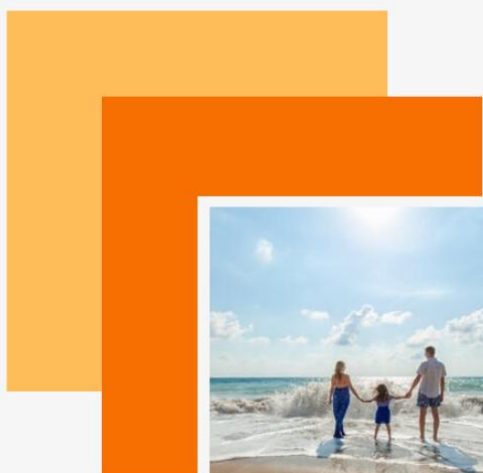




#SELF-ACADEMY
with Irina Romanenko



УРОК 5. ОЦЕНКА БЛАГОПОЛУЧИЯ

**ТЕМА 1.
ТЕКУЩИЙ
СЦЕНАРИЙ**

Online course Master of Games
Topic 1. Current Scenario
Lesson 5. Well-Being Assessment



Subject

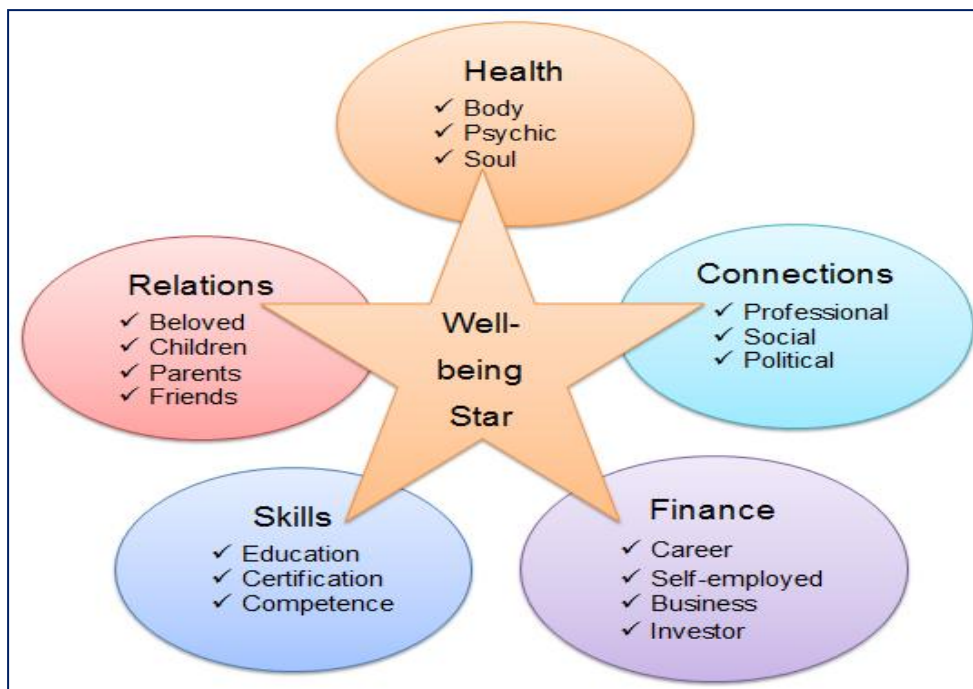
In this lesson, we will talk about well-being. We will look at the components that make up our satisfaction with life. In addition, we will evaluate the level of our own well-being in five main areas of life.

Well-Being Assessment

In order for a person to feel satisfied in life, it is important for him to maintain a balance in all the main areas of life listed below:

- Health of body and mind
- Love and family
- Relationships and society
- Finance and career or business
- Knowledge and education

Watch the video lesson and do the exercise in the Assignment for the lesson. The test you took before class is also built around these major areas of life. You can use its results in the answers to the lesson.





Video

[Playlist. Theme 1](#)

Additional materials

In addition to the lesson, please, watch the video (45 minutes, in Russian).

From frogs to princes (Kovalev S.V.):

<https://www.youtube.com/embed/E01PARFXhE0>

Assignment

Exercise 1: Assessing well-being.

Rate life satisfaction in the five areas of the Well-being Star. The satisfaction for each area should be rated on a scale from 1 to 5. Calculate the arithmetic average score for each of the areas¹:

- Health
- Love
- Relationships
- Finance
- Knowledge

For example, if you rated in Love area relations with your loved one as 5, with daughter as 5, with son as 3, with mother as 3, with father as 5, with grandmother as 5,... then your average score for the Love area will be equal to $(5+5+3+3+5+5):6=4.3$.

¹ If filled out the entry test, you can take the average scores from the test.



To do:

- 1) Rate your satisfaction with life by five areas. Upload the answer in the file to the Facebook group. Copy the link to the file into the answer window for this lesson. In the name of the file, indicate the topic, lesson and your name.
- 2) Describe how you felt when you did the exercises.
- 3) Write what you liked, what got in the way, what can be improved in this lesson.
- 4) Rate the lesson on a scale of 1 to 10.