

# Social Studies

## Psychology of Health, Happiness and Wellbeing

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The aim of this course is to provide an insight as to how the mind (psychology) can affect a person's health and well-being.

### When does this start and end?

We have 2 different start dates for this course:

- 16 October 2025 - 17 October 2025
- 11 March 2026 - 12 March 2026

### 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](mailto:courses@northern.ac.uk)

## Course description

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The course will provide an understanding about what 'health' and 'well-being' is, and how your mental state (e.g. mood, emotions) can impact positively and negatively upon health and wellbeing.

## What can this course lead to?

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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 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?

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

## Course session dates

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Session dates for 16 October 2025 - 17 October 2025

- Thursday 16 Oct 2025 to Friday 17 Oct 2025

Session dates for 11 March 2026 - 12 March 2026

- Wednesday 11 Mar 2026 to Thursday 12 Mar 2026

**Last updated:** 30th August 2025