

COURSE DETAIL

POSITIVE PSYCHOLOGY

Country

Ireland

Host Institution

University College Cork

Program(s)

University College Cork

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

130

UCEAP Course Suffix**UCEAP Official Title**

POSITIVE PSYCHOLOGY

UCEAP Transcript Title

POSITIVE PSYCHOLOGY

UCEAP Quarter Units

4.00

UCEAP Semester Units

2.70

Course Description

This course critically evaluates the concepts and the research that underpin positive psychology, and their application to coaching. This course examines the theory and practice of positive psychology, its application to coaching and the paradigm shift from pathology to strength based psychology, as well as exploring the nature of human strengths and virtues which contribute towards individuals and communities thriving. In addition students are given opportunities to apply positive psychology practices to their lives.

Language(s) of Instruction

English

Host Institution Course Number

AP3033

Host Institution Course Title

POSITIVE PSYCHOLOGY

Host Institution Course Details

<https://www.ucc.ie/admin/registrar/modules/?mod=ap3033>

Host Institution Campus

University College Cork

Host Institution Faculty**Host Institution Degree****Host Institution Department**

Applied Psychology

Course Last Reviewed

2020-2021

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