

# GRADUATE CERTIFICATE IN APPLIED POSITIVE PSYCHOLOGY

---

The Graduate Certificate in Applied Positive Psychology provides foundational knowledge about the scientific study of human excellence, performance, and wellbeing, while also helping professionals gain skills to understand, develop, and use science-grounded practices and interventions in more specialized areas. The knowledge and skills learned in this certificate may be applied to students' own lives or to professional topics in leadership, work and organizations, education, sports, and psychotherapy.

Students interested in graduate work should refer to the Graduate and Professional Bulletin (<http://catalog.colostate.edu/general-catalog/graduate-bulletin/>).

## Learning Objectives

Students will:

1. Describe Positive Psychology, including what it is, its history, and how it emerged as a field.
2. Describe the role of the scientific method in Positive Psychology and the research strategies commonly used to research Positive Psychology topics.
3. Evaluate and apply the central theories and models employed in Positive Psychology.
4. Describe, evaluate, and analyze how Positive Psychology research has been applied to topic areas such as Work, Organizations, Leadership, Education, Sports Psychology, Coaching, Career Counseling, and/or Psychotherapy.
5. Create applications, interventions, and programs that are grounded in the science of Positive Psychology.