COURSE DETAIL

POSITIVE PSYCHOLOGY
Country Australia
Host Institution University of Queensland
Program(s) University of Queensland
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology
UCEAP Course Number 138
UCEAP Course Suffix
UCEAP Official Title POSITIVE PSYCHOLOGY
UCEAP Transcript Title POSITIVE PSYCHOLOGY
UCEAP Quarter Units 6.00
UCEAP Semester Units 4.00

Course Description
This course explores both the theory and practice of positive psychology; introduces positive psychology research and interventions as well as considers real-world applications. It spans a variety of topics under positive psychology including: well being, happiness, mindfulness, positive emotions, strengths, meaning, gratitude, compassion, and wisdom. Students are given the opportunity to learn about these subjects from a theoretical and critical point of view, and also to incorporate elements into their own lives.

Language(s) of Instruction
English

Host Institution Course Number
PSYC2381

Host Institution Course Title
POSITIVE PSYCHOLOGY

Host Institution Course Details

Host Institution Campus
Queensland

Host Institution Faculty

Host Institution Degree

Host Institution Department
Psychology

Course Last Reviewed

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