



SYLLABUS TEMPLATE

Course Number Course Name	PSY 305 Positive Psychology
Credit Value (Breakdown of theory and lab credits)	3 Theory
Catalog Course Description	<p>This course is the study of how human beings prosper in the face of adversity. Its goal is to identify and enhance the human strengths and virtues that make life worth living.</p> <p>Prerequisites: ENG 112 and PSY 105 (Fall, Spring, Summer) (3, 3T+0S)</p>
Student Learning Outcomes/Objectives /Competencies of the Course	<p>Upon completion of the course students should be able to:</p> <ol style="list-style-type: none"> 1. Explain the aim and scope of positive psychology. 2. Describe central research questions, theories, concepts, and methodologies used in the study of positive psychology. 3. Evaluate psychological factors that contribute to a sense of well-being. 4. Demonstrate applications of core concepts of Positive Psychology in their personal lives.
College-Wide Student Learning Outcomes	<p>The following college-wide objectives will be addressed in the course:</p> <ol style="list-style-type: none"> 1. <i>Critical Thought</i> 2. <i>Information Literacy</i> <p>through keeping a daily journal in which the entries demonstrate applications of core concepts of Positive Psychology in their personal lives.</p>