

# MINOR IN SCIENCE OF MENTAL HEALTH AND WELL-BEING

The Minor in the Science of Mental Health and Well-Being is designed to engage Georgia Tech students in the study of the discrete yet interconnected concepts of mental health, wellness, and the science of mental well-being. Focusing on the latest neuroscience research, students will learn both the neural mechanisms of mental processes and their practical implications for mental wellness. The courses are firmly rooted in neuroscience and span the topics of positive psychology, emotional wellness, and mental illness. Students will learn and participate in positive psychology practice activities that can act as a buffer against stress, prevent illness, and promote general health and well-being. The Minor in the Science of Mental Health and Well-Being is available to undergraduate students all majors (including psychology undergraduate majors).

## Program of Study

Code	Title	Credit Hours
PSYC 3803	Special Topics (Neuroscience of Mental Health: Research and Practice)	3
Select one of the following:		3
PSYC 3000	Science of Stress, Anxiety, and Happiness	
PSYC 3005	Mindfulness: Science and Practice	
PSYC 3009	Health Psychology	
Select 9 hours from the following: <sup>1</sup>		9
PSYC 2005	Exploring Multicultural Identities	
PSYC 2103	Human Development Over the Life Span	
PSYC 2210	Social Psychology	
PSYC 2230	Abnormal Psychology	
PSYC 2240	Personality Theory	
PSYC 3000	Science of Stress, Anxiety, and Happiness	
PSYC 3005	Mindfulness: Science and Practice	
PSYC 3009	Health Psychology	
PSYC 3012	Introduction to Cognitive Psychology	
PSYC 3040	Sensation and Perception	
PSYC 4010	Human Abilities	
PSYC 4020	Biopsychology	
PSYC 4025	Learning and Memory	
PSYC 4260	Psychology of Aging	
PSYC 4270	Psychological Testing	

<sup>1</sup> At least 6 hours must be 3000/4000-level

- It is the **major advisor's responsibility** to verify that students are using only courses from the designated block(s) from the student's major field of study that are allowed to satisfy a minor program, that they are not using any Core Area A-E courses (including humanities and social sciences), and that they are not using any courses for more than one minor or certificate. Any free elective course used to satisfy the course requirements of the student's major degree program may also be used to satisfy the course requirements for a minor.
- The minor will be conferred at the same time the degree is conferred and the degree and minor will be recorded on the student's transcript. The minor will not appear on the diploma. Minors may not be conferred retroactively upon students who have graduated.
- A maximum of 3 credit hours of transfer credit may be used to satisfy the course requirements for a minor. This includes courses taken at another institution or credit earned through the AP or IB program, assuming the scores meet Georgia Tech minimum standards.
- A course may not be used to satisfy the requirements of more than one minor or certificate.
- A maximum of 3 credit hours of Special Problems or Undergraduate research courses may be included in a minor program.
- A maximum of 3 credit hours of Special Topics courses may be included in a minor program.

- No more than 6 credit hours of Advanced Standing may be included in a minor program.
- All courses counting toward the minor must be taken on a letter-grade basis.
- All courses used to satisfy the course requirements for a minor must be completed with a grade of C (2.00) or better.