Psychology of Happiness - ED126

Section: ED126 011261S Main Campus
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: 08/20/2026 End Date: 10/27/2026
Days:
TR
9:40 AM - 11:10 AM
Campus: Main Campus
Building: Parker Student Union
Room: PSU012

INSTRUCTOR
BAILEY GOODMAN
BOOKS
No textbooks for this course.