

## **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](#)

