Psy 430: Positive Psychology

Introduction to positive psychology research and practice. Topics include strengths, positive affect, meaning, happiness, gratitude, optimism, flow, and flourishing.

3 Credits

Prerequisites:
- Pre-requisite: 9 hours of Psy Courses with minimum grade of C.

Instruction Type(s):
- Lecture: Lecture for Psy 430
- Lecture: Compressed Video for Psy 430

Subject Areas:
- Psychology, General