Nebraska Wesleyan University

EDUC 5110 Positive Education: Positive Psychology for Teachers and Students

Catalog

2020-2021

Course Description

This course draws upon cognitive-behavioral theories and social problem-solving skills. Participants will examine ways to integrate skills of resilience, optimism, and other components into the culture of their classroom. Emphasis will be placed on first developing skills of personal resiliency before examining how to build a classroom characterized by these habits and practices. *Prerequisite(s): Admission to the M.Ed program.*

Course Hours

3 hours

Departments

1. Education (Graduate)