

PSYC 177- 03: Special Topics Capstone

Psychology of Happiness

Dr. Melikşah Demir

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This course is about the what, why, and how of happiness. Students in this course will learn about its assessment and major theories; the correlates, predictors, and benefits of happiness at the individual and cultural levels; and how to become happier. Students will also have a chance to complete multiple happiness activities and critically assess their effectiveness. Dr. Demir is the Rekhi Singh Endowed Professor in Happiness and has been studying the roles of close relationships in happiness across cultures for more than a decade.

*This course is new, so it is not in your catalog rights, but you can request a substitution if you want it to count as your capstone!