COURSE DETAIL

PSYCHOLOGY OF THE GOOD LIFE
Country Korea, South
Host Institution Seoul National University
Program(s) Seoul National University
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Psychology
UCEAP Course Number 31
UCEAP Course Suffix
UCEAP Official Title PSYCHOLOGY OF THE GOOD LIFE
UCEAP Transcript Title PSYCH GOOD LIFE
UCEAP Quarter Units 4.50
UCEAP Semester Units 3.00

Course Description

This course provides a psychological perspective on how to live a good life. To this end, this course consists of three main themes: 1) happy life, 2) meaningful life, and 3) dignified life. A happy life consists of sub-themes such as the definition and measurement of happiness, the components of happiness, the consequences of happiness, the characteristics of a happy state and society, and the characteristics of a happy individual. A meaningful life consists of themes of meaning, source of meaning, goals and achievements, and self-control, and finally, a dignified life consists of sub-themes of virtuous living, human rationality and diversity, and healthy framing.

Language(s) of Instruction
Korean

Host Institution Course Number
11.111 001

Host Institution Course Title
GOOD LIFE PSYCHOLOGY

Host Institution Course Details

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed
2024-2025

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