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Welcome. The mission of the Positive Psychology Center at the University of Pennsylvania is to promote research, training, education, and the dissemination of Positive Psychology, resilience and grit.. Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and ...Popular psychology (sometimes shortened as pop psychology or pop psych) is the concepts and theories about human mental life and behavior that are purportedly based on psychology and that find credence among and pass muster with the populace. The concept is cognate with the human potential movement of the 1950s and 1960s.. The term "pop psychologist" can be used to describe authors ...Psychology – Bachelor of Science Degree. The Psychology program introduces students to the science of behavior, a science concerned with understanding the factors that affect the behavior of human and non-human species.Welcome to the Department of Psychology where students and faculty explore the scientific study of behavior and mind. The American Psychological Association reports that most students select psychology for its personal growth possibilities; others select the major because of its career possibilities.