

GET HAPPY MICRO-CREDENTIAL

In a three-unit online format, we will examine a variety of research-based approaches to enhance happiness as well as misconceptions associated with happiness. Through this examination, you will determine your level of happiness and identify your individual goals for happiness. In this micro-credential, you will implement an action plan to develop habits of happiness in your own life. You will express and practice gratitude as well as habits of healthy eating, sleep, and exercise. This micro-credential will encourage you to apply mindfulness and meditation techniques in your daily life and community. By the end of the micro-credential, you will engage in expressions of kindness and compassion as well as reflect on your own personal journal of happiness and how this has changed during the course. Registration information for this micro-credential can be found here (<https://acc.purdueglobal.edu/course/39/get-happy/>).

This micro-credential is part of the short-course series. For more information about short-course series micro-credentials, see the Micro-credential Series section of the Additional Offerings (<https://catalog.purdueglobal.edu/additional-offerings/>) page and the Micro-credential Bulletin (<https://catalog.purdueglobal.edu/bulletin/>).

Certification, State Board, and National Board Exams

Certain state certification and licensure boards have specific educational requirements for offerings to lead to a license or nongovernmental certification that is a precondition for employment in a recognized occupation.

Unless otherwise specified, Purdue Global's offerings are not designed to meet any specific state's licensure or certification requirements. If certain licensed occupations, vocations, or professions are not explicitly listed, Purdue Global has not reviewed the licensure or certification requirements of those occupations, vocations, or professions, nor intended the offering to meet such requirements.

You are responsible for understanding the requirements of optional certification exams. Such requirements may change during the course of your studies. You are not automatically certified in any way upon completion of an offering. Although certain offerings are designed to prepare you to take various optional certification exams, Purdue Global cannot guarantee you will be eligible to take these exams or become certified. Your eligibility may depend on your work experience, completion of education and/or degree requirements, not having a criminal record, meeting other certification requirements, or the program or the University itself having appropriate accreditation or licensure.