**Nebraska Wesleyan University**

# HHP 2640 Positive Psychology

## Catalog

2023-2024

## Course Description

This course provides an introduction to the study of topics related to happiness and the positive aspects of human experience. The first part of the course will focus on the basic areas of research in positive psychology and the methods that researchers use to study happiness, while the second half will broaden the focus to include big-picture issues and real-world application.
*Prerequisite(s): PSYCH 1010/PSYCH 1010FYW Introduction to Psychological Science or permission of instructor.*

## Course Hours

2 hours

## Departments

1. Health and Human Performance (Undergraduate)