MAPP 600 Introduction to Positive Psychology
An introduction to the research, theory and intellectual history of positive psychology. This course is only open to students in Master of Applied Positive Psychology Program.
Taught by: Martin Seligman
Course usually offered in fall term
Activity: Seminar
1.0 Course Unit

MAPP 601 Research Methods and Evaluation
A methodology course exploring the valid and reliable assessment of positive states, such as positive emotions, and positive traits, such as character strengths. This course is only open to students in the Master of Applied Positive Psychology Program.
Taught by: Angela Duckworth
Course usually offered in fall term
Activity: Seminar
1.0 Course Unit

MAPP 602 Foundations of Positive Interventions
An investigation into the theoretical, empirical and experiential nature of positive interventions. This course is only open to students in the Master of Applied Positive Psychology Program.
Taught by: James Pawelski
Course usually offered in fall term
Activity: Seminar
1.0 Course Unit

MAPP 603 Perspectives on Well-Being
An exploration of facets of the human experience that contribute to well-being among individuals, groups, and communities. This course is only open to students in the Master of Applied Positive Psychology program.
Taught by: Leona Brandwene
Activity: Seminar
1.0 Course Unit

MAPP 702 Advanced Positive Interventions
In this course students will extend the horizon of knowledge about positive interventions. Beginning with the rich theoretical base of psychological research on positive affect, engagement, and meaning, and building on current research on how to raise these various components of the full life, students will focus on the creation and testing of new and more effective interventions. Students will explore single interventions that integrate cognitive, affective, and somatic components, and they will experiment with ways of clustering individual interventions together for greater cumulative effect. Also emphasized will be the importance of appropriate fit between the intervention, the individual, and the cultural context so that single or clustered interventions can be applied with maximal effectiveness.
Taught by: James Pawelski
Course usually offered in spring term
Activity: Seminar
1.0 Course Unit

MAPP 708 Positive Psychology and Individuals
An exploration of positive psychology applications in coaching, clinical and other relational settings. This course is only open to students in the Master of Applied Positive Psychology program.
Taught by: Judy Saltzberg and Karen Reivich
Course usually offered in spring term
Activity: Seminar
1.0 Course Unit

MAPP 709 Pos Psych & Organztns
Course usually offered in spring term
Activity: Seminar
1.0 Course Unit

MAPP 710 Humanities and Human Flourishing
An exploration and integration of culture and science to support the deeper understanding and more effective cultivation of human flourishing. This course is only open to students in the Master of Applied Positive Psychology program.
Taught by: James Pawelski
Activity: Seminar
1.0 Course Unit

MAPP 712 Positive Education
An investigation of positive approaches to building cognitive, emotional and character strengths across the lifespan. This course is only open to students in the Master of Applied Positive Psychology program.
Taught by: Allyson Mackey
Course usually offered in spring term
Activity: Seminar
1.0 Course Unit

MAPP 714 Applying Positive Interventions in Institutions
An exploration of positive organizational scholarship interventions, including an application lab that enables students to design research-informed interventions as service learning projects for non-profit organizations. This course is only open to students in the Master of Applied Positive Psychology program.
Taught by: Leona Brandwene
Activity: Seminar
1.0 Course Unit

MAPP 800 Capstone
The capstone project is a distinguishing feature of the Master of Applied Positive Psychology program, blending academic and professional experiences and serving as the culmination of your work in the program. Through the capstone project, you will explore, in depth, the theories and practical applications you've learned in the program, to advance the field of positive psychology itself. The capstone is completed during the summer semester and has no on-site course requirements. You will conduct this project work independently, with your advisor's ongoing guidance, in a setting that is significant to you and most relevant to your future professional goals.
Taught by: Judy Saltzberg
Course usually offered summer term only
Activity: Seminar
1.0 Course Unit