

# PSY 219 : Positive Psychology

This course will explore the contemporary movement in psychology known as positive psychology, which generally, can be described as an effort to help us understand the sources and nature of positive human strengths, characteristics, resources, and aspirations. One aim of this effort is to use this knowledge to promote the development of those positive features of human psychology, by guiding both individuals and the institutions within which they function.

**Credits** 3

**Advising Note**

Approved for Wellness-general education requirement.