

# COURSE DETAIL

## MIND MATTERS: WELL-BEING AND MINDFULNESS

**Country**

Korea, South

**Host Institution**

Korea University

**Program(s)**

Korea University

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

17

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

MIND MATTERS: WELL-BEING AND MINDFULNESS

**UCEAP Transcript Title**

MIND MTTRS WELL BNG

**UCEAP Quarter Units**

4.50

**UCEAP Semester Units**

3.00

## Course Description

This course introduces students to learning about, practicing, and discussing the most effective science-backed methods for improving psychological well-being and building resilience. The course also places these often Millenia-old practices into their historical and cultural contexts. Students participate in and critically reflect on personal experiences with wellness practices and apply Thematic Analysis to qualitative data derived from journaling. Topics include What is learned optimism, Resilience and positivity ratio, Mindfulness and science. e.g. Evolutionary psychology, plasticity, cognitive science, Thematic Analysis and its applications.

## Language(s) of Instruction

English

## Host Institution Course Number

UNIV200

## Host Institution Course Title

MIND MATTERS: WELL-BEING AND MINDFULNESS

## Host Institution Course Details

<https://sugang.korea.ac.kr>

## Host Institution Campus

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

## Course Last Reviewed

2025-2026

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