

# COURSE DETAIL

## PSYCHOLOGICAL HEALTH AND WELL-BEING THROUGH THE LIFESPAN

**Country**

United Kingdom - England

**Host Institution**

University of East Anglia

**Program(s)**

Environment and Sustainability, East Anglia

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

112

**UCEAP Course Suffix****UCEAP Official Title**

PSYCHOLOGICAL HEALTH AND WELL-BEING THROUGH THE LIFESPAN

**UCEAP Transcript Title**

PSY HEALTH&WELLBNG

**UCEAP Quarter Units**

8.00

**UCEAP Semester Units**

5.30

## Course Description

In this course, students consider psychological perspectives including critical and positive psychology approaches, and examine what is meant by psychological health and well-being, paying attention to cultural and historical context. This course begins by discussing different theories and components of psychological well-being, linking this knowledge to examples of functioning and application at different life stages. Past examples of this have in the past, this has included psychological health programs in schools, the workplace, therapeutic interventions, and positive approaches to aging and later life.

## Language(s) of Instruction

English

## Host Institution Course Number

PSY-6020A

## Host Institution Course Title

PSYCHOLOGICAL HEALTH AND WELLBEING THROUGH THE LIFESPAN

## Host Institution Course Details

## Host Institution Campus

University of East Anglia

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Psychology

## Course Last Reviewed

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