

Psychology of Human Strength I**12 hours**

Objective: Psychology of Human Strength I, II & III introduces the student to the topics such as intelligence, judgment, perspective, volition and resilience as they apply to the development and the maintenance of mental health. This test covers Chapters 2 thru 8 of the text.

Text: A Psychology of Human Strengths: Fundamental Questions and Future Directions for a Positive Psychology. Lisa G. Aspinwall & Ursula M. Staudinger (ed.). ISBN: 1557989311.

Psychology of Human Strength II**12 hours**

Objective: Psychology of Human Strength II introduces the student to the topics such as intelligence, judgment, perspective, volition and resilience as they apply to the development and the maintenance of mental health. This test covers Chapters 9 thru 16 of the text.

Text: A Psychology of Human Strengths: Fundamental Questions and Future Directions for a Positive Psychology. Lisa G. Aspinwall & Ursula M. Staudinger (ed.). ISBN: 1557989311.

Psychology of Human Strength III**12 hours**

Objective: Psychology of Human Strength III introduces the student to the topics such as intelligence, judgment, perspective, volition and resilience as they apply to the development and the maintenance of mental health. This test covers Chapters 17 thru 23 of the text.

Text: A Psychology of Human Strengths: Fundamental Questions and Future Directions for a Positive Psychology. Lisa G. Aspinwall & Ursula M. Staudinger (ed.). ISBN: 1557989311.

The Resilience Factor**12 hours**

Objectives: The student will learn of the 7 skills needed by people to take greater mastery over their lives and how to help them apply those skills in their lives.

Text: The Resilience Factor by Karen Reivich & Andrew Shatte ISBN: 0767911903

The Psychology of Happiness & Optimism I**12 hours**

Objective: This course introduces the student to some of some key elements, qualities or characteristics of psychological health, their promotion, development and maintenance. The student will gain a greater understanding of the meaning, the cause and the maintenance of authentic happiness.

Text: Authentic Happiness. Martin E. Seligman, Ph.D. ISBN: 0743222989.

The Psychology of Happiness & Optimism II**12 hours**

Objective: This course introduces the student to some of some key elements, qualities or characteristics of psychological health, their promotion, development and maintenance. The student will gain a greater understanding and the application of optimism in various settings such as school, work, family, etc. The student will gain a greater understanding of how on individual can shift from being predominantly pessimistic to being predominantly optimistic.

Text: Learned Optimism. Martin E. Seligman, Ph.D. ISBN: 9781442341135