

COURSE DETAIL

PSYCHOLOGY OF HAPPINESS

Country

China

Host Institution

Fudan University

Program(s)

Fudan University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

4

UCEAP Course Suffix**UCEAP Official Title**

PSYCHOLOGY OF HAPPINESS

UCEAP Transcript Title

PSCYH OF HAPPINESS

UCEAP Quarter Units

3.00

UCEAP Semester Units

2.00

Course Description

The course "Psychology of Happiness" starts from the question "what happiness is," and based on the relevant theories and research results of positive psychology on happiness, combining with practical cases, analyzes and explains the factors that affect happiness. Through real case analysis, this course guides students to view and deal with problems from a positive perspective. At the same time, this course introduces and expounds that "mindfulness" can effectively help people to improve their sense of happiness, and is supplemented by the preliminary study of meditation (mindfulness). It is hoped that students can strengthen their hearts, maintain positive knowledge and positive emotions about external things, and improve their subjective well-being by learning the practical methods of regulating emotions.

Language(s) of Instruction

Chinese

Host Institution Course Number

SOCI110014

Host Institution Course Title

PSYCHOLOGY OF HAPPINESS

Host Institution Course Details

Host Institution Campus

Host Institution Faculty

Jing Lv

Host Institution Degree

Host Institution Department

School of Social Development and Public Affairs

Course Last Reviewed

2022-2023

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