

PDEV 0075 - STUDY OF HAPPINESS AND WELL-BEING

Catalog Description

Hours: 54 lecture

Description: An overview of happiness and well-being through current theory and research in positive psychology. This course explores the relationships between positive psychology, psychological theories, and the application of strategies to enhance happiness and well-being. Topics include personal strengths, gratitude, meaning and social connection. Emphasis on analyzing theories, cultural perspectives, research methods, and empirical evidence, all with a direct application to everyday life, including finding meaning in relationships, career, and life. (CSU)

Course Student Learning Outcomes

Effective Term

Course Type

Contact Hours

Outside of Class Hours

Total Student Learning Hours

Course Objectives

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

Methods of Evaluation

Repeatable

Methods of Instruction

Typical Out of Class Assignments

Reading Assignments

Writing, Problem Solving or Performance

Other (Term projects, research papers, portfolios, etc.)

Required Materials

Other materials and-or supplies required of students that contribute to the cost of the course.