

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 Campus

Maastricht University

Host Institution Faculty

Host Institution Degree

Host Institution Department

Center for European Studies

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