

# COURSE DETAIL

## SCIENCE OF HAPPINESS

**Country**

Netherlands

**Host Institution**

Utrecht University

**Program(s)**

Utrecht University

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

107

**UCEAP Course Suffix****UCEAP Official Title**

SCIENCE OF HAPPINESS

**UCEAP Transcript Title**

SCIENCE HAPPINESS

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## Course Description

This course reviews the interdisciplinary view on happiness which includes different theoretical perspectives (e.g., on micro-, meso- or macro-level factors) as well as different methodological approaches to understanding well-being of individuals and societies. Broad views on complex societal issues are adopted and how to evaluate scientific evidence from various domains is learned. This interdisciplinary course, with contributions from psychology, public administration, and interdisciplinary social science, focuses on happiness in its broadest sense. Key questions are: What factors influence individuals' subjective well-being, why are some societies happier than others (and why are some individuals within these societies affected more by these factors than others?) What can we do to foster happiness in our future generations? There are four specific themes of interest: health, education, finance, and sustainability.

## Language(s) of Instruction

English

## Host Institution Course Number

201900028

## Host Institution Course Title

SCIENCE OF HAPPINESS

## Host Institution Course Details

<https://osiris-student.uu.nl/onderwijscatalogus/extern/cursus?cursuscode=201900...>

## Host Institution Campus

Utrecht University

## Host Institution Faculty

Social and Behavioral Sciences

## Host Institution Degree

**Host Institution Department**

Psychology

**Course Last Reviewed**

2024-2025

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