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, combing 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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