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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