

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 WELL-BEING THROUGH THE LIFESPAN

Host Institution Campus

University of East Anglia

Host Institution Faculty

Host Institution Degree

Host Institution Department

Psychology

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