* Brainstorm on some of your life circumstances and/or goals. – Make a list of the categories of your life that you might want to discuss in essay #1. For example, a student named Susan brainstormed on a list of the following categories for essay #1:

**Family relationships (specifically, growing up in a single-parent household) Social relationships---e.g., friendships**

**Entertainments Career goal – police officer Volunteer work (animal shelter) Religious beliefs . . . etc.**

She plans to do some initial light research on each of those categories just to get an idea of how much information on each topic is out there. After she determines which categories seem to have the best research that she can access, she will narrow that list down to just three and try to find the best sources she can about those categories as they relate to subjective well-being. Eventually, each body paragraph in her paper will discuss whether she is happy in whatever life circumstance the paragraph is discussing and compare or contrast her feelings with happiness research about that life category.

. **• Find at least two credible sources for Essay #1**(you may need three sources unless you are using one of those sources in more than one body paragraph), using the A.C.C.C. criteria explained in the “Evaluating a Source” lecture. The sources you need to find depend on the topics of each of your body paragraphs in your essay (the “Brainstorming” you did above will help).

How do you find sources, though? you can go to sources like EbscoHost or Google Scholar. Some of your best sources can be found by simply following leads.