

## Psychology of Happiness - ED126

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**Section:** ED126 011251S 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: T R

Times: 09:40 AM - 11:10 AM

Start Date: 08/21/2025

End Date: 10/28/2025

**WHERE**

Campus: Main Campus

Building: Parker Student Union

Room: PSU012

**INSTRUCTOR**

DEBRA GRABER

**BOOKS**

No textbooks for this course.