

What is PSCI 192B?

The purpose of this course is to teach the emerging science of compassion, which explores the roots of a meaningful, purposeful, and happy life. Students will discover how cutting-edge research is yielding fundamental insights into the nature of human kindness, the origins of empathy, the promotion of altruistic behavior, and the benefits of living a more compassionate life. The fundamental premise of the course is that connecting to others, behaving in kind ways, and contributing to something larger than yourself is a primary driver of human happiness and flourishing. Students will gain expertise in cross-disciplinary research from psychology, evolutionary biology, neuroscience, and beyond. The course is also informed by extensive discussions with the poverty alleviation, sustainable development and humanitarian assistance communities about preparing students for careers in these areas.

This 4-unit 10-week course is entirely online and has two components: the lectures and the weekly discussions. The lectures can be watched at any point (asynchronous), while the discussions are live (synchronous).

Open to undergraduates at all UC campuses, via UC Cross-Campus Enrollment. Instructions and additional information at: <http://bit.ly/PSCI192B>

Course Structure

- Weekly lectures (done at students' own time with specific deadlines)
 - Each lecture/week is taught by a different faculty member/faculty members throughout the U.S. who specialize in the field of compassion. Students will listen to lectures created by these faculty member(s) and will answer a discussion post, take a quiz (based off the readings/lectures), and attend the weekly discussion.
- Weekly discussions (mandatory): Wednesdays from 7-7:50PM via Zoom
 - During the weekly discussions, students will have the chance to learn more about the faculty member who taught the lecture that week, ask questions about his/her research, and any other questions relevant to the course!

Media & Sample Captions

Instagram

Are you interested in learning the science behind compassion, empathy, and altruism? All @uofcalifornia undergraduates can enroll in PSCI 192B, an entirely online course studying the science & practice of compassion. See how students can cross-enroll: <http://bit.ly/PSCI192B>

Twitter

Enroll in PSCI 192B: The Science & Practice of Compassion to not only learn about the science behind compassion, but also the benefits of living a more compassionate life! Online course open to all @UofCalifornia undergrads. Learn how you can cross-enroll: <http://bit.ly/PSCI192B>

Facebook

Are you interested in learning the science behind compassion, empathy, and altruism? Sign up for PSCI 192B: The Science & Practice of Compassion!

Students will discover how research is yielding fundamental insights into the nature of human kindness, the origins of empathy, the promotion of altruistic behavior, and the benefits of living a more compassionate life.

The entirely online course is open to undergraduates at all UC campuses. Learn how you can cross-enroll: <http://bit.ly/PSCI192B>

Other Media to Share

Student Testimonial on Medium:

<https://medium.com/@UCIBlumCenter/the-power-of-online-courses-reflections-on-uppp-115-p-sy-beh-192b-at-uc-irvine-c600e07da7bf>

LA Times Article:

<https://www.latimes.com/socal/daily-pilot/entertainment/story/2019-10-31/uc-irvine-class-teaches-students-the-science-of-compassion>