

COURSE DETAIL

WELLBEING, MOTIVATION AND PERFORMANCE

Country

Australia

Host Institution

University of Melbourne

Program(s)

University of Melbourne

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Psychology Education

UCEAP Course Number

33

UCEAP Course Suffix**UCEAP Official Title**

WELLBEING, MOTIVATION AND PERFORMANCE

UCEAP Transcript Title

WELLBEING/MOTIVATON

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course examines the science of what enables individuals to operate at the peak of their potential, including the conditions that are thought to give rise to optimal motivation, emotional agility, resilience, and other factors that support wellbeing and performance. It explores skills and pathways for cultivating wellbeing while giving consideration to relevant individual differences and cultural factors. The content draws on a variety of disciplines, including psychology, education, philosophy, sports science, and organizational science. It covers the historical and philosophical views of wellbeing, motivation, and performance; the paradigm shift from problem-focused to strengths-based approaches; and the evolution from individual- to system-level perspectives of what contributes to wellbeing.

Language(s) of Instruction

English

Host Institution Course Number

EDUC10057

Host Institution Course Title

WELLBEING, MOTIVATION AND PERFORMANCE

Host Institution Campus

Melbourne

Host Institution Faculty

Host Institution Degree

Host Institution Department

Education

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