

Social Studies

Psychology of Health, Happiness and Wellbeing

What are the entry requirements?

No formal qualifications are required to study this course. A willingness to learn is essential.

Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us_courses@northern.ac.uk

Course description

What do we mean by wellbeing? Why is it that some people get stressed over things that others would take in their stride? What makes us happy? This course tries to answer these questions, and many others, as it explores the psychology of health, happiness, and wellbeing. You will learn about the psychology of stress, as well as ways to manage it, alongside the role of personality on health, and the powers of positive behaviour.

What can this course lead to?

This course is beneficial for those who have been out of education or work for a while and are looking to gain new knowledge and skills. You could progress on to further short courses and then progress to gaining a qualification. Our Student Support Services team will work with you to design a personalised learning journey based on your needs and aspirations.

Want to learn more?

You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/about-us/open-events/>]

Location

Northern College, Yorkshire [<https://www.northern.ac.uk/contact-us/>]

Course fees and funding support

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Course fees and funding support

FREE*

* [This course is fully funded for eligible students.](#)

If you are not eligible, the cost of the course is £25.00. If you choose to stay residentially, and you are not eligible via the residential funding assessment, there will be an additional fee to pay. The vast majority of students are eligible to study and stay residentially for free and we will confirm when you apply.

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