This course focuses on the scientific study of what is positive about people and institutions. Historically, psychology has tended to focus on individuals’ pathology, weaknesses, and problems. In contrast, positive psychologists call for greater attention to strengths, happiness, positivity, and that which is worth celebrating. This course presents an overview of theories and research on positive psychology as well explore positive psychological interventions and applications in psychotherapy and in domains relevant to students’ lives, including school, work, family, and romantic relationships.