

COURSE DETAIL

PSYCHOLOGY FOR EVERYDAY LIFE

Country

Ireland

Host Institution

University College Dublin

Program(s)

University College Dublin

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

105

UCEAP Course Suffix**UCEAP Official Title**

PSYCHOLOGY FOR EVERYDAY LIFE

UCEAP Transcript Title

PSY: EVERYDAY LIFE

UCEAP Quarter Units

4.00

UCEAP Semester Units

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 Campus

UC Dublin

Host Institution Faculty

Host Institution Degree

Host Institution Department

Psychology

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