

PSY163: Life above Zero: An Introduction to Positive Psychology

This course is designed to introduce students to the field of psychology with an emphasis on positive psychology, which is the scientific study of happiness and the good life. This course will educate students on research methodology by examining topics like happiness, optimism, and character strengths. In addition, the course will infuse opportunities for self-examination and reflection by incorporating self-report assessments and applied exercises. This course will be offered only as a Foundations 112 course. This course satisfies an Area of Inquiry requirement for Social and Behavioral Sciences.

Credit Hour(s): 3

Department: Psychology

Area of Inquiry: Soc & Behav Sciences