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)