PSYC1500 - Positive Psychology

Credits:	3 (3/0/0)
Description:	Meets MnTC Goal Areas 5 and 9. This course includes different aspects of health psychology, humanistic psychology and positive psychology with emphasis on the integration of psychological, biological and physical factors and the consequences for health and well-being. The course starts with the body's systems, psychological theories behind well-being and positive emotions, which are followed up by work methods and interventions to improve public health, well-being and a healthy work life. Gender and cultural perspectives will be considered throughout the course. Scientific methodology and the design for the study of positive psychology are also included in the course.
Prerequisites:	
Corequisites:	
Pre/Corequisites*:	
Competencies:	1. Make independent and critical assessments of factors that contribute to happiness. 2. Formulate a plan that can lead to happiness. 3. Analyze societal messages contributing to happiness and compare with personal ethical values. 4. Evaluate research information about happiness at a scholarly level. 5. Examine the legal and social ramifications of pursuing happiness. 6. Assess knowledge about the history of positive psychology. 7. Show an understanding of the biological, cognitive, social and personality characteristics that have been linked to positive emotions and well-being. 8. Compare theories and perspectives in positive psychology. 9. Determine valid and reliable assessments of positive emotions, satisfaction, character strengths, coherency and meaning in life. 10. Develop insight into the politics behind public health in the western world. 11. Consider both gender and cultural perspectives when interpreting scientific information about assessed levels of happiness.
MnTC goal areas:	5. History and the Social and Behavioral Sciences 9. Ethical and Civic Responsibility

**Can be taking as a Prerequisite or Corequisite.*

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