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 Course Details
https://handbook.unimelb.edu.au/view/2016/EDUC10057

Host Institution Campus
Melbourne

Host Institution Faculty

Host Institution Degree

Host Institution Department
Education

Course Last Reviewed
2024-2025

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