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, UC

Courses marked with a (*) are transferable with unit limitations as specified in assist.org. If you have questions, see your counselor.