

## COURSE DETAIL

### SOCIAL PSYCHOLOGY AND CHOICES FOR WELL-BEING

**Country**

Italy

**Host Institution**

UC Center, Rome

**Program(s)**

Made in Italy, Rome

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Sociology Psychology

**UCEAP Course Number**

125

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

SOCIAL PSYCHOLOGY AND CHOICES FOR WELL-BEING

**UCEAP Transcript Title**

SOCIAL PSYCHOLOGY

**UCEAP Quarter Units**

5.00

**UCEAP Semester Units**

3.30

## Course Description

This course will introduce you to an evidence-based roadmap and practical tools for gaining control, living a life you aspire to, and functioning effectively. Students will gain insight into their well-being and how it may impact their and others' lives and work. This course offers an in-depth exploration of the intersection between social psychology and individual well-being. Field trips to historical sites, museums, and community organizations offer experiential learning and cultural immersion opportunities. Lectures delve into how social factors influence human behavior, cognition, and emotion, ultimately shaping our choices and overall health. Well-being is not about being happy. The pursuit of happiness falls short, while real contentment comes from living a fulfilling and meaningful life. Students will examine fundamental concepts in social psychology, such as social influence, conformity, obedience, group dynamics, attribution, and attitudes. They will gain insights into how these concepts manifest in real-life contexts and impact individual decision-making processes through theoretical frameworks and empirical research. The course emphasizes the role of social relationships, cultural norms, and societal structures in shaping perceptions of well-being and the pursuit of happiness. Students will critically evaluate theories and research findings regarding subjective well-being, life satisfaction, and the factors contributing to happiness.

### Language(s) of Instruction

English

### Host Institution Course Number

### Host Institution Course Title

SOCIAL PSYCHOLOGY AND CHOICES FOR WELL-BEING

### Host Institution Campus

### Host Institution Faculty

### Host Institution Degree

## Host Institution Department

[Print](#)