

## Psy 430: Positive Psychology Psychology

Through a scientific study of the processes, conditions, or qualities related to optimal human functioning, or what makes for a meaningful life, students consider such concepts as meaning and purpose in life, values, goal setting and accomplishment, hope, spirituality, mindfulness, character strengths, self-efficacy, gratitude, resilience, and posttraumatic growth.

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

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.

