

POSITIVE PSYCHOLOGY

CERTIFICATE OF ACHIEVEMENT

WTPP 0100 | **INTRO TO POSITIVE PSYCHOLOGY**

This new course introduces students to the growing field of positive psychology, including the study of human strengths, values and characteristics that contribute to the well-being of the individual. Learn how to use the “science of happiness” to nurture a life of emotional thriving.

WTPP 0120 | **CULTIVATING HEALTHY RELATIONSHIPS**

The importance of relationships to the well-being of the individual is vital. Healthy relationships with others may be the single most important source of life satisfaction and emotional well-being across age and culture. This course introduces positive psychology-based approaches for improving connection with family, friends and romantic partners.

WTPP 0125 | **EMOTIONAL INTELLIGENCE**

This course helps students discover the power of self-awareness and its connection to emotional intelligence. In addition, students will learn to identify and understand their emotions, gain insight into how their actions affect others, work out their strengths and weaknesses, and show they can make self-aware decisions.

WTPP 0130 | **COMMUNICATING WITH DIFFICULT PEOPLE**

This course is designed for those who want to learn to communicate more effectively with difficult individuals. Discover how to deal with others in pressured situations and learn techniques to avoid getting caught up in defensiveness and other dysfunctional communication styles.

WTPP 0145 | **UNDERSTANDING & SUPPORTING EVERYDAY ADDICTIONS**

This course dives into the nature of addiction, with a specific focus on everyday addictions that have become prevalent in recent years. Students will explore the psychological, social, and cultural factors contributing to addictive behaviors and thoughts: including how modern technology and social media influence addiction patterns; and how to support individuals struggling with addictive thoughts and behaviors.

WTPP 0150 | **MINDFULNESS AND STRESS MANAGEMENT**

Mindfulness and meditation have been used for centuries to create healthy mind states. Growing research shows just how profound their effects may be. This course introduces the science and practice of mindfulness in the context of mental well-being.

WTPP 0160 | **POST TRAUMATIC GROWTH AND RESILIENCE**

Students will be able to name symptoms of posttraumatic stress, explain the concepts of resilience and post traumatic growth, identify posttraumatic growth principles and elements of multiple models of PTG, and describe techniques to manage traumatic stress reactions.

SCHEDULE

COURSE	SPRING 2025	SUMMER 2025	FALL 2025
WTPP 100 – Intro to Positive Psychology (required)	March 17 - May 1	July 7 - Aug. 25	Aug. 26 - Oct. 15
WTPP 120 – Cultivating Healthy Relationships		May 19 - July 6	
WTPP 125 – Emotional Intelligence	Jan. 13 - March 8		Oct. 20 - Dec. 11
WTPP 130 – Communicating with Difficult People		July 7 - Aug. 25	
WTPP 145 – Understanding & Supporting Everyday Addictions	Jan. 13 - March 8		Aug. 26 - Oct. 15
WTPP 150 – Mindfulness & Stress Management	March 17 - May 1		Oct. 20 - Dec. 11
WTPP 160 – Post Traumatic Growth and Resilience		May 19 - July 6	Oct. 20 - Dec. 11