

How happy are you?

Happiness Research Project fact sheet

What is it?

The Happiness Research Project gives your students an opportunity to participate in a world-first, real life scientific research project and win great prizes.

This is the first time a project has looked at how children and teenagers' happiness levels connect to their beliefs, as well as their attitudes towards the environment. The important and unique insights gained from young people will help the researchers think of ways to make Australians happier. This work builds on existing research done with adults.

It is a fun and simple way for students, teachers, and their families and friends to be part of a 'mass data gathering' for a real life, state wide scientific research project.

Just by participating, one lucky student will win an Apple iPod Nano for themselves, and \$1000 for their school to buy science equipment.

We need your help

Please encourage your students and their families to participate.

As with all good science, for the survey results to be valid and meaningful we need a large number of participants. We would be very grateful if you could encourage a strong participation rate from your class and school community.

We'd also appreciate guidance from teachers and parents to make sure students carefully read and understand the questions before answering them.

Your QUT Smart Train teacher sample bag contains a poster about the Project and some Happiness Postcards. Please put the poster up in your classroom and distribute the postcards to your students and encourage them to participate. All the instructions needed to take part and enter the prize draw are on these materials.

Additional postcards (required for entry to the prize draw) are available upon request to the Department of Tourism, Regional Development and Industry– see right for contact details.

About the project and researchers

Professor Paul Frijters from the QUT School of Economics and Finance, is a world leader in happiness research and his work is published in many top international journals.

Happiness research is a rapidly growing field which looks at the source of people's happiness.

The questions used in this survey have been carefully evaluated; many have been used in similar previous studies or adapted from international standard research tools.

The survey results will be used to write research papers for leading academic journals and will also be available on the website at www.train.qut.edu.au/happy

We anticipate that there may also be some media generated about this project and the survey results.

For further information, contact:

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