

# PSYC 409. POSITIVE PSYCHOLOGY.

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Credits: 3

Offered by: Psychology (Faculty of Science)

This course is not offered this catalogue year.

## Description

Didactic instruction and experiential learning in its coverage of three issues central to this field: positive emotions, positive individual traits, and positive institutions. Topics covered include sensory savoring, expressing gratitude, optimism, identifying and building strengths, kindness, and meaning.

- Prerequisites: PSYC 215 Social Psychology
- Note: Permission from instructor is required.

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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