

## Psy 430: Positive Psychology 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
- Pre-Requisite: 24 Earned Hours

## Instruction Type(s)

• Lecture: Lecture for Psy 430

## **Subject Areas**

• Psychology, General

