

WE'LL COVER THE TOPIC OF HAPPINESS WITHIN THE FIELDS OF HISTORY, SCIENCE, PHILOSOPHY AND A HEAVY EMPHASIS ON PSYCHOLOGY.

ONE DAY PER WEEK WILL BE DEVOTED TO PRACTICING SKILLS THAT FOSTER GREATER WELL-BEING AND HAPPINESS.
ALL READING/VIDEO MATERIALS WILL BE PROVIDED.

PSYCHOLOGY OF HAPPINESS!

3 CREDITS, Late Start Class
MTThF, 12:10 -1:10pm
Caley Moyer