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 credit hours required in psychology courses

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

Subject Areas
- Psychology, General