

# 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

[Print](#)