

## **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](#)

