

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?
<ul style="list-style-type: none">• 11 July 2025 - 12 July 2025	No formal qualifications are required to study this course. A willingness to learn is essential.	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

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

On-site

Course session dates

Session dates for 11 July 2025 - 12 July 2025

- Friday 11 Jul 2025 to Saturday 12 Jul 2025

Last updated: 10th July 2025