



Positive PSYCHOLOGY

**THE SCIENTIFIC STUDY
OF WHAT MAKES LIFE
MOST WORTH LIVING**

This is an introductory course to the field of Positive Psychology.

Positive Psychology is the scientific study of human happiness, well-being, and strength of character. The following topics will be covered:

- defining and measuring happiness;
- interpreting beliefs;
- developing healthy self-esteem;
- mindfulness, focus, and appreciation;
- learned optimism;
- intrinsic versus extrinsic motivation;
- resilience and post-traumatic growth;
- perfectionism;
- creativity;
- setting goals and forming positive habits;
- social support structures and healthy relationships.
- laughter and its power

Students will engage in detailed analysis of these concepts and gain an understanding of the research behind the concepts, and then APPLY them to their own lives.

- 1 Trimester
- A-G approved
- Open to 9th - 12th

**Questions?
Ask Mrs. Bailey
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