

## Summer 17 Advanced Topics/400 Level Course Description

### **830:445:E2/H6 Positive Psychology**

**Instructor: Chris Hughes**

**Both sections are hybrid,**

**Sec E2, Point Pleasant, Tuesdays 10:30-2:10, 6/26/-8/4/17 (spaces available)**

**Sec H6, SEC 202, Wednesday 6-9:40 , 7/10/-8/16/17**

**Prerequisites:** 830 Major

The purpose of this course is to provide students with an introduction to positive psychology—the study of topics related to happiness and the positive aspects of human experience. This course will review the core concepts, topics, research, basic interventions, and real-world applications of positive psychology. Material will be presented through scholarly journal articles, book chapters, video clips, didactic lectures, class discussions (online and in class), experiential exercises, and student presentations.

The goal is that by the end of this course to have provided students with: an understanding of the key concepts and primary research areas of positive psychology; experience reading, digesting, discussing, and critiquing scholarly/empirical sources; an appreciation for how to distinguish between science and intuition in a topic riddled with personal history and biases; hands-on experience in applying many core concepts in the real life; and a skill set for applying scientific findings and theories into real-world contexts."