

# New interdisciplinary course



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UNIVERSITÄT  
BERN

Spring semester 2020

## Where and when?

### Researching Meaning of Life:

Date: 28/2, 13/3, 27/3, 3/4, 24/4, 8/5, 29/5

Time: 1.15 pm to 4.30 pm

ECTS: 4

Room: Seminarraum F -106, Unitobler

Registrations are transmitted from CTS to [ILIAS](#)

(No admission in ILIAS possible.)

Registration is open

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## Researching Meaning of Life (459347)

Lecturer: Tatjana Schnell, Institute of  
Psychology, University of Innsbruck

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The meaning of our existence is a perennial question. Religions offer answers pertaining to a superordinate meaning. Secular approaches typically refrain from searching for universal answers, but put their focus on meaning in life. Recent empirical research on life meaning has opened up plenty of insights into how people in different cultures view the question of meaning, and on what sources they draw for experiencing meaning. We will discuss consequences of both meaningfulness and a lack of meaning for individuals, organizations, and society. By doing that, we will touch on topics such as the difference between hedonic and eudaimonic well-being; the explanation of pathways from meaningfulness to health; the painful but constructive qualities of crises of meaning; the role of vocation and meaning at the work place, and processes of meaninglessness and alienation in contemporary societies.