

Psychology of Happiness - ED126

Section: ED126 001252S 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 Start Date: 01/12/2026 End Date: 03/30/2026

Days:

MWF

11:30 AM - 12:30 PM

Campus: Main Campus

Building: Parker Student Union

Room: PSU013

INSTRUCTOR

BAILEY GOODMAN

BOOKS

No textbooks for this course.