

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 certificate program, 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 online courses in applied positive psychology 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.

Applied Positive Psychology Certificate Requirements

- The Certificate in Applied Positive Psychology is a 4-course, 4 c.u. credit program of study taught by University of Pennsylvania faculty.
- To earn a certificate, students complete any four courses offered, in any order. See courses below.
- Students who complete the basic certificate may pursue an Advanced Certificate in Applied Positive Psychology (6-course, 6 c.u.) by adding two additional positive psychology courses.

Flexible Course Schedule

Penn LPS Online courses in the Certificate in Applied Positive Psychology are offered on an accelerated (8-week) schedule. Courses in the online certificate program are largely asynchronous with some synchronous sessions to be scheduled by the instructors. All Penn LPS Online courses are taught at the undergraduate level by Penn instructors.

Read more about the Certificate of 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
Applied Positive Psychology Certificate		
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 2700	Flourishing and Well-Being in Resilient Communities	
APOP 2900	Measuring What Moves Us: The Science Behind Human Flourishing	
APOP 3400	Flourishing through Creativity and the Arts	
Any course with Attribute = BCAP (http://catalog.upenn.edu/attributes/bcap/)		
Total Course Units		4

Courses are subject to change.

Advanced Certificate

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
Select two of the following not used for the Basic Certificate		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 2700	Flourishing and Well-Being in Resilient Communities	
APOP 2900	Measuring What Moves Us: The Science Behind Human Flourishing	
APOP 3400	Flourishing through Creativity and the Arts	
Any course with Attribute = BCAP (http://catalog.upenn.edu/attributes/bcap/)		
Total Course Units		2

The degree and major requirements displayed are intended as a guide for students entering in the Fall of 2025 and later. Students should consult with their academic program regarding final certifications and requirements for graduation.