

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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