

COURSE DETAIL

THE SCIENCE OF HAPPINESS

Country

United Kingdom - England

Host Institution

University of Bristol

Program(s)

University of Bristol

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

54

UCEAP Course Suffix**UCEAP Official Title**

THE SCIENCE OF HAPPINESS

UCEAP Transcript Title

SCI OF HAPPINESS

UCEAP Quarter Units

8.00

UCEAP Semester Units

5.30

Course Description

This course explores scientifically validated strategies for living a more satisfying life. Throughout the course, students analyze the latest results from research in psychological science about how to be happier, how to feel less stressed, and how to flourish, even in a challenging environment. The course provides students with opportunities to put some of these strategies into practice in their own lives and to build some of the habits that will allow them to live more fulfilling lives.

Language(s) of Instruction

English

Host Institution Course Number

PSYC10014

Host Institution Course Title

SCIENCE OF HAPPINESS

Host Institution Campus

University of Bristol

Host Institution Faculty

Host Institution Degree

Host Institution Department

Psychology

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