

Psy 430: Positive Psychology

[Psychology](#)

Introduction to positive psychology research and practice. Topics include strengths, positive affect, meaning, happiness, gratitude, optimism, flow, and flourishing.

3 Credits

Prerequisites

- Pre-Requisite: 9 credit hours required in psychology courses
- Pre-Requisite: 24 Earned Hours

Instruction Type(s)

- Lecture: Lecture for Psy 430
- Lecture: Compressed Video for Psy 430

Subject Areas

- [Psychology, General](#)

