

# PSY363: Positive Psychology

The focus of this course is the science of positive subjective experiences, positive traits, and positive institutions. This course will present psychological perspectives and research findings on topics such as happiness, life satisfaction, and optimism, as well as character strengths and virtues. The course will also encourage self-exploration of students' own strengths and virtues and investigate empirically-based strategies for enhancing one's life.

**Credit Hour(s):** 3

**Prerequisites:**

PSY111.

**Department:** Psychology

**Semester Offered:**

Fall