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. Includes ideas about human health and happiness. Includes practice in applying positive psychology principles. Considers such topics as happiness, hope, and wellness promotion. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 3
Hours/semester: 48-54 Lecture; 96-108 Homework
Recommended: Eligibility for ENGL 100 or ENGL 105, or equivalent.
AA/AS Degree Requirements: Area 9D3
Transfer Credit: CSU (CSU GE Area D), UC (IGETC Area 4)