

# PSY 323 : Positive Psychology

Much of the research and practice of clinical psychology to date has focused on the diagnosis and treatment of psychopathology. Many psychologists today believe that a focus on a disease model (curing illness) is incomplete. Psychology is also the study of human strengths, optimism, happiness, hope and resilience. This course is an overview of some of the research and concepts in the new and growing field of positive psychology. Students will have an opportunity to explore the concepts firsthand. Students will learn practical ways of using one's character strengths to promote and maintain their own lives and to enhance the lives of others.

**Credits** 4

**Prerequisite Courses**

[PSY 101: Introduction to Psychology](#)

**Semester Offered**

Offered spring of odd-numbered years