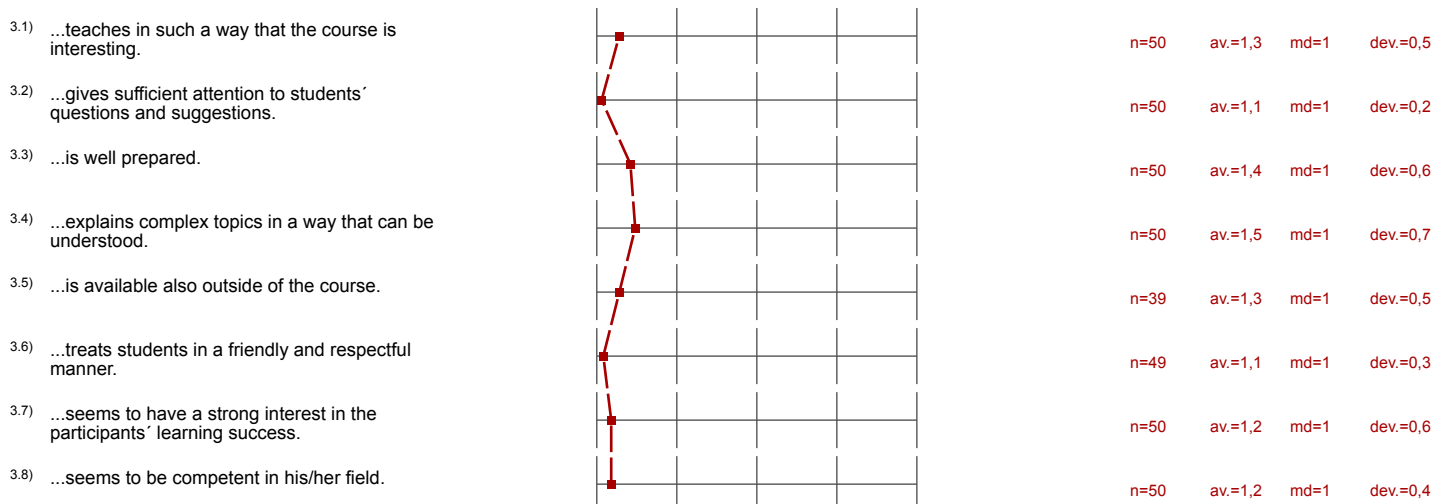
Name of the course: The Science of Well-being  
(Name of the survey)

Values used in the profile line: Mean

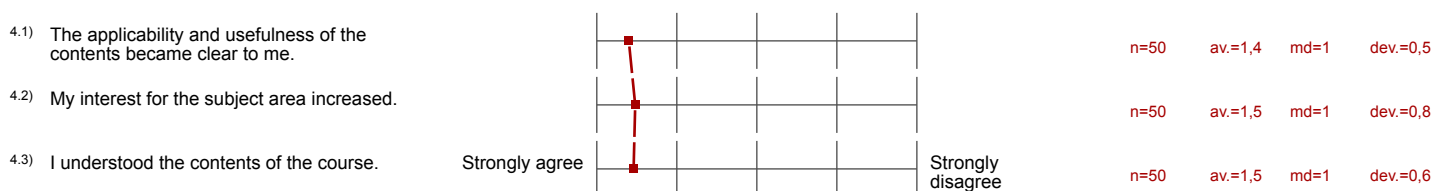
## 2. Questions about the course



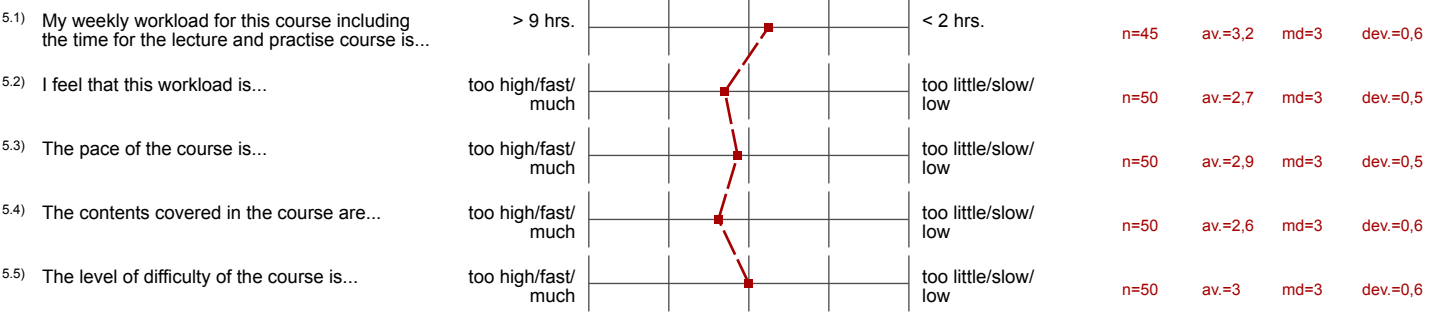
## 3. Questions about the instructor: The instructor...



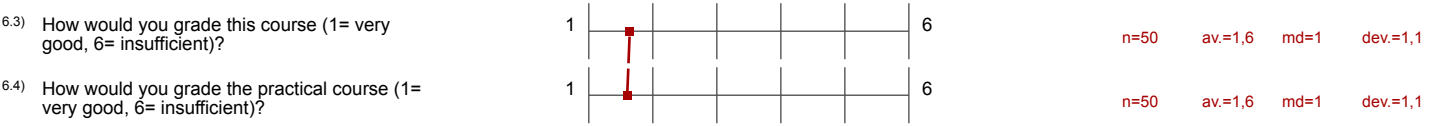
## 4. Questions about the learning success and about the student



5. Workload



6. Overall impression



# Comments Report

## 6. Overall impression

6.1) What do you like best about this course or what do you dislike the most?

- - Interaction with the teacher and the other students. (Like)
- being able to bring up personal experiences that are interesting for the topic (Like)
- some requirements were a little unclear to me (Dislike)
- A little too much slides and pictures -> not the best to get a good overview and you are a very very fast talker so some inputs that are super clear for you and you talk fast about isn't so clear for us... But never the less very very good class!!! I REALLY enjoyed it and learned a lot!!
- best: it tells you in a scientific way something about life and life circumstances it's so interesting to view all the studies
- dislike the most: for me personally it is not always easy to understand the studies presented
- Different view on economics, different topics, Broader scope, engaging discussions with students
- Even though many scientific studies underline the results presented, one has the feeling that the topics are examined one-sidedly. Sometimes you think that the professors only want to present their own opinion and perspective
- I found the content of the course very interesting and I have learned to use meditation methods that will serve me forever.
- I have loved this subject because it is very different from the others I have and helps the student to manage stress very well and reach happiness in the little things of the daily routine.
- I like best about the course that the instructor is very competent in the field of science of wellbeing and therefore can communicate the topics very well
- I liked, that YouTube-Videos were added to the presentation  
I enjoyed the lecture every time a lot
- I liked the best that Lea really embodies what she teaches. You really see that she lives by the principles and practices she showed us and that makes the whole course very convincing.
- I liked the practical examples.
- However, I sometimes struggled with understanding the graphs and tables of the studies and researches presented. I would therefore benefit from a written description to at least some of the graphs (i.e. why is some variable significant, how does it interfere with other variables etc.).
- I liked the requirements and disliked going to the tutorials because of my social anxiety
- I liked the structure of the course, as we always looked back on the things we did before. I didn't like that on some slides at the powerpoint there was no explanation, because I wasn't always able to attend the course and then I couldn't understand some of the slides.
- I liked the tutorials and the requirements.
- i think that the slides of the lectures are too full and not good structured. Also they are hard to understand.  
There are many tables without explanations .  
I think it would be necessary to put the results of the shown studies also on the slides.
- Sometimes the teacher talks way too fast so you just stop listening and can't follow.
- I liked the tutorials  
The slides are a bit messy
- I like the content of it
- I like the fact that the slides are available for everyone and easy to understand. Also the professor conducts the course very well, and it's enjoyable to listen to.
- I like the most how enthusiastic the Prof. Cassar is about the course and how well she is presenting the topics in each lecture. In this way you can follow easily and increase your interest in the topic. Sometimes the enthusiasm is nearly too intense and I felt a little stressed but mostly I was very happy with the lectures and tutorials.  
Sometimes the lectures were a bit repetitive and I wasn't interested any more how exactly the studies came to a certain conclusion because I was already focusing on the result. But I guess that's not avoidable and it's my short capacity for focusing :).
- I loved the idea there is at the basis of this course: happiness as a subject at university. In a society where we are taught to be as productive as possible, questioning whether what makes people happy is crucial. Taking time to reflect on what are the misconceptions of our society about happiness during the lecture, and allowing ourselves to be vulnerable in front of other human beings during the tutorial, is what I will always bring in my heart about this course.
- In my opinion the teacher spoke a little too fast but I liked her friendly and interaction with the students

- Interaction/discussion during the tutorials.  
Self-evaluation project and individual feedback.  
Structure of the lecture, ending with the "bigger picture" of how to integrate the knowledge into economic and social policies.
- Interest and engagement of the teacher left nothing to be desired. Teacher engaged very well in discourse with students.
- I really enjoyed the discussions of the various papers relative to each topic every week and learning about how research looks like and how we come to know what we know.
- It contains lots of helpful tips for WB that are based on evidence. I really appreciate the weekly rewirement, because just taking moment to reflect the previous week makes one happier and calmer.  
I would be definitely interested if there would be also an option of future cooperation on some WB projects (for example some initiative from students setting a WB group/"Organisation"). I think the people even from outside of this subject would be interested.
- It shows aspects of mental health that i have never thought about before. This is exactly what makes it so interesting
- Like: different topic than the rest of the economic department, actually useful and practical for our life.  
We learn strategies to improve our well-being and are nudged to already implement them in our life instead of just learning them theoretically.
- dislike: sometimes the prof got a little "preachy", especially over topics like social media and was unable to see anything positive, even if the research suggests that there are some positive aspects
- positive: very impressive how quickly the prof learned a lot of names! this gave the course a very personal touch.
- Most interesting course i have ever chosen
- Mrs. Cassar did a great job and i think without her enthusiasm i would not be as involved as i was.
- New perspective on economics with a strong importance for the future. The amount of work for an elective is quite high.
- Of course the topic is really interesting to me. Seeing all the scientific studies was nice but Sometimes also too much for my liking and i wasn't Always able to keep my concentration Up.
- Overall, I want to say thank you and would recommend it to everyone.
- Self reflecting course with very interesting topics
- Sometimes it was very fast and a lot. But all in all I've learned a lot and it was very interesting.
- Teaching style, mediation, always in combination with practical topics out of TED Talks that are concerning the world, like the style of the lectures on Monday
- the atmosphere and the friendly and fair treatment
- The concept and the topic explained  
To many theories
- The most I like is that the course includes life and gives us a lot of useful practice, thoughts and exchanges about things that happen in life and how we can prepare ourselves to it. It enhances our abilities and confidence to go our way and take the right measures, indicators and basis for decisions for the diverse challenges in life. There should be more courses that consider life and reality as well, not only figures and numbers. We are all still humans, doesn't matter how BWL we are.  
Thank you for your motivation, energy, teaching and research about what really matters in life and so also in work.

6.2) Comments about and suggestions for the accompanying practical course:

- a less intense workload option for people who don't need a grade and only have it for their „freier Wahlbereich“ Exam, paper and weekly exercises is a bit much... maybe without the exam then?
- Although interesting to hear about some of my fellow students daily activities in some cases (especially during the earlier courses) offtopic.  
In principle very interesting and again very different from other classes. Great teaching style.
- Even though many scientific studies underline the results presented, one has the feeling that the topics are examined one-sidedly. Sometimes you think that the professors only want to present their own opinion and perspective
- Grade the rewirements according to the understanding of the author and write an exam. The self improvement project is a good idea but the amount of work is too much, basically a bachelor's degree with 5 written pages less, which is not appropriate. Or split the self improvement project in different parts as the rewirements.
- If possible maybe it could be done over two semesters, I feel like one week is not really enough for some of the rewirements and it could be beneficial to try them out for a longer time, to really see an effect
- I liked that the Tutorial was so interactive. Every week i was looking forward to it, because it didn't feel like a boring normal tutorial. Being around in a circle of chairs helped giving it a nice and different feeling.  
I also really liked the ted Talks WE were shown.



- It would be nice if the professor would talk a little bit more about the exam because no one can really imagine what it will look like.
- I very liked the tutorials and the rewirements, since they helped me to really practice the things we have learned.  
I would have wished that in the tutorials there would be more discussions or group activities.
- Little less slides would be nice
- Make the Rewirements a little bit more scientific  
(maybe track your happiness and try to objektivly observe you over the time of the course. Then at the end of the course you have fancy graphs and stats and can analyze them with the knowledge of the lecture)
- Maybe for other students that didn't had like in VWL, who had econometrics, more background information for econometrics
- Maybe some topics could be made more relateble
- maybe the course can be split in two. so there is more time for the self-study and you dont need to rush through all the studies. Sometimes for me it was too fast, to think about all the results and so on.  
It would have been cool if we had kept the ritual at the beginning of the lecture. As we saw in the course it is important to practice, so why not start in class. It takes 3 min...
- More exam related questions because Its not clear how to prepare
- My only problem with the course is the face to face lectures and tutorials. I dont have a big problem with social interaction, but i had a friend who didnt finish the course because it was too much for him. And because this course should help especially these people who have such problems i think it would be great to at least have the lecture online.
- Overall i found the course really interesting and well structured and explained by Lea.
- Sometimes an Announcement in GRIPS how many Rewirements left.
- sometimes the practical course felt overly long and drawn out, and there was no or only a very little connection to the hand-in
- Thank you for the course!
- Wonderful, perfect. Very inspiring. Very innovative. I'm impressed and thankful.
- You could prepare as more for the exam but all in all it is a wonderful course :)
- You had some pretty good insights. I would consider maybe making records (even just for the group) since I would appreciate going through it once more after the session.