

## Summer 2020 Advanced Topics/400 Level Courses

### **830:455 Positive Psychology**

**Marisa McDonnell , Samuel Nayman**

**Section b6 W6-10pm**

**Section h6 T 6-9:40 pm**

**Prerequisites** 830:101 (General Psychology ) and 830:340 (Abnormal Psychology),

#### **Description:**

The purpose of this course is to provide students with an introduction to positive psychology—the scientific study of happiness and those things that make life most worth living. This course will review the core concepts, topics, research, basic interventions, and real-world applications of positive psychology. Ideally, students will gain the following: 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; hands-on experience in applying many core concepts in real life; and a skill-set for applying scientific findings and theories into real-world contexts. Material will be presented through scholarly journal articles, book chapters, video clips, didactic lectures, class discussions (asynchronous and synchronous), experiential exercises, and student presentations.