

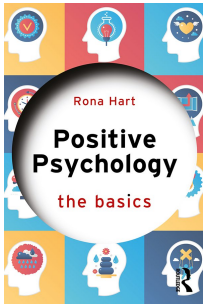
# POSITIVE PSYCHOLOGY

PSYCHOLOGY MAJOR CAPSTONE EXPERIENCE  
ONLINE  
PSYC 380-501

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## REQUIRED READING:

Hart, R. (2021). *Positive Psychology: the Basics*. New York: NY: Routledge.  
Additional readings and video materials available on PLATO.



## ABOUT THE COURSE:

Positive Psychology is the scientific study of the human strengths and virtues that make life worth living and allow individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, cultivate what is best within themselves, and enhance their experiences of love, work, and play.

In this online class, each week there will be a reading, video/audio clip, and a multiple choice quiz. You will perform several evidenced-based positive psychology exercises so you can experience and reflect on the concepts from class first hand. We will not meet in person and this is a class that is largely about social connections, so, after week 1, you will be placed onto a team where you will support and provide feedback to each other. You will meet with your team about once a month (virtual or in-person at a time agreed upon by the team). You will also prepare a capstone project, which is done in stages with regular feedback and support from your team.

Students love the content of the class, and find the structure to be clear, organized, and engaging -- but there is applied work that you must do, including participating in regular team meetings and preparing a capstone project. The exercises and skills you learn in this class are primarily for YOU as a human, and also have the secondary benefit of placing you in a good position to help others be their best.