COURSE DETAIL

POSITIVE PSYCHOLOGY
Country Netherlands
Host Institution Maastricht University - Center for European Studies
Program(s) Maastricht Summer
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology
UCEAP Course Number 104
UCEAP Course Suffix
UCEAP Official Title POSITIVE PSYCHOLOGY
UCEAP Transcript Title POSITIVE PSYCHOLOGY
UCEAP Quarter Units 5.00
UCEAP Semester Units 3.30

Course Description

The positive psychological movement formulated three aims: to focus on well-being and happiness instead of abnormal behavior and psychopathology; to be concerned with building positive qualities and strengths instead of repairing damage; to prevent future problems instead of correcting past and present problems. In this course, students unlock character strengths and focus on helpful ways to support themselves during difficult times. The course covers the most important theories in Positive Psychology and encourages students to search for scientific literature that applies the topics covered to their specific areas of interest. The course includes a combination of lectures, experiential workshops, group meetings, and self-study.

Language(s) of Instruction
English

Host Institution Course Number
POS2002

Host Institution Course Title
POSITIVE PSYCHOLOGY

Host Institution Course Details
https://www.maastrichtuniversity.nl/education/contract/summer-programme-europea...

Host Institution Campus
Maastricht University

Host Institution Faculty

Host Institution Degree

Host Institution Department
Center for European Studies

Course Last Reviewed

2022-2023

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