

Minor Applied Positive Psychology

When being asked the question *what do you want most out of life*, people from all over the world answer: to be happy! But despite decades of economic growth we are no happier now than sixty years ago. What is happiness and do we really know what makes us happy? Do we give happiness enough priority? Can we influence our own happiness and the happiness of others and how? These (and more) questions are being asked and answered by positive psychologists all over the world and will be addressed in the minor Applied Positive Psychology.



Are you interested in:

- psychology and human behaviour in general?
- happiness, wellbeing, optimism, meaning, resilience, gratitude, mindfulness, human strengths, engagement and flow?
- how you can change your thoughts and behaviour to become happier?
- helping other people, organizations and communities to flourish and become their 'best possible self'?
- studying in an international, multi-cultural community?

Then you will like this English taught minor!!

More info? Go to: hanze.nl/positivepsychology



When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down "happy". They told me I didn't understand the assignment, and I told them they didn't understand life.

- John Lennon -