

# Lea Cassar

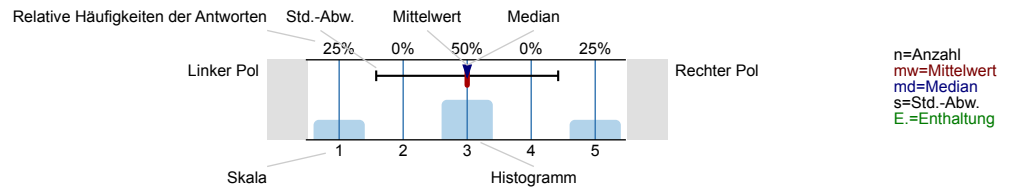
The Science of Well-being (22866)  
Erfasste Fragebögen = 35  
Rücklaufquote = 97.2 %



## Auswertungsteil der geschlossenen Fragen

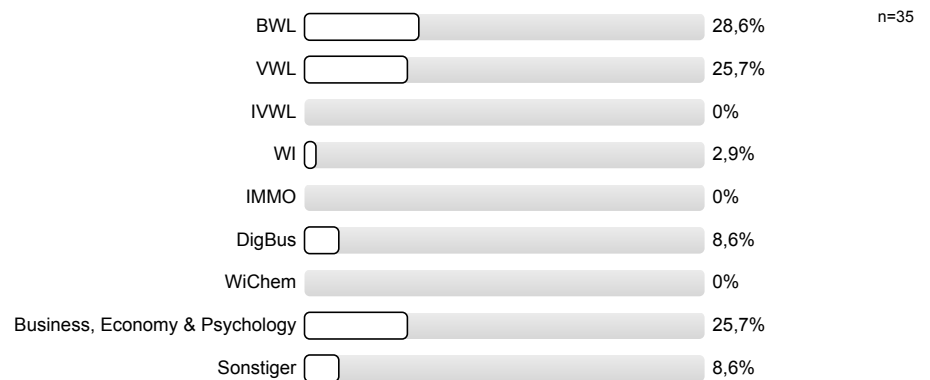
### Legende

Frage-  
text

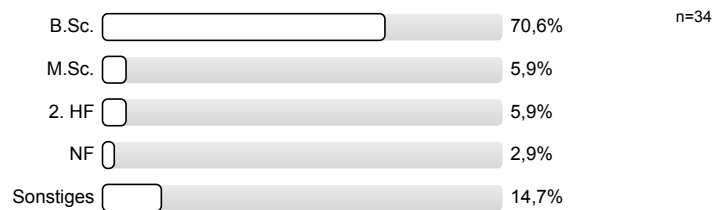


### 1. Daten

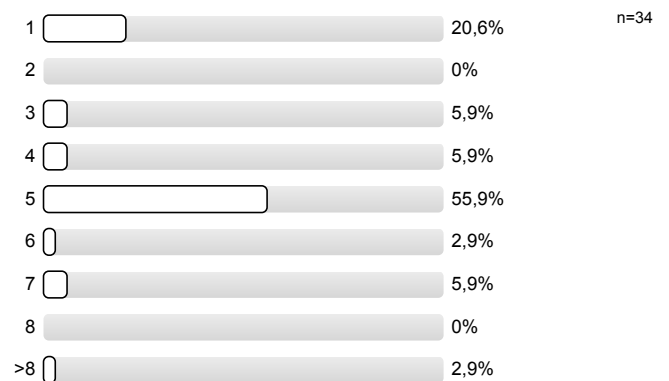
#### 1.1) Studiengang



#### 1.2) Angestrebter Abschluss?

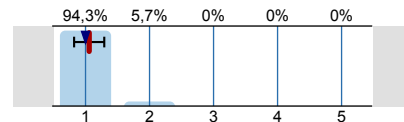


#### 1.3) Fachsemester:



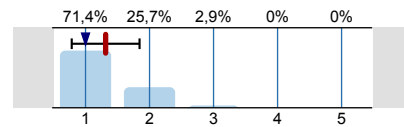


- 3.6) ...verhält sich den Studierenden gegenüber respektvoll und freundlich



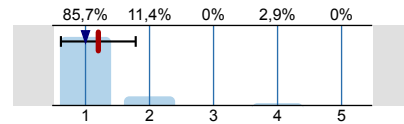
n=35  
mw=1,1  
md=1  
s=0,2

- 3.7) ...scheint am Lernerfolg der Teilnehmer stark interessiert zu sein



n=35  
mw=1,3  
md=1  
s=0,5

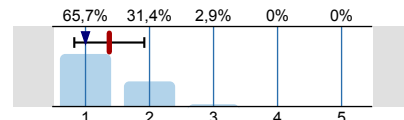
- 3.8) ...macht einen fachlich kompetenten Eindruck



n=35  
mw=1,2  
md=1  
s=0,6

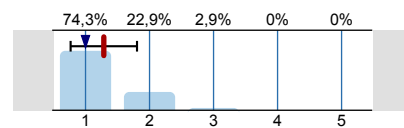
#### 4. Fragen zum Lernerfolg und zum Studierenden

- 4.1) Verwendbarkeit und Nutzen der Inhalte sind mir klar geworden



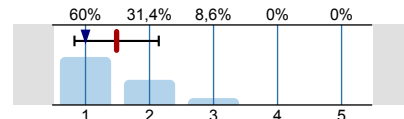
n=35  
mw=1,4  
md=1  
s=0,5

- 4.2) Mein Interesse für den Themenbereich wurde gesteigert



n=35  
mw=1,3  
md=1  
s=0,5

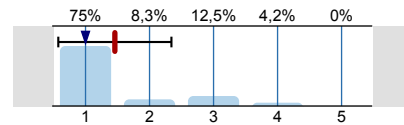
- 4.3) Ich habe die Inhalte der Veranstaltung verstanden



n=35  
mw=1,5  
md=1  
s=0,7

#### 5. Barrierearmut & Diskriminierungssensibilität

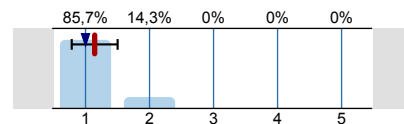
- 5.1) Die Veranstaltung ist barrierearm (Raumzugang, Lehrmaterial, technische Umsetzung usw.) konzipiert.



n=24  
mw=1,5  
md=1  
s=0,9  
E.=8

die folgende Frage betrifft Behinderung & chronische Krankheiten, ethnische & nationale Herkunft, Gender & geschlechtliche Identität, soziale Herkunft & first generation, Lebensalter, Elternschaft, Religion & Weltanschauung)

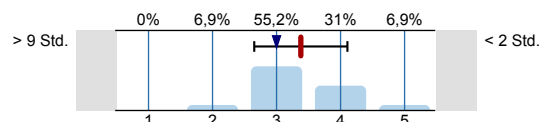
- 5.2) Die Veranstaltung ist diskriminierungssensibel im Hinblick auf die anerkannten Diskriminierungsdimensionen konzipiert.



n=21  
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md=1  
s=0,4  
E.=9

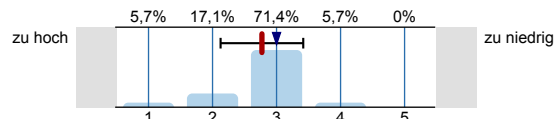
#### 6. Arbeitsaufwand

- 6.1) Mein Arbeitsaufwand für diese Lehrveranstaltung pro Woche inklusive Vorlesungs- und Übungsstunden beträgt...



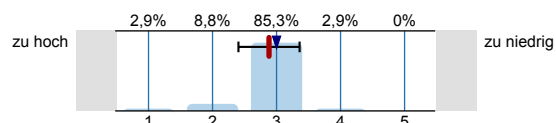
n=29  
mw=3,4  
md=3  
s=0,7  
E.=4

- 6.2) Diesen Arbeitsaufwand empfinde ich als...



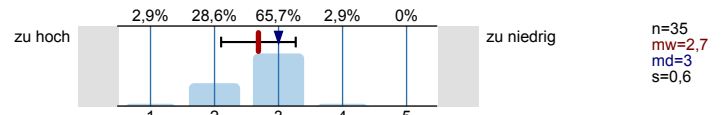
n=35  
mw=2,8  
md=3  
s=0,6

- 6.3) Das Tempo der Veranstaltung ist...

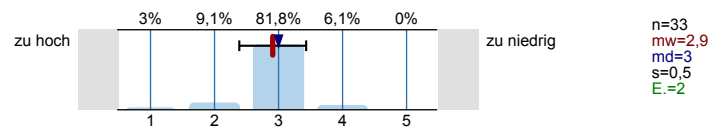


n=34  
mw=2,9  
md=3  
s=0,5

6.4) Der Stoffumfang der Veranstaltung ist...



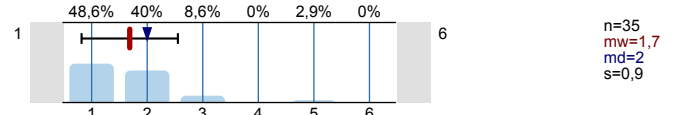
6.5) Der Schwierigkeitsgrad der Veranstaltung ist...



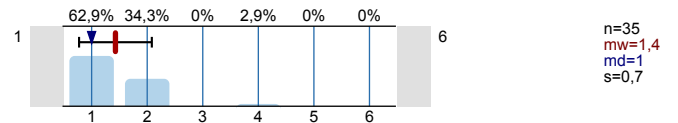
## 7. Gesamteindruck

Aus datenschutzrechtlichen Gründen weisen wir Sie darauf hin, dass die Möglichkeit besteht, Personen aufgrund Ihrer Handschrift zu identifizieren. Wenn Sie Bedenken dieser Art haben, verwenden Sie bei der Beantwortung der folgenden Fragen Druckbuchstaben.

7.3) Welche Schulnote würden Sie der Veranstaltung geben (1= sehr gut, 6= ungenügend):



7.4) Welche Schulnote würden Sie der Übung geben (1= sehr gut, 6= ungenügend):



Vielen Dank für Ihre Mitarbeit!

# Profillinie

Teilbereich: Fakultät für Wirtschaftswissenschaften

Name der/des Lehrenden: Lea Cassar

Titel der Lehrveranstaltung: The Science of Well-being  
(Name der Umfrage)

Verwendete Werte in der Profillinie: Mittelwert

## 2. Fragen zur Lehrveranstaltung

|                                                                                                                               |           |  |  |  |  |                 |      |        |      |       |
|-------------------------------------------------------------------------------------------------------------------------------|-----------|--|--|--|--|-----------------|------|--------|------|-------|
| 2.1) Die Lernziele der Veranstaltung sind klar formuliert                                                                     | trifft zu |  |  |  |  | trifft nicht zu | n=35 | mw=1,5 | md=1 | s=0,6 |
| 2.2) Die Veranstaltung ist klar strukturiert                                                                                  | trifft zu |  |  |  |  | trifft nicht zu | n=35 | mw=1,4 | md=1 | s=0,7 |
| 2.3) Die Hilfsmittel zur Unterstützung des Lernens (z.B. Folien, Screencast) sind ausreichend und in guter Qualität vorhanden | trifft zu |  |  |  |  | trifft nicht zu | n=35 | mw=1,5 | md=1 | s=0,9 |
| 2.4) Die Inhalte der Veranstaltung werden durch praktische Beispiele veranschaulicht                                          | trifft zu |  |  |  |  | trifft nicht zu | n=35 | mw=1,3 | md=1 | s=0,6 |
| 2.5) Die Veranstaltung hat regelmäßig stattgefunden                                                                           | trifft zu |  |  |  |  | trifft nicht zu | n=35 | mw=1,1 | md=1 | s=0,3 |
| 2.6) Die Inhalte der Veranstaltung sind auf die Inhalte der anderen Veranstaltungen des Moduls abgestimmt                     | trifft zu |  |  |  |  | trifft nicht zu | n=32 | mw=1,7 | md=2 | s=0,8 |
| 2.7) Die Lernziele der Veranstaltung habe ich erreicht / werde ich wahrscheinlich erreichen                                   | trifft zu |  |  |  |  | trifft nicht zu | n=35 | mw=1,9 | md=2 | s=0,9 |

## 3. Fragen zum Dozenten: Der Dozent / Die Dozentin...

|                                                                            |  |  |  |  |  |  |      |        |        |       |
|----------------------------------------------------------------------------|--|--|--|--|--|--|------|--------|--------|-------|
| 3.1) ...gestaltet die Veranstaltung interessant                            |  |  |  |  |  |  | n=35 | mw=1,4 | md=1   | s=0,7 |
| 3.2) ...geht auf Fragen und Anregungen der Studierenden ausreichend ein    |  |  |  |  |  |  | n=34 | mw=1,2 | md=1   | s=0,5 |
| 3.3) ...ist gut vorbereitet                                                |  |  |  |  |  |  | n=35 | mw=1,3 | md=1   | s=0,4 |
| 3.4) ...kann auch schwierige Sachverhalte verständlich vermitteln          |  |  |  |  |  |  | n=34 | mw=1,6 | md=1,5 | s=0,8 |
| 3.5) ...ist auch außerhalb der Veranstaltung ansprechbar                   |  |  |  |  |  |  | n=29 | mw=2   | md=2   | s=1,1 |
| 3.6) ...verhält sich den Studierenden gegenüber respektvoll und freundlich |  |  |  |  |  |  | n=35 | mw=1,1 | md=1   | s=0,2 |
| 3.7) ...scheint am Lernerfolg der Teilnehmer stark interessiert zu sein    |  |  |  |  |  |  | n=35 | mw=1,3 | md=1   | s=0,5 |
| 3.8) ...macht einen fachlich kompetenten Eindruck                          |  |  |  |  |  |  | n=35 | mw=1,2 | md=1   | s=0,6 |

## 4. Fragen zum Lernerfolg und zum Studierenden

|                                                                   |  |  |  |  |  |  |      |        |      |       |
|-------------------------------------------------------------------|--|--|--|--|--|--|------|--------|------|-------|
| 4.1) Verwendbarkeit und Nutzen der Inhalte sind mir klar geworden |  |  |  |  |  |  | n=35 | mw=1,4 | md=1 | s=0,5 |
| 4.2) Mein Interesse für den Themenbereich wurde gesteigert        |  |  |  |  |  |  | n=35 | mw=1,3 | md=1 | s=0,5 |
| 4.3) Ich habe die Inhalte der Veranstaltung verstanden            |  |  |  |  |  |  | n=35 | mw=1,5 | md=1 | s=0,7 |

## 5. Barrierearmut & Diskriminierungssensibilität

- 5.1) Die Veranstaltung ist barrierearm  
(Raumzugang, Lehrmaterial, technische Umsetzung usw.) konzipiert.
- 5.2) Die Veranstaltung ist diskriminierungssensibel  
im Hinblick auf die anerkannten  
Diskriminierungsdimensionen konzipiert.

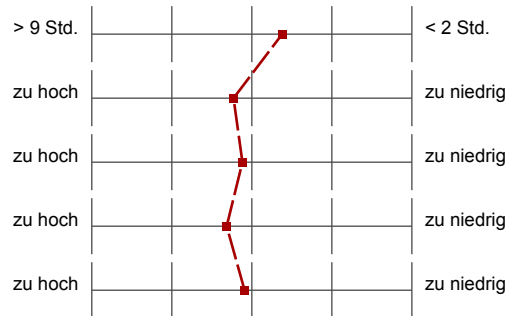


n=24 mw=1,5 md=1 s=0,9

n=21 mw=1,1 md=1 s=0,4

## 6. Arbeitsaufwand

- 6.1) Mein Arbeitsaufwand für diese  
Lehrveranstaltung pro Woche inklusive  
Vorlesungs- und Übungsstunden beträgt...
- 6.2) Diesen Arbeitsaufwand empfinde ich als...
- 6.3) Das Tempo der Veranstaltung ist...
- 6.4) Der Stoffumfang der Veranstaltung ist...
- 6.5) Der Schwierigkeitsgrad der Veranstaltung ist...



n=29 mw=3,4 md=3 s=0,7

n=35 mw=2,8 md=3 s=0,6

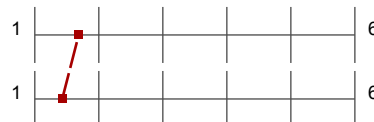
n=34 mw=2,9 md=3 s=0,5

n=35 mw=2,7 md=3 s=0,6

n=33 mw=2,9 md=3 s=0,5

## 7. Gesamteindruck

- 7.3) Welche Schulnote würden Sie der  
Veranstaltung geben (1= sehr gut, 6=  
ungenügend):
- 7.4) Welche Schulnote würden Sie der Übung  
geben (1= sehr gut, 6= ungenügend):



n=35 mw=1,7 md=2 s=0,9

n=35 mw=1,4 md=1 s=0,7

# Auswertungsteil der offenen Fragen

## 7. Gesamteindruck

7.1) Was gefällt Ihnen an der Veranstaltung besonders gut oder schlecht?

- Die Vorlesung war sehr interessant gestaltet. Mir hat besonders gut die Abwechslung zwischen Statistiken und dem freien Erzählen gefallen. Und die mitreißende und emotional Art sehr gefallen. Ich finde man hat die Begeisterung richtig gespürt und das hat das ganze noch viel spannender gemacht.
- Die Vorlesung war sehr interessant gestaltet. Mir hat besonders gut die Abwechslung zwischen Statistiken und dem freien Erzählen gefallen. Und die mitreißende und emotional Art sehr gefallen. Ich finde man hat die Begeisterung richtig gespürt und das hat das ganze noch viel spannender gemacht.

- Everything was amazing in my opinion!

- Focus on a topic that is relevant to all of us in our everyday lives. It would have been great to discuss more about the positive and negative aspects of the studies regarding methodology, alternative interpretations etc. I liked that you tried to do the lecture in an interactive way though.

- good: the examples are all very helpful; The very long list of studies gives a good overview over the state of research; prof Cassar really believes in what she says, she is passionate and persuasive;

bad: when there is a big block of text, she reads out loud and uses a pointer > and it is too fast to follow and chaotic to read with her; maybe we can either read on our own or she only summarises the text; the Tempo of the lecture is very fast, it is hard to follow

- gut: angewandt und praktisch, im Vergleich zu anderen Vorlesung nicht so theoretisch und dadurch für mich wesentlich interessanter, besprechen von Studien und Papern, einbeziehen der Studierenden und aktive Teilnahme am Unterricht, Gesamtnote nicht abhängig von einzelner Prüfung, Mitarbeit und Assignments / Rewirements während der Vorlesungszeit, viele Diskussionen Durch die aktive Mitarbeit eine der besten Vorlesungen in VWL

Inhalt gibt es so sonst nicht, wichtiges und spannendes Thema, nicht nur Theorie, sondern auch Übungen zur Anwendung

- I appreciated the professor's enthusiasm in teaching, and the multiple examples provided to test the various hypotheses (although sometimes they were too many). I got a lot of insights about psychology which made my interest in the field increase. I also appreciated the dialogue during the lectures.

- I enjoyed focusing on the breathing techniques, and figuring out what actually makes us happy

- I enjoyed the openmindedness of the lecture, and how she taught so many new experiences of well-being, of which I had never properly studied before.

- I had an absolute blast on the course! The lectures and tutorials were the perfect combo of hands-on experience and science-based knowledge, all while making sure we could apply it to our own lives.

For me, it was one of the best lectures I've ever had, and I'm pretty sure I'm not the only one who feels this way. Prof. Cassar always took our questions seriously and answered them in a way that made us feel respected and understood. Her lively and open approach to teaching created an environment of genuine learning where everyone felt comfortable joining in, participating in lively discussions and debates.

I just loved this class so much, it was honestly one of the rare things that I really looked forward to during the cold winter days.

- I have to say that I really liked that we all had name tags for both the lecture and the tutorial and that we would be called on with our names. It made me feel like the professor actually cared about us as an individual and made me feel more motivated to participate during the class. The whole lecture really increased my interest in happiness and behavioral economics and I liked how descriptive the course was. My only suggestion is that exams of previous years would be very helpful because the course has a lot of material so when studying for it is hard to figure out what parts to focus on and how in-depth we need to know the material.

- I liked the topics covered, especially during the tutorials. The instructor cares highly about the students and is clearly passionate about the topic, maybe she could share more of her experience.

I would appreciate instructor's higher familiarity with significant thought leaders in the topics.  
I also felt there was an overload of research studies.

- I like the combination between economics and subjective matters as Subjective Well Being and knowing that even they are completely different subjects can be related. I like the way the classes were handle with the lectures, though sometimes were a little too much information.

- I like the topics that we had discussed.

I dislike that, sometimes, some studies are not well explained for me, because they talk about it too fast and your brain don't have time between them to settle down the information.

- In the begging of the class the 5 minutes relaxation helps you to focus better on the classes after that and hepls with anxiety and stress problems. Also the fact that there is a discussion in the lessons and its not a one-way teaching method.

- I really enjoyed the breathing exercises before every class and I have applied this to my daily routine. I also liked the nature of the subject as it is topical and different to my other traditional business subjects. I disliked the overwhelming amount of studies, I think there could be less studies shown but described in more detail.
- I really liked how this module was different to all the other business modules I have taken throughout my studies. This module is one of the most important things that you should consider and contemplate throughout life so I thought it was really beneficial not just for my business career but for my overall mental health and well-being in life.
- I really liked the wide range of subjects,  
I quite disliked that there are not a lot of topics about physical health except sport.
- I really like the requirements it was a good way of learning. Some information and notions seem very difficult to understand
- It's great to also have a look at other important dimensions apart from just money and other economic basics. I really learned a lot about myself. Unfortunately I wasn't able to always perform good in the requirements but I'm so thankful for even getting to know things like the importance of breathing for example. It also helped me with important decisions and being more honest to myself. I'm sure this lecture will have a sustainable benefit for my life and I would recommend it to everybody.
- I think that the breathing session on the beginning of the lessons & tutorials are very good. It's very good that there are many studies in the material because you can see what people actually like and do and how they react to certain experiments.

What I don't like is the amount of material that we need to learn for the exam, because it's only 50% of the final grade, so it would be possible to reduce it a little. It was even said that this course should rather be taught in two Semesters and not only one :/. And sometimes the pace was really fast cause there was so much material to cover up in the lessons, which lead to not enough talking about certain experiments or topics. Maybe it would be better to reduce the material to a smaller amount so there is enough time to talk about everything.

Nevertheless the lessons were very interesting and you can learn really important things for your life.

- its uniqueness compared to other courses and the energy of the lecturer.
- The calm before class.
- the thing that I liked the best about this course was the mostly the tutorial sessions because I felt like it was really a great place to ask questions and understand more this course, and also because the teacher was really trying her best to explain and make the course interesting.  
I also liked the assignment we had to do every week because it helped a lot and it felt like the course was not only theoretical.
- The tutorials, where we can just talk about the topics and requirements, felt very nice as a kind of escape to all the other courses I took this semester. They had a kind of dead poet society feeling to them with us just being allowed to discuss and share opinions in an open manner on our way to making our life more suitable to our well-being. Also the requirements themselves had a great impact on my life cause they are actually fairly easy to implement but really do have a lasting and fast impact. Just in general something this course also did a great job at was making us question our earlier thoughts about what makes us happy and showing us that so many of the things we value so highly in our society don't actually bring us any closer to happiness.
- The tutorial was very interesting. I saw topics in a new and different light. Thank you for that.
- This course allowed me to understand the meaning of happiness from all aspects. I like the practice of courses the most, which makes me happier and happy!
- This course can truly change a student's life and perspective. I liked that we learned about ways to improve our lives and at the same time were presented with concrete proof and specific data to support the stated arguments. I enjoyed having the ability to share the experience with other students during tutorials. I liked the idea of requirements - not only theoretical but also practical use of the things one learns. The TED talks we listened to in class were also very interesting. I don't have anything I disliked about the course.
- To be honest I fully appreciated the courses, maybe at the beginning I would say that I did not appreciate the videos (too long and sometimes I lost the rhythm) but with the time, you get the habit of those
- Tutorials were nice.  
However, some of the TedTalk were not interesting, I would recommend to update them.

#### 7.2) Kommentare, Hinweise und Vorschläge zur begleitenden Übung:

- .
- All in all I'm just really happy that I took this course rather on accident tbh as I needed some additional study credits. I really do think all the things I learned about in this class are gonna positively impact my life.
- A very good tutorial where you can discuss and have a good conversation with the teaching person and other students.  
I like that it is not like a usual tutorial where you sit behind your desk and only talk about material stuff but rather sitting in a circle shape and talk directly to each other.
- Die Aufgaben waren richtig toll und haben mir sehr geholfen. Ich habe sehr viel über mich selbst gelernt. Viele Übungen werde ich auch weiterhin in meinen Alltag einbauen. (2 Nennungen)
- Explain some studies more slowly and if it's possible make some of them more interesting.
- fun and interesting and engaging way to make a practical improvement in your life through all the requirements

- I don't have any suggestions, I think the course was great the way it was.
- I especially liked the tutorials and therefore applying the tips to our own lives and finding out what works for us in what way. I think those made me reflect a lot about myself and what I want to improve on in my life going forward. I also enjoyed the discussions at the beginning of the semester, those sadly became less over time. I think we could have elaborated on the topic of relationships a little more (e.g. what distinguishes good from bad relationships, how do we build relationships in the first place, so how do we decide with which people we want to connect with more).
- I found the preparation for the exam stressful
- I have no suggestions, I think from start the course was very well explained and set out, which I can find quite frustrating in other modules.
- I have to admit I was a bit doubtful at first, but I found myself enjoying the tutorial more and more as we went along. I could really see how much work Prof. Cassar puts into her classes, and I really appreciate how, instead of having just one class, she offers two at different times so that we students can get together in smaller groups to chat and share ideas. I really appreciated the chance to interact and get to know other students in a more relaxed and personal setting, where everyone felt comfortable opening up and talking about things from our personal lives. I think opportunities to get to know other people in a safe environment are quite rare these days, so I really valued this possibility.

Even if the selected Ted-Talks were at times a little bit lengthy, the discussions and group work in the small group format made things more dynamic and personal, and really helped us students to bond.

@Prof. Cassar: Thank you so much for this class. I rarely have that impression, but I really felt that you cared about us students, which was really touching and rare! Even though I am in a non-economic field of study, I always felt welcome in your class. I had a difficult time this semester, but taking part in your course and learning from the things you stressed during the tutorials and lectures helped me see things in a new light. Your classes have enriched my life, and I can't thank you enough for letting me join. I wish you and your family all the best!

- I liked how there were different topics and discussions throughout the tutorials and the requirements were useful to change bad daily habits. A suggestion I would give would be to include more accompanying material and maybe more interactions with students during lectures like kahoots, quizzes etc
- I really liked the tutorial as it was completely different to any other tutorial I had in the past at this university. The requirements made me try out new things that I probably wouldn't have done otherwise and made me reflect on them. I appreciated that there always was an open room for discussion and it felt like a safe environment to express your own opinion and ideas.
- I think it would be beneficial to have more engaging activities to accompany the lecture notes such as real-life examples and short videos.
- I think the time is appropriate and the topic seen also relevant for the subject.
- I think this course is great. As a student from China, our school is indeed relatively small about happiness about happiness. I think I should make suggestions for my school to increase courses related to happiness! Thank you very much
- Maybe adding a deeper dimension, more personal.
- Maybe it could help to improve the slides as they give too little information about the topic and too many images that are not really useful after some time.
- Maybe spend less time with the breathing exercises. However, I understand it is part of the course.
- More discussions on topics. Let students share their thought/experience more during tutorials
- Out of the five courses I'm doing this semester, this is and another tutorial are the only ones I have been attending. Objectively, it would probably not have affected the grade if I didn't go (unlike the other tutorial I attended) but I really enjoyed it and it felt like 90 minutes of peace and a safe space to me. I hope the exam and the following project won't be too hard so that I will always have the positive connotations to this lecture that I'm having at the moment, haha.  
Thank you for everything, you are a great professor and I really appreciate everything you have done and will do for your students!
- siehe oben
- Suggestion:  
I feel like prof should tell students that they have to respect meditation time. It was so annoying that some people would be late and disturb others. It is not prof's fault that some people are irresponsible but maybe they need to hear it few times in order to understand it, also some people completely don't read emails
- The course was one of the few subjects I was genuinely interested in in Uni.
- the teaching method was really great which makes the course more interesting so the teacher should continue this way
- The time slot for the Requirements to give them in, should be opened after the tutorial and not only on the Weekends.
- the tutorial is very good because I like the discussions that occur; to speak and argue about a topic is rare at the university the weekly requirements are less abstract than other methods;  
reading slower and pronounce some words (i.e. to pursue, variable) clearer are the only things I would like to see changed
- The tutorials and the requirements have been very helpful for my personal growth and I will definitely continue to practice some of them in the future. The small group works have also been nice and they've helped me step out of my comfort zone.