

WANT MORE HAPPINESS?

REGISTER FOR EDU 291: THE PSYCHOLOGY OF HAPPINESS (3 CR)

CRN 74690, FALL 2025

This experiential course introduces positive psychology through systematic exploration of topics including:

Positive Emotions

Kindness

Empathy

Mindfulness

Wisdom

Forgiveness

Gratitude

Hope

Identifying core strengths

Flow

Self-Efficacy

Convenient late start
(First class meets on
September 16, 2025)

Questions? Email Dr. Kim Parrow at
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