

WEBSITE TEMPLATE

Course	PSYC 3302 B
Instructor	Jennifer Thake MA MA PhD CCC RP
Term	Winter 2021
Email Address	Jennifer.thake@carleton.ca
Office Location	TBA
Office Hours	Tuesdays 4:30-5:30pm

COURSE DESCRIPTION/INSTRUCTORS STATEMENT

Positive Psychology is the scientific study of human flourishing and wellness. Drawing from research in personality, developmental, and social psychology, we will take a critical look at concepts such as happiness, resilience, self-regulation, character strengths, and relationships to gain a better understanding of what it means to flourish.

EVALUATION

35% - midterm (MC)

35% - final exam (MC)

5% - well-being paper proposal

25% - well-being paper final

TEXT

Baumgardner, S.R. & Crothers, M.K. (2009). *Positive psychology*. New Jersey: Prentice Hall.