

COURSE DETAIL

INTRODUCTION TO POSITIVE PSYCHOLOGY

Country

Ireland

Host Institution

University of Galway

Program(s)

University of Galway

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

108

UCEAP Course Suffix**UCEAP Official Title**

INTRODUCTION TO POSITIVE PSYCHOLOGY

UCEAP Transcript Title

POSITIVE PSYCHOLOGY

UCEAP Quarter Units

4.00

UCEAP Semester Units

2.70

Course Description

This course explores key concepts in the study of well-being and human strengths, and particular applications that are relevant within the clinical, educational, and organizational domains. As a discipline, psychology has offered perspectives on well-being for over a century. In this course, students learn about the emergence of positive psychology as a distinctive field of study and practice. The course affords students the opportunity to study and discuss a number of topic areas relevant to the study of well-being and human strengths, including positive emotional states, positive traits, and positive institutions.

Language(s) of Instruction

English

Host Institution Course Number

PS342

Host Institution Course Title

INTRODUCTION TO POSITIVE PSYCHOLOGY

Host Institution Campus

NUI Galway

Host Institution Faculty

Host Institution Degree

Host Institution Department

Psychology

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