

POSITIVE PSYCHOLOGY

2026 SCHEDULE

COURSE	SPRING 2026	SUMMER 2026
WTPP 100 — Intro to Positive Psychology (required)		May 19 - July 6
WTPP 120 — Cultivating Healthy Relationships		July 7 - Aug. 23
WTPP 125 — Emotional Intelligence		
WTPP 130 — Communicating with Difficult People	Jan. 12 - Mar. 7	
WTPP 145 — Understanding & Supporting Everyday Addictions	Mar. 16 - May 7	
WTPP 150 — Mindfulness & Stress Management		May 19 - July 6
WTPP 160 — Post-Traumatic Growth and Resilience	Mar. 16 - May 7	
WTPP 200 — Creative Problem-Solving - Personal & Professional	Jan. 12 - Mar. 7	

WTPP 100 | [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 120 | [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 125 | [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 130 | [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 145 | [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 150 | [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 160 | [POST-TRAUMATIC GROWTH AND RESILIENCE](#)

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

WTPP 200 | [CREATIVE PROBLEM-SOLVING - PERSONAL & PROFESSIONAL](#)

This course will equip you with the tools and strategies to think outside the box and approach problems with confidence and innovation. Whether you're tackling a professional challenge or personal goal, this course will help you build a structured, creative approach to problem-solving.