

# 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.

<b>When does this start and end?</b>	<b>What are the entry requirements?</b>	<b>Need more information?</b>
<p>We have 3 different start dates for this course:</p> <ul style="list-style-type: none"><li>• 13 February 2025 - 14 February 2025</li><li>• 25 June 2025 - 26 June 2025</li><li>• 11 July 2025 - 12 July 2025</li></ul>	<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 <a href="mailto:courses@northern.ac.uk">courses@northern.ac.uk</a></p>

### 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/>]

## Location

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On-site

## Course session dates

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Session dates for 13 February 2025 - 14 February 2025

- Thursday 13 Feb 2025 to Friday 14 Feb 2025

Session dates for 25 June 2025 - 26 June 2025

- Wednesday 25 Jun 2025 to Thursday 26 Jun 2025

Session dates for 11 July 2025 - 12 July 2025

- Friday 11 Jul 2025 to Saturday 12 Jul 2025

Last updated: 22nd December 2024