

INDEPENDENT STUDY PSY 200-52 LIVING WELL IN COLLEGE AND BEYOND



Independent Study PSY 200-52
Living Well in College and Beyond
2 credits

Winter 2017

Wednesdays 3-5pm

This class will focus on exploring the 8 dimensions of personal well-being through a lens of positive psychology, motivation, and social justice. Students will explore the ways that well-being is dynamic and interdependent. The course will look at strategies to Integrate health and wellness as part of success, build resilience to manage the fluctuations of life, make thoughtful choices that reduce harms, and find meaning and purpose.

To register, email wellnesscourse@umich.edu

