APOP 100 Introduction to Positive Psychology
In the 20th century, the field of psychology made enormous and important strides in addressing mental health challenges. Today research in the field has expanded, inspired, in part, by Martin E.P. Seligman’s 1998 APA presidential address, to include the scientific study of optimal functioning and what helps people live full lives. This course focuses on the science of thriving—what does it mean to be “happy,” and how can one cultivate well-being at the individual and community level? Students explore the foundations of this science, understand a conceptual framework for well-being, and actively engage in activities that help to cultivate well-being. Drawing upon theory, empirical research, ancient and collective wisdom, we examine these topics critically and experientially and together build an engaged learning community. For those pursuing a Certificate in Applied Positive Psychology, this course is strongly recommended as a prerequisite for the other three courses.
Also Offered As: LEAD 340
Activity: Online Course
1.0 Course Unit

APOP 120 Human Flourishing: Strengths and Resilience
What does it mean to flourish? What are we like when we are at our best? What helps us bounce back from challenges and adversity? Continuing the exploration of the science of positive psychology, students delve deeply into the study of character strengths as a framework for building positive character and well-being, and explore the concept of resilience, or the ability to overcome challenging situations. In this course, we explore how we can leverage our strengths to more effectively contribute to the greater world and enhance our own well-being. We also study the physical and psychological protective factors that constitute resilience, and how they are cultivated. Students learn about these topics from a scientific and experiential perspective, both as individuals and within our learning community. This course will have required synchronous sessions and the instructor will offer a choice of times. Students will have a more robust learning experience in this course if they first complete Introduction to Positive Psychology.
Also Offered As: LEAD 350
Activity: Online Course
1.0 Course Unit

APOP 200 Positive Psychology at Work
If flourishing is related to our lived daily experience, and approximately 50% of our waking hours are spent working, how do our workplaces contribute to, and diminish, our ability to thrive? Students are exposed to an array of research-informed strategies that have been applied in a variety of disciplines and workplaces, including business, education, health care, and nonprofit organizations. Exploration of case studies and salient research topics such as relationships at work, positive leadership, prosocial behavior, and our sense of meaning and purpose, guide our learning. Students gain an understanding of the variables that contribute to our ability to flourish at work and understand how we both experience and shape our work environments through our individual contributions. This course will have required synchronous sessions and the instructor will offer a choice of times. If flourishing is related to our lived daily experience, and approximately 50% of our waking hours are spent working, how do our workplaces contribute to, and diminish, our ability to thrive? Students are exposed to an array of research-informed strategies that have been applied in a variety of disciplines and workplaces, including business, education, health care, and nonprofit organizations. Exploration of case studies and salient research topics such as relationships at work, positive leadership, prosocial behavior, and our sense of meaning and purpose, guide our learning. Students gain an understanding of the variables that contribute to our ability to flourish at work and understand how we both experience and shape our work environments through our individual contributions. This course will have required synchronous sessions and the instructor will offer a choice of times.
Also Offered As: LEAD 360
Activity: Online Course
1.0 Course Unit

APOP 300 Analytical Methods in Positive Psychology
Activity: Online Course
1.0 Course Unit