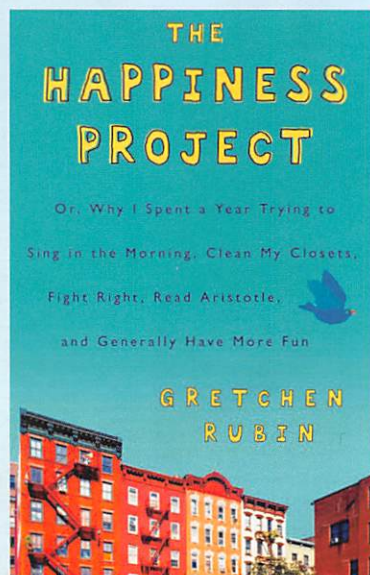
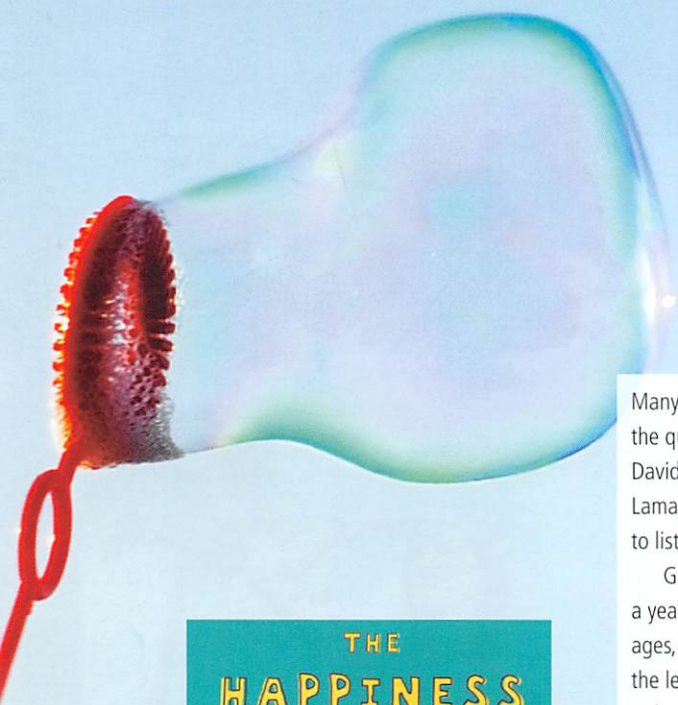


The Science & Philosophy Behind the Happiness Movement

By Henry DeVries



Many of the greatest minds have tackled the question of happiness: Plato, Henry David Thoreau, Bertrand Russell, the Dalai Lama, Leo Tolstoy, and Blaise Pascal, just to list a few.

Gretchen Rubin decided to spend a year test-driving the wisdom of the ages, the current scientific studies, and the lessons from pop culture about how to be happier. At the end of her study, Rubin wrote a book entitled *The Happiness Project*. How does she respond to critics who think that gimmick is tired and obvious?

"There are a lot of great names for this 'year of' approach," says Rubin. "I've seen it called 'schtick lit' and 'method journalism' and 'stunt journalism' and 'annualism.' Of course, this approach isn't new. Thoreau moved to Walden Pond in 1845, where he did a two-year project, instead of a one-year project, but the idea was the same."

Rubin was clerking for Supreme Court Justice Sandra Day O'Connor when she realized she really wanted to quit law and become an author. Since then, she has written bestsellers about JFK, Winston Churchill, and one entitled *Power Money Fame Sex*. But it's *The Happiness Project*, the volume with the subtitle "Or Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun," that has brought her widespread acclaim.

Rubin believes the "year of..." approach resonates with people. "A year feels like the right length of time for an 'experiment in living,' to borrow Thoreau's phrase. A year feels like enough time for real change to be possible—but manageable. At a book conference recently, A.J. Jacobs (*The Year of Living Biblically*) and Robyn Okrant (*Living Oprah*) and I were joking that we should start a union for writers following this approach."



registration & class locations

La Jolla Campus
(858) 534-3400
9600 N. Torrey Pines Rd., Bldg. C
La Jolla, CA 92037

University City Center
(858) 534-9999
6256 Greenwich Dr.
San Diego, CA 92122

Mission Valley Center
(619) 294-3861
404 Camino Del Rio S., Ste. 102
San Diego, CA 92108

How to Enroll

Online extension.ucsd.edu
Phone (858) 534-3400
In-person All Three Locations

Calendar

Spring Quarter begins April 1, 2013
Summer Quarter begins June 24, 2013
Fall Quarter begins September 23, 2013
Winter Quarter begins January 6, 2014

Financial Assistance

Financial assistance options are available from Sallie Mae and Wells Fargo Bank. Scholarships are also available. For details, visit extension.ucsd.edu/financial.

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Gretchen Rubin, author of *The Happiness Project* See page 4



Participating in a UC San Diego Extension educational program does not in itself provide preference in admission to the University of California degree programs. Students interested in applying to UC degree programs should refer to the UC Admissions website or the admissions office of the UC campus they wish to attend for details about the admissions process.

“First: To be happier, you have to think about feeling good, feeling bad, and feeling right, in an atmosphere of growth.”

One of the themes in her book is that a key to happiness is to stimulate your mind in new ways. During her year, she experimented with learning different technologies and skills, everything from art to computer programs. Putting happiness into action often requires branching out and learning something new.

Her research also showed something surprising: although she found tremendous value in the scientific and philosophical works she studied, in the end, Rubin gleaned more from books like Benjamin Franklin's *Autobiography*, Viktor Frankl's *Man's Search for Meaning*, and Anne Lamott's *Operating Instructions*.

In her books and blogs, Rubin gives readers tips on rearranging their daily lives, guided by what she calls Four Splendid Truths: “First: To be happier, you have to think about feeling good, feeling bad, and feeling right, in an atmosphere of growth. Second: One of the best ways to make yourself happy

is to make other people happy; one of the best ways to make other people happy is to be happy yourself. Third: The days are long, but the years are short. Fourth: You're not happy unless you think you're happy.”

Rubin says the laws of happiness are as fixed as the laws of chemistry. “I'm trying to understand and embrace them; I'm not making them up. I'm not going to come up with something more profound than ‘Know thyself’ or ‘The greatest of these is love.’ Everything important has been said before; in fact, it was Alfred North Whitehead who said, ‘Everything important has been said before.’ The challenge comes from understanding how to put great truths into action *ourselves*, in our own lives.” ■

—Henry DeVries is assistant dean for external affairs at UC San Diego Extension.



Well-known author **Gretchen Rubin** shared the stage during the second annual “The Atlantic Meets the Pacific” conference, a three-day series of conversations co-hosted by UC San Diego Extension and the 155-year-old *The Atlantic* magazine, with such luminaries as genome pioneer J. Craig Venter; Steven Spielberg partner Stacey Snider, CEO of DreamWorks Studios; Jane McGonigal, world-renowned designer of alternate reality games; Chris Cox, the vice president of product development at Facebook; and Jessica Jackley, the entrepreneur who pioneered peer-to-peer micro-lending through her start-up Kiva. Videos of *The Atlantic* editors interviewing Rubin and the other newsmakers at the event—in such fields as science, medicine, energy development, and human interaction—are available for free viewing at uctv.tv.



OSHA Training Institute Celebrates 20 Years of Preventing Workplace Tragedies

By Scott MacKay

The majority of Americans heading to work in the morning look forward to their return home at the end of the day. Yet as recently as the 1970s, as many as thirty-eight people that went to work each day never came home. The significant number of workers being killed and injured on the job in America in 1970 was a little known national tragedy.

But here is a more encouraging statistic: Since 1970, workplace fatalities have been reduced by more than 65 percent and occupational injury and illness rates have declined by 67 percent. More impressive yet, U.S. employment almost doubled during this same period.

What changed? Thankfully, the nation rallied to the defense of its workers. The creation of the Occupational Safety and Health Administration (OSHA), passed with bipartisan support in 1970, represented an historic moment in national reform. Since then, OSHA and its state partners—teamed with the efforts of employers, safety and health professionals, unions and advocates—have had a dramatic effect on workplace safety.

Fatality and injury rates have dropped markedly. By 1992, the number was down to seventeen a day, but that was still seventeen too many. Another milestone occurred that year when the U.S. Department of Labor established the OSHA Training Institute at UC San Diego Extension, one of the four original Occupational Training and Education Centers in the United States.

The further reduction of workplace death and injuries over the past twenty years coincides with the development of the prototype OSHA training programs that began on the UC San Diego campus and expanded nationally. The aim was to provide both experienced and newer safety professionals important workplace knowledge and practical experience regarding safety and safety standards.

At UC San Diego Extension, we continue to offer high quality, standards-based OSHA training in California, Arizona, Nevada, and Hawaii. In the past two decades we trained many thousands of safety and health professionals who attended our courses and earned our Professional Certificate in Occupational Safety and Health.

Extension's programs address the big safety issues. For example, the four leading causes of worker deaths on construction sites are falls, followed by electrocution, struck by

object, and caught in-between. These "Fatal Four" were responsible for nearly three out of five (57 percent) construction worker deaths in 2011, according to the Bureau of Labor Statistics.


The American workforce now includes over 130 million workers at more than 7.2 million worksites. Since the passage of the OSH Act of 1970, the rate of reported serious workplace injuries and illnesses has declined from 11 per 100 workers to 3.6 per 100 workers.

"Every day in America, thirteen people go to work and never come home. Every year in America, nearly four million people suffer a workplace injury from which some may never recover," said Secretary of Labor Hilda Solis in an April 2012 speech. "These are preventable tragedies that disable our workers, devastate our families, and damage our economy."

Safety in the workplace has improved since the 1970s but there is more to be done. Training the safety trainers is a proven strategy for getting more workers home safely. UC San Diego Extension continues to make helping workers and their families avoid workplace tragedy its number one job. ■

—Scott MacKay is the director of the OSHA Training Institute Education Center and Resuscitation Science at UC San Diego Extension.





After the Pain, Finding the Gain at the Life/Work Center

By Denise Montgomery

When Nancy Winslow's husband became ill and died unexpectedly almost four years ago, she found herself at sea, both personally and professionally.

"I lost my husband, our company, and my job all in one fell swoop," says Winslow. "It was very sudden, it was extremely hard on the family, and in the middle of that, I realized I had to think about what I wanted to do with the rest of my working life. For a while, I was in no state to even begin that process."

In 1972, after finishing college, Winslow filled out her first—and last—job application. She found several positions through handshakes and personal networking after that, taking sixteen years off in the middle to raise two children. Eventually, she filled a critical role as a clinical trial administrator in a one-hundred-person company dedicated to developing and testing a medical product (artificial blood), founded and managed by her physician/scientist husband.

Then at sixty—unemployed, with no idea how to write a resume, choose a new direction, or network—Winslow found information about a career transitions program at UC San Diego Extension's Center for Life/Work Strategies. Because she was unemployed, she was able to participate in the program free of charge by utilizing WIA (Workforce Investment Act) funding administered through the San Diego Workforce Partnership.

Focused on career search and career advancement strategies, the classes at the Center for Life/Work Strategies are suitable for professionals from a wide variety of industry and backgrounds.

"I was just amazed at what I didn't know about finding and landing a job," Winslow says. "It's far more complicated than I ever imagined. Resumes? Elevator speeches? Interviews? At one point I was so overwhelmed, I asked the instructor, Camille Primm, 'Do we REALLY have to do all this?'"

Among the most valuable lessons she learned, though, was how

to identify her passions, priorities, and interests.

"I've always cooked and entertained a lot," she says. "After the class ended, I was out there applying for jobs, getting interviews, and talking to people in many different organizations. But something just didn't feel right. I realized I didn't want to go back to a career full of stress, deadlines, and conflict."

Then she saw an ad on Craigslist. It was for a retail sales position at a new shop in Del Mar, selling high-end chocolates. The ad didn't ask for a resume—just a cover letter. "I sent both," Winslow laughs. "I told the store owner I wanted to work in a role that was low stress, fun, lets me come home at the end of the day happy—and maybe make somebody else happy. It's not like you have to convince somebody to buy chocolate!"

She got the job.

As the eldest member of the boutique's sales staff, she also plays a mentor role with her new boss. "It's nice to be in on something from the beginning," says Winslow. "I can give her pep talks and try to help reduce her stress. She's a delight to work for because she's passionate about what she does. My husband was passionate about his work, too."

Despite the difficulty surrounding his passing, Winslow's husband's work lives on. The artificial blood product they were developing is currently being tested in trauma cases. "We did a lot of work together in sickle cell disease and high altitude sickness. I'm proud of that," she says. "I will be very pleased if the blood product is being used five years from now. I believe it will happen."

Until then, every day she goes to work in a position that matches her needs, skills, and desires—a match made possible by values and priorities she clarified through the Center for Life/Work Strategies. ■

—Denise Montgomery is a local author and magazine writer.

THE SECRET TOWN

No Longer Top Secret for High School Students



BY JESSICA HUTCHINSON

Deemed “The Secret Town” in the 1940s, Los Alamos was situated on a desolate plateau at 7,320 feet in north central New Mexico.

A classified weapons laboratory was built at the remote site during the early part of World War II when the United States was in a frantic race to build an atomic bomb to counter the threat posed by the Nazi nuclear development program.

Historians say General Leslie Groves, military head of the code-named “Manhattan Project,” and physicist Robert Oppenheimer, scientific director, wanted the top-secret program to take place in an area that was, according to the Los Alamos museum, “isolated yet still accessible, a place with an adequate water supply, a readily available labor force, and a moderate climate.”

At the same time, Oppenheimer envisioned a laboratory with a beautiful setting that would inspire his scientists. His vision was to bring researchers who were scattered at various universities across the country together to discuss

all aspects of the project.

Today Oppenheimer’s vision lives on as the Los Alamos National Laboratory, a mecca of innovative, groundbreaking research, long associated with the University of California, where scientists from around the globe gather, collaborate, and create change.

Now, through UC San Diego Extension’s Academic Connections program, qualified high school scholars may spend part of their summer vacations experiencing firsthand this legendary landmark of modern environmental science. Today the facility, funded primarily by the U.S. Department of Energy, is not just a weapons lab but one of the nation’s major research centers on energy and the environment.

In 2012, Academic Connections formed a partnership with the Los Alamos National Laboratory and the University of New Mexico for a one-week, summertime, pre-college program offered to about twenty-five high-performing high school students each year.

