

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 Campus

Queensland

Host Institution Faculty

Host Institution Degree

Host Institution Department

Psychology

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