



5 Courses

Positive Psychology: Martin E. P. Seligman's Visionary Science

Positive Psychology: Applications and Interventions

Positive Psychology: Character, Grit and Research Methods

Positive Psychology: Resilience Skills

Positive Psychology Specialization Project: Design Your Life for Well-being



Jul 27, 2024

Rashmeen kaur

has successfully completed the online, non-credit Specialization

Foundations of Positive Psychology

The University of Pennsylvania recognizes that this learner successfully completed all five courses in the Foundations of Positive Psychology Specialization demonstrating their understanding of the scientific and historical foundations of Positive Psychology and the key research findings that help people to flourish through exercises designed to increase well-being, grit and resilience in their own lives. The online courses named in this certificate may draw on material from courses taught on-campus, but it is not equivalent to an on-campus course. Participation in this online course does not constitute enrollment at the University of Pennsylvania. This certificate does not confer a University grade, course credit or degree, and it does not verify the identity of the learner.

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Martin E.P. Seligman,
Ph.D.

James Pawelski, Ph.D.
Claire Robertson-Kraft,
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Angela Duckworth,
Ph.D.

Karen Reivich, Ph.D.

Verify this certificate at:

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