

## 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
- Pre-Requisite: 24 Earned Hours

## Instruction Type(s)

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

## **Subject Areas**

• Psychology, General

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