

SCIENCE GALLERY



27.04.12–03.06.12

HAPPY?

TAKE A SECOND LOOK

A FREE 'LAB IN THE GALLERY' THAT EXPLORES YOUR HAPPINESS THROUGH REAL EXPERIMENTS, CELEBRATING 50 YEARS OF RESEARCH AT TRINITY COLLEGE DUBLIN'S SCHOOL OF PSYCHOLOGY

“HAPPINESS IS NOT THE ABSENCE OF PROBLEMS BUT THE ABILITY TO DEAL WITH THEM”

JACK BROWN

WE ALL STRIVE TO BE HAPPY— IT MAKES US HEALTHIER, WEALTHIER AND MORE RESILIENT. HOWEVER— IS A NATION'S HAPPINESS DEPENDENT ON ITS ECONOMY ALONE? IRELAND HAS HAD THE GREATEST ECONOMIC SHOCK OF ANY DEVELOPED COUNTRY IN RECENT HISTORY, AND OUR WORLD-FAMOUS CAPACITY FOR GOOD HUMOUR AND HAPPINESS HAS TAKEN A JOLT. YET WE STILL RANK WITHIN THE TOP TEN HAPPIEST COUNTRIES IN EUROPE AND THE WORLD ACCORDING TO RECENT POLLS. WHY ARE WE STILL REPORTING HIGH LEVELS OF WELL-BEING? WHAT IS THE REALITY BEHIND THE STATISTICS? — HAPPY? IS PART OF SCIENCE GALLERY'S 'LAB IN THE GALLERY' SERIES AND WAS DEVELOPED IN PARTNERSHIP WITH TRINITY COLLEGE DUBLIN'S SCHOOL OF PSYCHOLOGY TO MARK 50 YEARS OF TEACHING, RESEARCH AND TRAINING. HAPPY? WILL PRESENT VISITORS WITH A SERIES OF REAL RESEARCH EXPERIMENTS EXPLORING THE CAUSES, CORRELATES AND CONSEQUENCES OF HAPPINESS THROUGH A LIVING PSYCHOLOGICAL LABORATORY. THE DATA GATHERED WILL ENABLE A GREATER UNDERSTANDING OF THE COMPLEXITY OF FACTORS THAT AFFECT OUR HAPPINESS. — FROM EXPERIMENTS THAT EXPLORE THE INFLUENCE OF LANGUAGE, EMOTIONAL ATTACHMENT AND MORAL ACTS OF KINDNESS ON YOUR WELL-BEING TO HAPPINESS THEMED EVENTS, HAPPY? AIMS TO UNCOVER THE TRUE MOOD OF THE NATION. CAN HAPPINESS BE LEARNED? DO YOU CONSIDER YOURSELF HAPPY? HAPPY? SEEKS TO INFORM, ENTERTAIN AND PERHAPS EVEN BRING A SMILE TO YOUR FACE.

IAN ROBERTSON,
MALCOLM MAC LACHLAN
SCHOOL OF PSYCHOLOGY,
TRINITY COLLEGE DUBLIN

LYNN SCARFF
PROGRAMME MANAGER,
SCIENCE GALLERY

THANK YOU

HAPPY? is supported by Science Gallery founding partner Wellcome Trust, and our partners Trinity College Dublin School of Psychology and Dublin City of Science. A special thanks to our curators Ian Robertson, Malcolm Mac Lachlan, Howard Smith, Michelle le Good and all of the researchers involved in HAPPY?

HAPPY? EXPERIMENTS



RANDOM ACTS OF HAPPINESS

EOIN GUBBINS
& RUTH BYRNE

CAN WITNESSING GOOD DEEDS MAKE YOU A HAPPIER PERSON? Have you ever seen someone help another without a thought for themselves? Can you recall a time when you witnessed an act of goodness? Is happiness to be found in observing such acts? In this experiment you will be asked to jot down your memory of such an act and consider how it made you feel. With the support of the Irish Research Council for the Humanities and Social Sciences.

TO PARTICIPATE IN HAPPY? YOU WILL NEED TO FILL IN A CONSENT FORM AND FOLLOW THE PROTOCOL FOR EACH EXPERIMENT. PLEASE NOTE THAT RESEARCH RESULTS TAKE TIME TO PROCESS AND WE WILL NOT BE ABLE TO GIVE YOU SPECIFIC INDIVIDUAL FEEDBACK AFTER EVERY EXPERIMENT.



BOUND TO BE

MICHAEL GORDON,
RICHARD PIECH
& JESSICA STANLEY

WHAT'S YOUR RELATIONSHIP TO HAPPINESS?

Do you connect well with others? How well do you choose a date? Are you 'not a relationship person'? Do you enjoy other people's company, or are you stressed out at the thought of social interaction? This experiment tests some of the personality characteristics that can influence how we choose a partner — and how this relates to well-being.



HAPPY SENSATION

FIONA NEWELL
& BERNARD STIENEN

CAN YOU SENSE A SMILE?

Can you hear a happy expression? Does what we see and hear alter our perception of emotions, and what happens when multiple visual images and sounds reach the brain simultaneously? Find out in this experiment how perceiving happiness could influence our general awareness.



A GOOD LOOKING LAUGH

FIONA NEWELL
& BRENDAN CULLEN

THE ULTIMATE BEAUTY TIP? If you are happier are you hotter? What role do looks, the sound of someone's voice or even a sense of humour play in attraction? Could it be that it's more than just a pretty face that appeals to us? This computer-based task will ask such questions, to reveal what determines our attraction to others.



A MATTER OF PRIDE

LIZ NIXON,
LORI SWORDS
& CHARLOTTE WILSON

HAPPY TO BE IRISH?

How does your sense of national identity and satisfaction with your country affect your well-being? This study will explore what it means to be Irish and investigate the links between national pride and happiness.



WORDS MATTER

JEAN QUIGLEY
& IAN ROBERTSON

DO YOUR WORDS COUNT?

Do the words we use indicate our level of well-being? How are language and happiness linked? And what role do speech patterns play in our psychological state? This experiment aims to discover if your sense of well-being and overall cognitive functioning can be assessed from the way you use language.



BODY TALK

CAOIMHE HANNIGAN
& SABINA BRENNAN

ARE THINGS LOOKING UP?

Can the way our body moves affect the way we think? Can simple motor actions such as head movement influence our memory recall? Find out how and why in this simple task, in which you are prompted to recall a particular memory, while moving marbles from one box to another.



FAIR'S FAIR

LIZ NIXON,
LORI SWORDS
& CHARLOTTE WILSON

CAN A SMILE CHANGE THE MEANING OF A WORD?

Is it fair or is it fair? How do your mood and body work together when doing something as mundane as writing down words? Find out when you try this experiment.



HAPPY TO HELP

KAREN HAND,
MALCOLM
MAC LACHLAN,
STUART CARR
& ROY BAUMEISTER

FEELING GENEROUS?

Do you ever feel you want to give to charity? What motivates you to give aid? Ireland is one of the world leaders in donations per capita terms of emergency aid. As individuals, how does this relate to mood and personal values? This experiment will test the factors that influence our generosity. Using a series of prompts, we explore what will make people give aid and donate to charity?



CAUSE AND EFFECT

DAVID HEVEY

HOW DOES HAPPINESS HAPPEN?

Ever wondered what aspects of your life have the most influence on your happiness? What effect might these factors have on other areas of your life? Become part of this network analysis of subjective and psychological wellness to make your mark on a map of happiness that will form over the course of **HAPPY?**



WORKING IT OUT

SAM CROMIE

WHAT DO YOU LIKE ABOUT YOUR WORK?

How do people narrate their positive work experiences? How do they understand and express the meaning of their work? Work is often depicted as drudgery — but many of us also find joy in what we do. In our **HAPPY?** video booth, participants are invited to record themselves speaking about the positive meaning of their work.

THE VIBES OF IRELAND

JAMES EGGERS

CAN TWITTER MEASURE THE MOOD OF A NATION?

When James Eggers mined four million tweets to prove a correlation between the nation's mood and major events such as the budget, he won the top prize in the technology section of the 2011 BT Young Scientists and Technology Exhibition. Currently a 5th year student at St Michael's College in Dublin, James has worked with Science Gallery's Danny Browne to create a real time visualisation of the vibes of Ireland for **HAPPY?**

NATIONAL HAPPINESS EXPERIMENT

TRINITY COLLEGE DUBLIN
SCHOOL OF PSYCHOLOGY
IN PARTNERSHIP WITH
VODAFONE & SCIENCE GALLERY

PUT YOUR HAPPINESS TO THE TEST
During **HAPPY?**, the School of Psychology at Trinity College Dublin will launch a national experiment that aims to measure Ireland's happiness via a weekly SMS or email. To take part, sign up at Science Gallery or online at www.sciencegallery.com/happy

COMEDY: HAPPINESS THROUGH SCIENCE

ROBIN INCE

04.05.12 19:00–20:45

Robin Ince continues his comic exploration of the human condition at Science Gallery, asking if you can be happy and rational at the same time. Spend an entertaining evening in Robin's company as he orienteers through the craggy landscape of evolution whilst plumbing the depths of his own murky consciousness, all without the aid of a safety net.

Tickets €18/€15 (pre-booking essential)

TALK: HAPPINESS AND EMOTIONAL INTELLIGENCE

ADRIAN FURNHAM

16.05.12 18:00–19:00

Adrian Furnham is one of the world's most published psychologists, an accomplished speaker, and has written numerous pieces for the Financial Times. At **HAPPY?**, Adrian will speak about 'Happiness and Emotional Intelligence'.

Admission Free (pre-booking essential)

PERFORMANCE: THAT'S ABOUT THE SIZE OF IT

NIAMH SHAW & ÚNA KAVANAGH

25.05.12 18:30–20:00

What if you could see every moment of your life? Every choice you did or didn't make? In an informative and biographical visual performance about the science that surrounds us, Niamh Shaw will explore the work of CERN, string theory and dimensions, the effect of choice, chance and coincidence on our life's quest to seek happiness.

Tickets €12/€10 (pre-booking essential)

CAN'T GET ENOUGH HAPPINESS? FIND OUT MORE ABOUT THE SHOW FROM THE CURATORS THEMSELVES, LEARN THE SCIENCE BEHIND THE FEEL-GOOD BENEFITS OF ALTRUISM, FIND BLISS THROUGH ENDORPHINS AND MUCH MORE — CHECK OUT THE HAPPY? EVENTS PROGRAMME AT SCIENCEGALLERY.COM/HAPPY FOR FULL LISTINGS AND TICKET BOOKINGS. TO AVOID UNHAPPINESS, ADVANCE BOOKING IS RECOMMENDED.

SCIENCE GALLERY IS A WORLD FIRST — A NEW KIND OF SPACE THAT IGNITES DISCOVERY WHERE SCIENCE AND ART COLLIDE. SINCE OPENING IN 2008, WE HAVE WORKED TO DEVELOP GROUND-BREAKING EXHIBITIONS RANGING FROM TO LIGHT TO LOVE, FROM CONTAGION TO THE FUTURE OF THE HUMAN SPECIES. IN 2012, WE WILL WELCOME OUR MILLIONTH VISITOR AND PRESENT OUR MOST AMBITIOUS PROJECT TO DATE, HACK THE CITY. YOU CAN JOIN — AND SUPPORT — SCIENCE GALLERY BY BECOMING A SCIENCE GALLERY MEMBER+ AT WWW.SCIENCEGALLERY.COM

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DR BEATE SCHULER

FOUNDING SCIENTIST

PROF. MICHAEL COEY

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SCIENCE GALLERY IS AN INITIATIVE OF TRINITY COLLEGE DUBLIN