

COURSE DETAIL

THE WELLBEING FORMULA: THE SCIENCE AND PRACTICE OF MAKING A GOOD LIFE

Country

Australia

Host Institution

Australian National University

Program(s)

Australian National University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

30

UCEAP Course Suffix**UCEAP Official Title**

THE WELLBEING FORMULA: THE SCIENCE AND PRACTICE OF MAKING A GOOD LIFE

UCEAP Transcript Title

WELLBEING FORMULA

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course examines the psychological science and practice of well being. It will draw on psychological theory, research evidence, and practical techniques to help students understand the factors that create flourishing individuals, communities, and societies.

Language(s) of Instruction

English

Host Institution Course Number

PSYC1005

Host Institution Course Title

THE WELLBEING FORMULA: THE SCIENCE AND PRACTICE OF MAKING A GOOD LIFE

Host Institution Course Details

<https://programsandcourses.anu.edu.au/course/PSYC1005>

Host Institution Campus

Canberra

Host Institution Faculty

School of Medicine and Psychology

Host Institution Degree**Host Institution Department****Course Last Reviewed**

2026-2027

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