

Psychology of Happiness - ED126

Section: ED126 001192S Main Campus

Section Type: Lecture

Credit Hours: 2.00

Course Description: Historical and cultural exploration of the concept of happiness and field of positive psychology through analysis of scientific research. Examination of practices including gratitude, showing kindness to others, mindfulness, and acts of altruism.

Course Notes: This course does not count towards the General Education Social Science requirement.

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WHEN

Days: M W F

Times: 11:30 AM - 12:30 PM

Start Date: 01/13/2020

End Date: 03/20/2020

WHERE

Campus: Main Campus

Building: Lockman Hall

Room: LH212

INSTRUCTOR

CHRISTOPHER LAU

BOOKS

No textbooks for this course.