

PSYC 3302 B: POSITIVE PSYCHOLOGY

Term	Winter 2024
Course Delivery	In-Person - Mon 11:35am-2:25pm
Email Address	Jessica.desrochers@carleton.ca
Office Location	Virtual
Office Hours	Available by appointment

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This course explores the sub-discipline of positive psychology, the scientific study of optimal human functioning. The topics of the course will include how scientists define & measure well-being, and the personal characteristics & circumstances that promote flourishing. The students in the course will also undertake reflection and experiential exercises linked to course content that promote productive approaches to personal well-being.

This course will be taught in person on Mondays 11:30 AM to 2:25 PM.

EVALUATION (SUBJECT TO CHANGE)

Students will be evaluated based on short written assignments, a midterm, a final project paper, and a final exam. Details on evaluations will be provided on Brightspace and the course syllabus.

TEXT

Zelenski, J. (2019). *Positive Psychology: The Science of Well-Being*. SAGE Publishing. ISBN: 9781473902152.