

# 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

PSYCHOLOGY OF THE GOOD LIFE

### Host Institution Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

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