

PSYC 309. POSITIVE PSYCHOLOGY: SCIENCE OF WELL- BEING.

Credits: 3

Offered by: Psychology (Faculty of Science)

This course is not offered this catalogue year.

Description

Introduction to positive psychology that is designed to explore the research behind the concepts, techniques, and exercises that enhance well-being.

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

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