

Social Studies

Psychology of Health, Happiness and Wellbeing

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?	What are the entry requirements?	Need more information?
<p>We have 3 different start dates for this course:</p> <ul style="list-style-type: none">• 25 April 2024 - 26 April 2024• 1 July 2024 - 2 July 2024• 13 July 2024 - 14 July 2024	<p>No formal qualifications are required to study this course. A willingness to learn is essential.</p>	<p>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</p>

Course description

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?

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?

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/>]

Location

1-Onsite

Course session dates

Session dates for 25 April 2024 - 26 April 2024

- Thursday 25 Apr 2024 to Friday 26 Apr 2024

Session dates for 1 July 2024 - 2 July 2024

- Monday 01 Jul 2024 to Tuesday 02 Jul 2024

Session dates for 13 July 2024 - 14 July 2024

- Saturday 13 Jul 2024 to Sunday 14 Jul 2024

Last updated: 29th March 2024