

# PSYCH 325: Positive Psychology

This course provides an overview of the growing field of positive psychology, which is the scientific investigation of positive experiences, positive character strengths, positive relationships, and the institutions and practices that facilitate their development. Consideration will be given to conflicting viewpoints and their respective empirical support, including the benefits of balancing positive with negative emotions, the measurement and development of happiness, and the implications of deliberately attempting to increase it.

**Units:** 3

**Prerequisites:**

[PSYCH 100](#).

**Program:** [Psychology](#)