



**HC 497.1HW Pursuit of Happiness**  
**Helsinki, Finland**  
**Oslo, Norway**

**COURSE SYLLABUS: Summer 2025**

**INSTRUCTOR INFORMATION**

**Course Instructor:** Lindsay Svane, MS  
**Office:** Velma K. Waters Library, 156  
**Office phone:** 903-468-3103  
**Email:** lindsay.svane@tamuc.edu

**Course Materials**

See Appendix A

**Course Description**

An active learning experience utilizing Place as Text™ to explore two of the happiest countries in the world, according to the 2024 [World Happiness Report](#). Dive into a deeper understanding why certain countries top the world Happiness index as you discover the country's food, culture, history, nature, lifestyle, design, and wellbeing. Students are expected to interact and engage with locals in each country to gain a greater sense of understanding of the culture and lifestyles. Students will compare and contrast aspects of life in the US with these countries and reflect on how we, as contributing members of society, can help improve the quality of life and sense of happiness in our own communities. Students will also study Alfred Nobel and the Nobel Peace Prize. Emphasis will be placed on specific Nobel Peace Laureates from Oslo and Helsinki, the contributions they made to the world, and how their leadership strategies can be used to build peaceful communities. Evaluating leadership styles from each Laureate will help guide students' understanding of their own strengths to lead in their local communities. Through collaborative experiences and critical analysis, students will understand how global initiatives can be acted out locally among their home campus and communities.

**Course Credit:** Upon successful completion of the course and all related assignments, 3 semester credit hours of academic credit will be awarded.

**Student Learning Outcomes:**

At the conclusion of the course, students will be able to demonstrate knowledge of:

1. How a country's culture and values play into the community's quality of life, peace, and happiness
2. Metrics of the World Happiness Report and how countries visited compare to the US
3. Alfred Nobel and his legacy including and beyond the Nobel Prize
4. Definition and significance of the Nobel Peace Prize
5. The Nobel Peace Laureates produced by these Norway and Finland and their contributions to the world
6. The relationship between the qualities of a Nobel Peace Laureate as a citizen of countries ranked higher on the World Happiness Report

In addition, students will:

7. Develop transferable career competencies using the City as Text Model including critical thinking, teamwork/collaboration, leadership, oral/written communication, and global/intercultural fluency
8. Reflect on experiences, including:
  - o Ability to articulate qualities of lifestyle in various city neighborhoods and the personal feelings associated with the field explorations.
  - o Identification of Nobel Peace Laureates and how their leadership qualities helped them earn the Laureate accolade.

**Instructional Methods:** This course is an in person, participatory class conducted through daily journals, readings, large and small group explorations, and discussions. Students are expected engage with the class frequently, participating in all scheduled and arranged events, and arrive on time each day to earn credit.

**Course Assessments:** Course learning objects will be measured through various oral and written assignments. Assignments will help students integrate experiences from each day in order to evaluate their role as a contributing member of society, create strategies for creating peaceful communities, and identifying leadership strategies to utilize in their career fields. Students will complete a pre- and post-assessment through Qualtrics.

**Participation & Attendance:** Class attendance and participation is measured by on-time arrival to class meetings, tours, explorations, and completion of assignments in D2L as well as participating in group discussions. Students are expected to read all materials that are provided by course instructor on each scheduled day.

A = EXCELLENT	90% -100%	(268-300)
B = GOOD	80% - 89%	(238-267)
C = AVERAGE	70% - 79%	(210-237)

D = POOR  
F = FAILURE

60% - 69% (180-209)  
59% or below (179 or lower)

Assignment	Description	Due
<b>Daily Journal 15 pts</b>	Using the notebooks provided, respond to the daily journal prompts to reflect on your experiences and explorations each day.	7/3/2025
<b>Pre-Trip City as Text experience 10 pts</b>	After reading "Ditch the GPS" and "The Art of Noticing" documents, explore a local neighborhood/district/area. Reflect on your experience based on the prompt provided in D2L.	6/13/2025
<b>Course pre- and post- assessment 20 pts</b>	Complete the GCAA course pre- and post-assessments.	7/3/2025
<b>Fram Museum Visit and Reflection 30 pts</b>	Participate in the CAT Fram Museum visit in Oslo, Norway, to learn about the life of Fridtjof Nansen, the 1922 Nobel Peace Laureate. Reflect on his contributions to WWII refugees and the Nansen Passport in small groups.	
<b>Nobel Peace Center Visit &amp; Reflection 30 pts</b>	Participate in the CAT Nobel Center guided visit to learn about Alfred Nobel, the various Nobel Prizes, the Nobel Peace Prize, and the function of the program and reflect in small groups.	
<b>University of Oslo Visit &amp; Reflection 30 pts</b>	Participate in the CAT University of Oslo visit in Oslo, Norway, to learn about Christian C. A. Lange, the 1921 Nobel Peace co-laureate who received his degrees from University of Oslo. Reflect on internationalism and his contributions to the League of Nations in a journal entry.	
<b>Visit to Market Square in Helsinki 30 pts</b>	Participate in CAT visit to Market Square and Esplanadi in Helsinki, Finland, to visit site of Presidential Palace. Discuss Maarti Ahtisaari, 2008 Nobel Peace Laureate and former president of Finland.	
<b>Small Group CAT Visits 30 pts</b>	Participate in other City as Text neighborhood excursions and	Daily as Assigned

	expeditions, including small group reflections	
<b>Mock Nobel Laureate Nomination 45 pts</b>	In small assigned groups, students will submit a nominee for the 2025 Nobel Peace Laureate including rationale of how nominees meet the criteria laid out by Alfred Nobel	7/3/2025
<b>Turning Point Essay 60 pts</b>	Reflect on your explorations and how your view points and opinions have changed after your experiences. Specific questions will be provided in the assignment handout.	7/3/2025

*Note that some completed assignments may become a permanent part of departmental and/or College records which other faculty and staff may read as part of the ongoing process of assessment. **Course requirements and documentation of internship activity (may be edited/alterd by the Instructor)***

## Class Meeting Schedule and Course Calendar

This course is offered as a Summer I term experiential learning course. The class will travel as a group to Norway and Finland in June 2025. The specific times that you will meet will be arranged and provided to you in advance by course instructor. In general, you are expected to meet on time in order to fully participate in scheduled activities and explorations. **Dates below are tentative and may change.** The instructor will notify the students of any changes in advance of the course.

17-Jun	Depart DFW to Helsinki
18-Jun	Arrive in Helsinki
19-Jun	Walking tour of Helsinki & CAT exploration
20-Jun	CAT explorations
21-Jun	Day trip to Porvoo
22-Jun	Suomenlinna Archipelago
23-Jun	Travel from Helsinki to Oslo – Walkng tour
24-Jun	Fram Museum & Nobel Peace Center Tour
25-Jun	CAT explorations
26-Jun	Holocaust Center & Rose Castle
27-Jun	Independent Study
28-Jun	Depart Oslo for DFW

### **Roles & Responsibilities**

- Communication with instructor regarding course objectives and instructor deliverables
- Adheres to professional work standards including: regular attendance, punctuality, working within agreed upon hours, and abiding by all code of conduct policies

- Completion of agreed upon course assignments while meeting class discussions and group outing obligations

### **Grievance Procedure:**

Students who have concerns regarding their courses should first address those concerns with the assigned instructor in order to reach a resolution. Students who are unsatisfied with the outcome of that conversation or have not been able to meet individually with their instructor, whether in-person, by email, by telephone, or by another communication medium, should then schedule an appointment with my supervisor, Dr. Erin Webster Garrett. Where applicable, students should also consult University Procedure 13.99.99.R0.05 (“Student Appeal of Instructor Evaluation”).

### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

## **University Specific Procedures**

### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#)

<https://inside.tamuc.edu/admissions/registrar/documents/studentGuidebook.pdf>.

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

### **ETAMU Attendance**

For more information about the attendance policy, please visit the webpages below.

[Attendance,](#)

<https://inside.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

### **Academic Integrity**

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty, see the following procedures:

**Undergraduate Students Academic Integrity Policy and Form**

#### [Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<https://inside.tamuc.edu/aboutus/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

#### [Undergraduate Student Academic Dishonesty Form](#)

<https://inside.tamuc.edu/aboutus/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

#### **Graduate Students Academic Integrity Policy and Form**

##### [Graduate Student Academic Dishonesty](#)

<https://inside.tamuc.edu/aboutus/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10.pdf>

##### [Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormoId.pdf>

### **Students with Disabilities-- ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Services

Velma K. Waters Library- Room 162

**Phone (903) 886-5150**

Fax (903) 468-8148

Email: [StudentDisabilityServices@tamuc.edu](mailto:StudentDisabilityServices@tamuc.edu)

**Website:** <https://www.tamuc.edu/student-disability-services/>

### **Nondiscrimination Notice**

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

## **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and East Texas A&M University Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

## **East Texas A&M Supports Students' Mental Health**

### **Counseling Center Services**

The Counseling Center at East Texas A&M University, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [Counseling Center - Texas A&M University-Commerce \(tamuc.edu\)](#)

### **Use of Artificial Intelligence**

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

## Appendix A - Bibliography

*Readings will take place primarily via open access internet sources to replace the need for physical textbooks while traveling.*

1. Cook, K. (2023, July 19). *Ditch the GPS and find your own damn way home*. The Arrow. <https://www.aarparrow.com/health-fitness/ditch-the-gps-and-find-your-own-damn-way-home>
2. Walker, R., Mendelsund, P., & Munday, O. (2019). *The art of noticing: Rediscover what really matters to you*. Ebury Press, an imprint of Ebury Publishing.
3. Helliwell, J. F., Layard, R., Sachs, J. D., De Neve, J.-E., Aknin, L. B., & Wang, S. (Eds.). (2024). *World Happiness Report 2024*. University of Oxford: Wellbeing Research Centre.
4. Biography of Alfred Nobel: <https://www.nobelprize.org/alfred-nobel/biographical-information/>
5. What is the Nobel Peace Prize? <https://www.nobelprize.org/prizes/peace/>
6. Biography of Christian Lange: [Christian Lange: the Nobel laureate IPU Secretary General | Inter-Parliamentary Union](#)
7. Biography of Fridtjof Nansen: [Fridtjof Nansen – Facts - NobelPrize.org](#)
8. [Martti Ahtisaari | Biography, Nobel Prize, & Facts | Britannica](#)
9. The Nansen Passport: [The Little-Known Passport That Protected 450,000 Refugees - Atlas Obscura](#)
10. Nobel Peace Nominations - <https://www.nobelprize.org/nomination>
11. Concepts of Internationalism in History - <https://onlinelibrary.wiley.com/doi/10.1111/j.1468-0130.1986.tb00536.x>