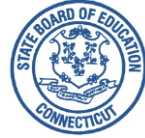




STATE OF CONNECTICUT  
DEPARTMENT OF EDUCATION



**TO:** Superintendents of Schools

**FROM:** Irene E. Parisi, Chief Academic Officer

**DATE:** August 20, 2020

**SUBJECT:** FREE Science of Well-Being Livestream Event for CT Students and Families

To support the return to learning in the fall, the Connecticut State Department of Education (CSDE) and Yale University are offering a free livestream event on well-being and mental health for students in grades 9-12 and their families: **Happiness Homeroom: Science-Backed Strategies for Well-Being**. Led by Yale Professor of Psychology Dr. Laurie Santos on YouTube Live, the session will provide students and families with evidence-based strategies for increasing their own well-being and building more productive habits. Dr. Santos will include tips from her course Psychology and the Good Life, which became the most popular class in Yale's 300 year history. She will also be available to answer audience questions at the end.

**To take advantage of this unique learning opportunity and resource for students, please distribute this memo to students, families, and staff.**

*Happiness Homeroom: Science-Backed Strategies for Well-Being*  
September 2, 2020, 7:00 p.m. – 8:00 p.m.

Learn new ways to become mentally healthier and more resilient this school year! Tips include how to:

- Reduce the stress of social isolation
- Navigate changes in new learning environments such as more family interaction, less in-person time with friends, and reduced involvement with extra-curriculars
- Use social media to feel happier rather than anxious
- Recognize the power of healthy habits like sleep and exercise habits
- Stay content even when life is feeling uncertain and stressful
- *Plus:* Tips to experience compassion, gratitude, mindfulness, and healthier social connection.

To register for this free livestream event, please visit [Yale's official registration portal](#).

### **About Dr. Laurie Santos**

Dr. Laurie Santos is a Professor of Psychology and Head of Silliman College at Yale University. She's an expert on human cognition and the biases that impede better choices. Her course, Psychology and the Good Life, became Yale's most popular course in over 300 years, with almost one of our four students at Yale enrolled. Her course has been featured in numerous news

outlets, including the New York Times, NBC Nightly News, The Today Show, GQ Magazine, Slate and O! Magazine. A winner of numerous awards both for her science and teaching, she was recently voted as one of Popular Science Magazine’s “Brilliant 10” young minds, and was named in Time Magazine as a “Leading Campus Celebrity.” Her podcast, The Happiness Lab, is a top 10 Apple Podcast and has had over 20 million downloads. To learn more, visit [Dr. Laurie Santos on YouTube](#).

Please contact [Irene.Parisi@ct.gov](mailto:Irene.Parisi@ct.gov) with questions or requests for assistance.

IEP:ln

cc: Dr. Miguel A. Cardona, Commissioner of Education

Desi D. Nesmith, Deputy Commissioner of Academics and Innovation

Charlene Russell-Tucker, Deputy Commissioner of Educational Supports and Wellness