

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 Campus

Utrecht University

Host Institution Faculty

Social and Behavioral Sciences

Host Institution Degree

Host Institution Department

Psychology

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