# COURSE DETAIL

| INTRODUCTION TO POSITIVE PSYCHOLOGY |
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| **Country**<br>Ireland |
| **Host Institution**<br>University of Galway |
| **Program(s)**<br>University of Galway |
| **UCEAP Course Level**<br>Upper Division |
| **UCEAP Subject Area(s)**<br>Psychology |
| **UCEAP Course Number**<br>108 |
| **UCEAP Course Suffix** |
| **UCEAP Official Title**<br>INTRODUCTION TO POSITIVE PSYCHOLOGY |
| **UCEAP Transcript Title**<br>POSITIVE PSYCHOLOGY |
| **UCEAP Quarter Units**<br>4.00 |
| **UCEAP Semester Units**<br>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 Course Details**
http://www.nuigalway.ie/psy/modules.htm#PS342

**Host Institution Campus**
NUI Galway

**Host Institution Faculty**

**Host Institution Degree**

**Host Institution Department**
Psychology

**Course Last Reviewed**
2018-2019

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