# COURSE DETAIL

| PSYCHOLOGY FOR EVERYDAY LIFE |
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| **Country**<br>Ireland |
| **Host Institution**<br>University College Dublin |
| **Program(s)**<br>University College Dublin |
| **UCEAP Course Level**<br>Upper Division |
| **UCEAP Subject Area(s)**<br>Psychology |
| **UCEAP Course Number**<br>105 |
| **UCEAP Course Suffix** |
| **UCEAP Official Title**<br>PSYCHOLOGY FOR EVERYDAY LIFE |
| **UCEAP Transcript Title**<br>PSY: EVERYDAY LIFE |
| **UCEAP Quarter Units**<br>4.00 |
| **UCEAP Semester Units**<br>2.70 |

**Course Description**
This course introduces students to various ways in which psychology can contribute to personal happiness and wellbeing. The course reviews theory and research to equip students with the tools to consider the implications of evidence-based psychology in everyday life. The course covers topics relating to various challenges of everyday life including: how to improve learning; types and causes of happiness; beneficial outcomes of being a happy person; how habits are formed and broken; and building resilience towards negative stress and exercising self-compassion. Online support is provided throughout the course via the Blackboard system.

**Language(s) of Instruction**
English

**Host Institution Course Number**
PSY20200

**Host Institution Course Title**
PSYCHOLOGY FOR EVERYDAY LIFE

**Host Institution Course Details**
https://sisweb.ucd.ie/usis/w_sm_web_inf_viewer_banner.show_module?p_subj=PSY&p_...

**Host Institution Campus**
UC Dublin

**Host Institution Faculty**

**Host Institution Degree**

**Host Institution Department**
Psychology

**Course Last Reviewed**
2018-2019

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