

COURSE DETAIL

POSITIVE PSYCHOLOGY

Country

Thailand

Host Institution

Mahidol University

Program(s)

Mahidol University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

30

UCEAP Course Suffix**UCEAP Official Title**

POSITIVE PSYCHOLOGY

UCEAP Transcript Title

POSITIVE PSYCHOLOGY

UCEAP Quarter Units

5.00

UCEAP Semester Units

3.30

Course Description

This course offers a practical introduction to the study of human flourishing and well-being. Drawing on principles from positive psychology, including the PERMA model, the course explores positive emotions, engagement and flow, relationships, meaning, and achievement. Emphasis is placed on applying research findings through an individual well-being project that supports personal development and thriving.

Language(s) of Instruction

English

Host Institution Course Number

ICGS127

Host Institution Course Title

POSITIVE PSYCHOLOGY

Host Institution Course Details

https://muic.mahidol.ac.th/eng/wp-content/downloads/catalog/muic_catalog_2025.p...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

General Education

Course Last Reviewed

2025-2026

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