

# 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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