

# APPLIED POSITIVE PSYCHOLOGY, CERTIFICATE

Applied Positive Psychology is a discipline that examines the intersections of body, brain, culture, and science to develop tools and practices that enhance human flourishing and well-being. In this 4-course, 4 course unit course of study, you will be introduced to the field of positive psychology and will learn tools and practice strategies that support personal, organizational, and community well-being. The courses teach you the theoretical and empirical foundations of human flourishing, how well-being is measured, and what activities increase human flourishing in various contexts and settings.

Penn LPS Online courses in the Certificate in Applied Positive Psychology are offered on an accelerated (8-week) schedule. Courses in the certificate program are largely asynchronous with some optional synchronous sessions to be scheduled by the instructors. For more information about specific course dates, please visit the Course Schedule (<https://lpsonline.sas.upenn.edu/academics/course-schedule/>) page.

You have the option to enroll in individual courses without committing to the entire certificate, enjoying the flexibility and expertise offered by Penn LPS Online to suit your schedule and interests. Courses within the Certificate in Applied Positive Psychology may be applied to our Bachelor of Applied Arts and Sciences degree, but do not count toward Penn's Master of Applied Positive Psychology degree.

**For more information:** <https://lpsonline.sas.upenn.edu/academics/certificates/applied-positive-psychology> (<https://lpsonline.sas.upenn.edu/academics/certificates/applied-positive-psychology/>)

## The Certificate in Applied Positive Psychology prepares you to:

- Learn the historical and empirical foundations of positive psychology and the science of well-being
- Explore key research themes (e.g., positive emotions, strengths, engagement, relationships, meaning, and accomplishment) and their relevance in personal and organizational settings
- Apply research in positive psychology by practicing strategies that influence well-being
- Investigate applications of positive psychology in different professional settings, including business, education, healthcare, and the nonprofit sector
- Learn the basics of research, measurement, and evaluation in positive psychology

## Curriculum

It is strongly recommended that students earning the certificate first complete APOP 1000: Introduction to Positive Psychology. Certificate students who complete any four of the online courses listed below earn a Certificate in Applied Positive Psychology. Those students are then eligible to pursue an Advanced Certificate in Applied Positive Psychology by taking two additional positive psychology courses.

Code	Title	Course Units
<b>Applied Positive Psychology Certificate</b>		
Select 4 CU from the following:		4

APOP 1000	Introduction to Positive Psychology
APOP 1200	Human Flourishing: Strengths and Resilience
APOP 2000	Positive Psychology at Work
APOP 2200	Flourishing with Others: Building Thriving Relationships
APOP 2900	Understanding the Science of Positive Psychology
APOP 3400	Flourishing through Creativity and the Arts
Any course with Attribute = BCAP ( <a href="http://catalog.upenn.edu/attributes/bcap/">http://catalog.upenn.edu/attributes/bcap/</a> )	
<b>Total Course Units</b>	<b>4</b>

*Courses are subject to change.*

The degree and major requirements displayed are intended as a guide for students entering in the Fall of 2024 and later. Students should consult with their academic program regarding final certifications and requirements for graduation.

Applied Positive Psychology is a discipline that examines the intersections of body, brain, culture, and science to develop tools and practices that enhance human flourishing and well-being. The Advanced Certificate in Applied Positive Psychology Communication is a 6-course, 6 course unit program of study taught by University of Pennsylvania faculty. In this course of study, you will be introduced to the field of positive psychology and will learn tools and practice strategies that support personal, organizational, and community well-being. The courses teach you the theoretical and empirical foundations of human flourishing, how well-being is measured, and what activities increase human flourishing in various contexts and settings.

Penn LPS Online courses in the Certificate in Applied Positive Psychology are offered on an accelerated (8-week) schedule. Courses in the certificate program are largely asynchronous with some optional synchronous sessions to be scheduled by the instructors. For more information about specific course dates, please visit the Course Schedule (<https://lpsonline.sas.upenn.edu/academics/course-schedule/>) page.

You have the option to enroll in individual courses without committing to the entire certificate, enjoying the flexibility and expertise offered by Penn LPS Online to suit your schedule and interests. Courses within the Certificate in Applied Positive Psychology may be applied to our Bachelor of Applied Arts and Sciences degree, but do not count toward Penn's Master of Applied Positive Psychology degree.

**For more information:** <https://lpsonline.sas.upenn.edu/academics/certificates/applied-positive-psychology> (<https://lpsonline.sas.upenn.edu/academics/certificates/applied-positive-psychology/>)

## The Certificate in Applied Positive Psychology prepares you to:

- Learn the historical and empirical foundations of positive psychology and the science of well-being

- Explore key research themes (e.g., positive emotions, strengths, engagement, relationships, meaning, and accomplishment) and their relevance in personal and organizational settings
- Apply research in positive psychology by practicing strategies that influence well-being
- Investigate applications of positive psychology in different professional settings, including business, education, healthcare, and the nonprofit sector
- Learn the basics of research, measurement, and evaluation in positive psychology

## Curriculum

Certificate students who complete any four of the online courses listed below earn a Certificate in Applied Positive Psychology. Those students are then eligible to pursue an Advanced Certificate in Applied Positive Psychology by taking two additional positive psychology courses.

Code	Title	Course Units
<b>Advanced Positive Psychology</b>		
<b>Advanced Courses</b>		
<i>Select two of the following not used for the Basic Certificate</i>		2
APOP 1000	Introduction to Positive Psychology	
APOP 1200	Human Flourishing: Strengths and Resilience	
APOP 2000	Positive Psychology at Work	
APOP 2200	Flourishing with Others: Building Thriving Relationships	
APOP 2900	Understanding the Science of Positive Psychology	
APOP 3200	Morality and the Good Life	
Any course with Attribute = BCAP ( <a href="http://catalog.upenn.edu/attributes/bcap/">http://catalog.upenn.edu/attributes/bcap/</a> )		
<b>Total Course Units</b>		<b>2</b>

The degree and major requirements displayed are intended as a guide for students entering in the Fall of 2024 and later. Students should consult with their academic program regarding final certifications and requirements for graduation.