PSYC 310 Positive Psychology

**PSYC 310 POSITIVE PSYCHOLOGY**

Introduces positive psychology, the scientific study of human strengths, well-being and happiness. Surveys the research, theories, and ideas about human health and happiness. Students will explore topics in the field of positive psychology including but not limited to wellness, optimism, flow, happiness, and positive thinking. *Letter Grade Only. Degree Credit.*

**Units:** 3

**Hours/semester:** 48-54 Lecture; 96-108 Homework

**Recommended:** Eligibility for ENGL 838 or ENGL 848 or ESL 400.

**AA/AS Degree Requirements:** Area E5b, E5d

**Transfer Credit:** CSU (CSU GE Area D or E1)

Courses marked with a (*) are transferable with unit limitations as specified in assist.org.

If you have questions, see your counselor.