PSYC2800 - Psychology of Health and Resiliency

Credits:	3 (3/0/0)
Description:	Meets MnTC Goal Area 5. This course studies the interaction of psychology and health, including how to attain mental and physical health through thoughts, emotions and behavior. Students will explore concepts such as stress, resiliency, personality, happiness, purpose and work-life balance. This course is beneficial for students across career fields such as education, fire, health and law enforcement.
Prerequisites:	
Corequisites:	
Pre/Corequisites*:	
Competencies:	1. Explore the concept of health and the dynamic and interactive nature of mental and physical health. 2. Explore the role of cognition, personality, locus of control, and happiness in well-being and health. 3. Explore the experience of emotions and affect in well-being and health. 4. Explain the concepts of stress, coping, resilience and work-life balance. 5. Describe the role of behavior in health and well-being. 6. Describe health through the lens of psychological disorders and symptoms, including concepts such as anxiety and depression. 7. Explain how personal relationships are influenced by and impact stress, well-being and happiness. 8. Explain how professional social interactions are influenced by and impact stress, well-being and happiness. 9. Apply course learning to develop a personal plan for achieving mental and physical health.
MnTC goal areas:	5. History and the Social and Behavioral Sciences

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

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