

GENB 7397 Spring 2018

Hidden Forces that Influence Decision-making and Well-being

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Thursday, 6:00-9:00 p.m.

Course Background

One of the constants in all our work and personal lives is making judgments and decisions. This ranges from the trivial to the profound such as making estimates of how long it will take to complete a task, to meal choice, to career choice, to hiring choices, to market choices, partner choice ad infinitum. We do this in the hope that we may enhance our state of happiness and well-being.

The insights generated in the field of judgment and decision-making have been so remarkable that they have been the bases for two Nobel prizes in economics in the last 15 years. Separately, the field of positive psychology, which focuses on the pursuit of well-being has seen some important progress as well.

Course Objective and Activities

The aim of this course is to gain an exposure to the landscape of decision-making and well-being to help further a more fulfilling lived-experience.

We will discuss a variety of topics including the psychology of preferences, goals, values, classical decision-making, decision-biases, judgment-biases, psychology of time, risk/uncertainty, meaningfulness, contentment, happiness, self-concept of self, and consciousness, among others. Outside the class activities will involve logging decision-making and well-being journals, besides consuming easy-to-read (often web-based) readings and watching videos.