

# COURSE DETAIL

## KEYS TO HAPPINESS FOR HUMAN FLOURISHING

**Country**

Mexico

**Host Institution**

Instituto Tecnológico y de Estudios Superiores de Monterrey (ITESM)

**Program(s)**

Tec de Monterrey

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Philosophy

**UCEAP Course Number**

102

**UCEAP Course Suffix****UCEAP Official Title**

KEYS TO HAPPINESS FOR HUMAN FLOURISHING

**UCEAP Transcript Title**

HAPPNESS FOR HUMAN

**UCEAP Quarter Units**

4.50

**UCEAP Semester Units**

3.00

## Course Description

This course addresses concepts related to happiness as a purpose of life; sense of community, and human flourishing, covering topics such as the biopsychosocial self; mental restructuring; virtue ethics; hedonist ethics; sensitivity; neuroscience and plasticity of the mind; empathy, sense of community; love and attachments, and spirituality. The course focuses on the transformation of the person and the person in society through exercises aligned to academic and scientific concepts.

## Language(s) of Instruction

English

## Host Institution Course Number

EH1010

## Host Institution Course Title

CLAVES DE LA FELICIDAD PARA EL FLORECIMIENTO HUMANO

## Host Institution Course Details

<https://pi-21.tecmy.com/detalle/972>

## Host Institution Campus

INSTITUTO TECNOLÓGICO Y DE ESTUDIOS SUPERIORES DE MONTERREY

## Host Institution Faculty

CIUDAD DE MEXICO

## Host Institution Degree

## Host Institution Department

Humanities and Education

## Course Last Reviewed

2025-2026

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