

Psychology of Happiness

Version 1

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Happiness is golden; happiness is fleeting; don't worry be happy; happiness is friends and family; or alternately a new puppy. In contemporary society, there is no shortage of truisms on happiness. Happiness is something that almost everyone wishes to obtain and yet, for most, it remains elusive - forever on the horizon. This course is an introduction to the science of happiness and fulfillment. Through class readings and discussions, students are introduced to the contemporary field of happiness studies as well as to the historical and philosophical perspectives on which it rests. The knowledge, skills, and insights gained in this course will help students personally as well as professionally as they navigate towards a meaning-based goal-directed life.

College Course (Ministry Code)	PSY222 NDC (HBK4T)
Start/End Dates	February 25, 2026 to June 3, 2026
Class Day/Time	Wednesdays from 3:20 to 4:20 p.m. + 2 hours of asynchronous learning per week
Location/delivery	Online
School Board Partnerships	DPCDSB, PDSB, TCDSB, TDSB, YCDSB, YRDSB
Specialist High Skills Major (SHSM) Sectors	Health and Wellness
Course Outline	Psychology of Happiness
Pathways to the full-time Seneca programs	This course can be applied to any diploma or certificate program at Seneca as one of the required General Education Courses .