

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
- Pre-Requisite: 24 Earned Hours

Instruction Type(s)

- Lecture: Lecture for Psy 430
- Lecture: Compressed Video for Psy 430

Subject Areas

• Psychology, General

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

